

## light fare

HOMEMADE SOUP OF THE DAY with a slice of our vegan wheat bread	3.50
TOMATO BASIL BRUSCHETTA on homemade vegan wheat crostini	4.95
MEXICAN CHIPS & DIP organic corn chips with fresh guacamole & salsa	4.95
QUESADILLAS seared 12" tortilla folded over melted cheddar served with fresh guacamole, salsa & sour cream	
—SIMPLY CHEDDAR	5.95
—GRILLED VEGETABLES & CHEDDAR	6.95
—GRILLED CHICKEN & CHEDDAR	8.95
HOMEMADE BEEF CHILI & NACHOS with cheddar, sour cream & organic tortilla chips	7.95
MEDITERRANEAN PLATTER prosciutto, chèvre, tomatoes, marinated olives & balsamic greens, toasted baguette or wheat crostini	11.95

## salads

MIXED FIELD GREENS sesame or balsamic dressing small 4.95 large 6.95	add chicken \$4
CAESAR SALAD small 5.95 large 7.95	add chicken \$4
GREEK SALAD small 6.95 large 9.95	add chicken \$4
MELTED CHÈVRE CROSTINI on baby spinach, balsamic dressing	9.95
THE MARGUERITE fresh berries, caramelized walnuts & aged cheddar on mixed greens, balsamic dressing	11.95
SMOKED SALMON & AVOCADO on mixed greens, ginger-soy & sesame dressings	11.95
GRILLED CHICKEN, BACON & BLEU on mixed greens, balsamic dressing	12.95

## combinations

SOUP & MIXED FIELD GREENS SALAD sesame, honey mustard or balsamic dressing with a slice of homemade wheat bread	5.95
SOUP OR SALAD & HALF SANDWICH cheese (Swiss or cheddar), tuna, ham or turkey on half baguettine panini or 8-grain bread, with lettuce, tomato & mayonnaise	6.95

## sandwiches

Served on a baguettine panini with lettuce, tomatoes, mayonnaise & coleslaw. To substitute side salad for coleslaw, add \$1.

CHEESE LETTUCE TOMATO (cheddar or Swiss)	5.95
BACON OR TURKEY LETTUCE TOMATO	5.95
TUNA & ROASTED PEPPERS	5.95
BLACK FOREST HAM & SWISS	6.95
GRILLED CHICKEN	7.95
TUNA & AGED CHEDDAR MELT	7.95
AVOCADO & BLEU CHEESE	7.95
BABY SPINACH & BRIE OR CHÈVRE	7.95
THE TUNA BLUE spicy tuna, avocado, bleu cheese & cilantro	8.95
THE CROQUE MONSIEUR open-faced Black Forest ham & melted Swiss	8.95
THE PORTUGUESE spicy chorizo & Sao Jorge's cheese	9.95
THE MEDITERRANEAN grilled chicken, chèvre & roasted red peppers	9.95
ÈM SANDWICH grilled chicken, bacon, avocado & melted aged cheddar cheese	10.95

## wraps

GRILLED VEGETABLES grilled peppers, onions, mushrooms & zucchini	6.95
THE TURKEY ROLL Turkey breast, brie cheese and cranberries	7.95
GRILLED CHICKEN & VEGETABLES chicken, peppers, onions, mushrooms & zucchini	8.95
THE LADY GRAY Apples, raisins, chèvre, mixed greens & honey mustard	8.95
CHIPOTLE SHRIMP chipotle shrimp, grilled veggies, feta cheese & cilantro	10.95

## burgers

Served on a whole wheat bun with organic tortilla chips & salsa or balsamic greens. Add grilled mushrooms or onions, avocado or cheese for \$1 each. Replace beef with chicken for \$2.

CLASSIC BURGER lettuce, tomato & red onion	7.95
VEGAN BURGER Bean & beet burger, lettuce, tomato & red onion	8.95
MEXICAN BURGER jalapeno peppers, melted cheddar & salsa	9.95
ÈM BURGER bacon, avocado & melted aged cheddar	11.95