

## Carving Board

Our meats are organic, free range, and nitrate free. We will make your sandwich from the list

### Organic Roast Turkey 9.99

Fresh roasted turkey breast, carved to order, topped with fresh cranberry sauce.

### Free Range Grilled Chicken 7.95

Balsamic marinated chicken breast, Fresh roasted peppers, mozzarella topped with our vinaigrette on choice of bread.

### Sliced Turkey 7.99

Thin deli sliced turkey, maple glazed bacon, lettuce, tomato, and pesto-mayo

### Roast Beef 7.99

Nitrate free, horseradish spread, onions, and lettuce.

### Ham 7.99

Nitrate free sliced ham, brie, pesto mayo, lettuce and tomato.

### Curry Chicken Salad 7.99

Chicken breast, carrots, celery, and green peppers laced with curry mayo.

### Chicken Walnut & Dill 7.99

Chicken breast, walnuts, raisins, dill, peppers, onion, mayo.

### Chicken Caesar 7.75

Grilled Chicken, Caesar dressing, lettuce and onion.

### Tuna Salad 8.45

Deep sea, dolphin safe tuna, fresh dill, and seasonings, and mayo.

### Create your own 8.95

Any combination of 2 meats with choice of cheese, spread or dressing and bread, lettuce

### Chicken Burrito 7.75

Free-range, drug free chicken breast, black beans, salsa, brown rice, onions, peppers, wrapped in a tortilla. and sour cream

## Veggie Heaven

Organic vegetarian and vegan selections. Choose one from our

### Tofu Salad or Tempeh Salad 7.45

Seasoned tofu/tempeh and veggies mixed with veganaise.

### Falafel 8.95

Falafel, hummus, cucumber, carrot, lettuce, tomato,

### Hummus 7.45

Hummus served with sprouts, lettuce, tomato, tahini.

### Avocado-Roasted Pepper 7.75

Avocado spread on bread with fresh roasted peppers and sprouts with vinaigrette.

### Tempeh Reuben 8.45

Grilled seasoned tempeh, sauerkraut, vegan pepper jack, and

### Roasted Veggie 7.99

Roasted vegetables, hummus, avocado, lettuce, and tomato.

## Burgers

Made with organic ingredients. All our burgers are served with lettuce and tomato on choice



### Turkey 9.95

### Salmon 9.95

Wild, organic salmon, veggies, seasonings grilled topped with

### Tex Mex 5.25

Pinto bean, onion and tomato with southwestern flavors

### Curried Tofu 5.25

Tofu, chickpea, tomato, onion, seasoned in curry with mango

### Nutty Quinoa Sweet Potato 5.25

Walnuts, quinoa, sweet potato, laced with cumin & cilantro,

### Veggie Burger 5.25

Brown rice, oats and veggies blended together served on a roll With lettuce, tomato, Russian dressing.



## Salads

Fresh organic greens and veggies with your choice of dressing. Served with fresh baked

### House 6.95

Mixed greens, shredded carrot, red onion, cucumber, tomato, and choice of dressing. **Small 7.95 Large 9.95**

### Greek 8.45

Greens, sheep milk feta, cucumber, red onion, tomato, kalamata olives, dressing **Small 9.95**

### Cobb 8.45

Greens, gorgonzola, bacon, tomato, egg, grilled chicken, dressing. **Small 9.95**

### Caesar 7.25

Greens, parmesan, fresh baked croutons, almond-Caesar dressing. **Small 8.25 Large 9.95**

## Make Your Own Salad

small: 4 toppings 7.45 large: 6 toppings 9.45

Cheddar, parmesan, gorgonzola, sheep feta, sunflower seed, walnuts, dried cranberry, grilled Chicken, deli turkey, ham, bacon, egg, roasted tofu, ground flax, cucumber, tomato, peppers, Carrot, red onion, beets, roasted red peppers, croutons. Choice of dressing.

## Soups

Our soups are made fresh daily from organic ingredients.

Choose from six varieties daily.

Fresh baked bread served with soup.

5.29 small / 6.29 medium / 10.49 large

Soup selections include: Split pea-bacon/Creamy Broccoli/White Beans-Greens/Red Lentil Dahl/Carrot-Dill/Beef Stew/Spanish Tomato/Pumpkin Wild Rice-Mushroom/Borscht/Thai Coconut Squash-Tofu/Tomato Rice/Buffalo Chili/Turkey Meatball/Black bean Chicken /Vegetable/South A can/Quinoa/Quinoa/chili/Minestrone/Mu

# Deli Items

We use organic produce, organic, grass fed, hormone free meats.



## SALADS:

Tuna	\$14.99/lb
Egg	\$ 6.99/lb
Curry Chicken	\$10.99/lb
Chicken Walnut	\$10.99/lb
Tofu	\$ 8.49/lb
Roasted Tofu	\$ 8.49/lb
Tempeh	\$ 8.49/lb
Edamame	\$ 9.99/lb
Temptation Slaw	\$ 8.99/lb
Brazilian Potato	\$ 7.99/lb

## SIDES:

Cucumber Salad	\$ 9.99/lb
Roasted Squash	\$ 10.49/lb
Beet Salad	\$ 9.99/lb
Roasted Veggies	\$ 12.49/lb
Eggplant Capanata	\$ 10.29/lb
Black bean Salad	\$ 7.99/lb
Sautéed Greens	\$ 11.99/lb
Brown Rice Pilaf	\$ 6.99/lb
Wild Rice Salad	\$ 9.99/lb
Arame Salad	\$ 10.99/lb

## VEGGIE ENTREES:

Veggie Lasagna	\$ 8.99/lb
Stuffed Acorn Squash	\$ 7.29/ea
Curried Tofu Burger	\$ 3.50/ea
Nutty Quinoa Burger	\$ 3.50/ea
Tex Mex Burger	\$ 3.50/ea
Veggie Quesadillas	\$ 5.25/ea
Spinach Pie	\$ 8.29/lb
Veggie Enchilada	\$ 6.25/ea
Veggie Burrito	\$ 6.25/ea

## TURKEY ENTREES:

<b>*Eberly's organic &amp; Plainville*</b>	
Oven Roasted Local Turkey	\$10.99/lb
Organic Turkey Meatballs	\$10.49/lb
Organic Turkey Burgers	\$ 8.49/ea
Organic Turkey Meatloaf	\$10.49/lb
Turkey Shepherd's Pie	\$10.29/lb

## CHICKEN ENTREES:

<b>* Free Bird free range, drug free *</b>	
Grilled Chicken	\$15.99/lb
<b>*BBQ *Garlic &amp; Oil * Balsamic</b>	
Chicken Burrito (1pound)	\$ 7.75/ea
Chicken Quesadillas	\$ 5.79/ea
Chicken Fingers	\$15.99/lb
Chicken Parmesan	\$14.99/lb
Chicken Pot stickers	\$ 12.99/lb
Arroz con Pollo	\$ 10.49/lb

## BEEF ENTREES:

<b>*Local grass-finished beef *</b>	
Shepherd's Pie Stuffed Peppers	\$ 16.99/lb
Beef Stew	\$ 10.49/qt
Grilled Flank Steak	\$ 17.99/lb

## FISH ENTRÉES:

<b>*organic-farmed, wild, deep sea fish</b>	
Grilled Salmon	MARKET
Cranberry-Pecan Salmon	MARKET
Apricot Glazed Salmon	MARKET
Baked Flounder	MARKET
Crab Cakes	\$ 8.99/ea
Grilled Swordfish	MARKET

## APPLEGATE FARM DELI MEATS

No antibiotics - no growth hormones - no fillers

Oven Roasted Turkey	\$ 10.99/lb
Roast Beef	\$ 10.99/lb
Black Forest Ham	\$ 10.29/lb
Genoa Salami	\$ 13.99/lb
Turkey Bologna	\$ 7.99/lb
Niman Ranch Pastrami	\$ 17.99/lb
White Cheddar	\$ 9.99/lb
Swiss	\$ 8.99/lb
Mozzarella	\$ 8.99/lb
Organic French Brie	\$ 19.99/lb

# ORGANIC JUICE BAR

## Vegetable Juices

	8oz	12oz
Carrot-Apple-Ginger	4.99	5.49
Chard-kale-Celery-Collards	5.99	8.49
Beet-Ginger-Carrot-Celery	3.99	4.99
Carrot-Celery	2.99	3.99
Carrot-Beet-Parsley	3.99	5.49
Apple-Lemonade	5.49	7.59

Add any 1 vegetable to juice 1.00  
Add 1/2 cucumber to any juice 1.50

## Make Your Own Vegetable Juice

12oz only 7.59 Choose any 4

Carrot-Celery-Chard-Kale-Collards-Cucumber-Parsley-Spinach-Beet-Ginger-Apple-Lemon

All green drinks have celery.

## Smoothies

Made from scratch with fresh organic fruit

12oz only 5.99

Choice of whole, rice, or soy milk.

## Banana Zinger

Frozen bananas, milk, vanilla yogurt, cinnamon, agave.

## Blueberry Pie

Frozen blueberries, milk, vanilla yogurt, cinnamon, blueberry syrup.

## Pina Colada

Pineapple-coconut juice, pineapple, banana, agave.

## Tropical Punch

Pineapple-coconut juice, pineapple, mango, strawberries, banana, agave.

## Mango Mamma

Mango juice, mango, agave.

## Banana-Strawberry Swirl

Apple juice, banana, strawberries, vanilla yogurt, agave.

## Brazilian Baby

Acai, apple juice, banana, agave.

## Brazilian Mama

Acai, milk, banana, agave.

## Make Your Own Smoothie

7.99

Choose any 3 fruits, milk or yogurt, agave.

## Rice, Soy, or whey

## Vanilla protein powder

1.00 scoop

## Breads -Spreads - Dressings

All of our spreads and dressing are

## Breads & Wraps

7 grain sliced, Rye sliced, Country White sliced, Spelt sliced, 7 grain roll, cibatta roll, brioche roll, club roll, white wrap, spinach wrap, sundried tomato wrap, whole wheat wrap.

## Cheese

cheddar, mozzarella, Swiss, brie, vegan pepper jack, and vegan cheddar, American.

## Spreads

Honey mustard, blue cheese, pesto-mayo, Dijon, cranberry, horseradish, black bean salsa, mango chutney.

## Dressings

Balsamic Vinaigrette, Sesame-Ginger, Vegan Caesar, blue cheese, Russian, Greek, Lemon-poppy seed.



## KID'S MENU

**PBJ & BANANA 4.75**

**PBJ & RICE FLUFF 4.75**

**CHICKEN FINGERS 4.75**

**1/2 TUNA SANDWICH 4.25**

**1/2 HAM SANDWICH 4.25**