

## Soups & Salads

Dressings: Sesame Ginger, Balsamic Vinaigrette, Ranch, and Lemon Herb. All soups are available by the cup, pint, quart, or gallon.

**Soup of the Day** **\$3.00/cup**  
Fresh soup of the day. **\$5.00/bowl**

**Chicken Salad Salad** **\$7.00**  
Fresh chicken salad over mixed lettuce with sugared almonds and cucumbers.

**Smoked Marlin Salad Nicoise** **\$8.50**  
Smoked Marlin atop fresh greens with boiled egg, capers, onions, red potatoes and green beans with balsamic vinaigrette.

**Pasta Salads of the Day** **\$3.00**  
Ask us about today's selections.

**Salad of the Day** **Market Price**  
Ask us about today's selection.

## Sandwiches

All sandwiches are served with your choice of: Broccoli Peanut Salad, Terra Chips, or a side of Pasta Salad.

**Chicken Salad Sandwich** **\$7.25**  
Fresh chicken salad on toasted whole wheat bread.

**Mediterranean Chicken Sandwich** **\$8.00**  
Yummy chicken with sundried tomatoes, artichokes, caramelized onions and pesto with mozzarella on toasted ciabatta.

**Roasted Veggie Sandwich** **\$7.00**  
Roasted vegetables with pesto cream cheese served warm on ciabatta.

**Sandwich Special of the Day** **Market Price**  
Ask us about today's selection.

## Entrées

All entrées except stir-fry served with a side salad.

**Chicken & Wild Rice Casserole** **\$7.50**  
Specially prepared chicken in a creamy casserole.

**Vegetarian Lasagna** **\$7.00**  
Assorted seasonal vegetables with ricotta and mozzarella.

**Meat Lasagna** **\$7.50**  
Italian sausage, lean ground beef, chunky tomato sauce and cheeses.

**Veggie Tofu Stir-Fry** **\$7.00**  
Seasonal vegetables and fresh tofu with a flavorful Asian sauce served over steamed coconut milk rice.

**Specials of the Day** **Market Price**  
Ask us about today's selection.

## Beverages

**Ice Tea** **\$1.50**  
Fresh loose-leaf tea brewed to perfection, sweet or unsweetened.

**Bottled Water** **\$1.50**

**Bottled Juices** **\$1.50**

**Fresh Lemonade** **\$1.75**  
Fresh squeezed lemonade.

**Iron Beer Soda** **\$1.00**  
A unique soda originating from Havana, Cuba.

**Raven's Brew Coffee** **\$1.75**  
The country's finest coffee from our friends in the Pacific Northwest. Ask about today's selection of leaded or unleaded brews.

## Desserts

Check the dessert board for our daily selection of desserts. We also do special order desserts for special occasions.

## Home Meal Replacement

Custom made meals tailored for your family's needs. All prices are per person. Please specify if you would like your entrees to be picked up hot or cold. (four person minimum)

**Chicken & Wild Rice Casserole** **\$7.00**  
Specially prepared chicken in a creamy casserole.

**Vegetarian Lasagna** **\$6.50**  
Assorted seasonal vegetables with ricotta and mozzarella.

**Meat Lasagna** **\$7.00**  
Italian sausage, lean ground beef, chunky tomato sauce and cheeses.

**Veggie Tofu Stir-Fry** **\$7.00**  
Seasonal vegetables and fresh tofu with a flavorful Asian sauce served over steamed coconut milk rice.

**Fish du Jour** **Market Price**

We can do customized meals and accommodate special dietary needs with advance notice.

Email or call us and let us do the cooking for you.



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We'll be adding more take-home meals as we grow and if you have any suggestions, requests, or recommendations, please email them to us.