

## LUNCH MENU Monday – Friday: 11:30 – 4pm

### Soup and Salad

Soup of the day served with a house salad tossed with our mustard vinaigrette and griddled buttermilk biscuits 10.50

### Soup & Half a Sandwich

Soup of the day with a half sandwich on our homemade bread 11.50

**Soup Sampler** 2 cups of today's soup with salad or French fries 12.00

**Mac 'n Cheese** Ziti baked with sharp white cheddar, mozzarella, gruyère and parmesan cheeses 13.50

**Half order** with your choice: **cup of soup** OR **house salad** 13.50

**Chili of the Day** with sour cream, cheddar cheese, onions and tortilla chips over brown rice **Cup** 6.25  
**Bowl** (with salad and griddled biscuits) 12.50

**Cheese Board Trio with Fruit and Mixed Olives** 12.00

~ All salads served with homemade French bread ~

### Caesar Salad

Crispy romaine hearts and garlic croutons tossed with our Caesar dressing and topped with anchovies 13.00  
...with Cajun chicken breast or shrimp 17.00

### Chopped Salad

Romaine, turkey, bacon, carrots, celery and corn with Vermont white cheddar cheese and our mustard vinaigrette 16.00

### Spinach Salad

Fresh baby spinach, cubes of Granny Smith apples, Cajun-spiced walnuts and sliced red onion, topped with a light crumbly blue cheese vinaigrette 13.50

### Good Enough to Eat Salad

Tender broccoli, cauliflower, new potatoes, zucchini, yellow squash, crispy red and green bell peppers and mushrooms on a bed of greens, topped with shredded red cabbage and mozzarella cheese with our mustard vinaigrette 13.00  
...with Cajun chicken breast 17.00

### Grilled Chicken Niçoise Salad

Grilled chicken breast, marinated string beans and new potatoes, chickpeas, tomatoes, capers, thinly sliced red onion, Niçoise olives and hard-boiled egg over field greens drizzled with pesto vinaigrette 17.00

### Honey Walnut Chicken Salad

Organic pulled chicken, toasted walnuts, red grapes, cucumber, red onion and celery in a light honey Waldorf mayonnaise dressing on a bed of field greens 17.00

### Large House Salad

With mesclun greens, julienne red peppers, cucumbers, tomatoes, red onions, chick peas and your choice of dressing extras: add 1.00 12.00

## Sandwiches

### Good Enough to Eat Turkey Club

Fresh roast turkey with bacon, lettuce, tomato and mayonnaise on dill onion bread, served with macaroni salad 13.50

### Meatloaf Sandwich

Served cold on an oat roll with potato salad and a side of BBQ sauce 12.50

### BLT Sandwich

Our double-smoked thick slab bacon with lettuce, tomato and basil mayonnaise on whole wheat toast, served with home fries or fresh fruit 10.50

### Open-faced Tuna Melt

Tuna salad topped with sliced tomatoes and melted sharp cheddar on whole wheat bread, served with a house salad with mustard vinaigrette 13.50

### The Burger

8 oz. of our blend of Pat LaFrieda's ground beef on a pepper roll with French fries, lettuce, tomato and pickle 11.25

...with jalapeño jack, sharp cheddar, gruyère, mozzarella, blue or goat cheese 12.25

### Turkey Burger

8 oz. fresh ground turkey on an oat roll with French fries, lettuce, tomato and pickle 11.25

...with choice of cheese add 1.00 ...with bacon add 2.00

### Vegetable Burger

Our own mix of grains, barley, roasted peanuts, sesame seeds and sautéed vegetables in a pita pocket with a side of tahini, served with a green salad with mustard vinaigrette 11.50

### Old-fashioned Grilled Cheese Sandwich

Served with a house salad with mustard vinaigrette 9.50

...with ham or bacon add 2.00 ...with tomato add 1.00

### Avocado and Cheddar Sandwich

Avocado, Vermont sharp white cheddar on lightly toasted whole wheat bread with basil mayonnaise, lettuce and tomato, served with a house salad or French fries 12.50

...with ham or bacon add 2.00

### Smoked Salmon

With goat cheese, cucumber, tomato and watercress on whole wheat toast, served with fresh fruit or salad 12.00