



specialty sandwiches

turkey wrap

Diestel free range turkey breast,
cream cheese, spinach, artichoke
hearts, roasted red bell pepper,
kalamata olives, spinach wrap
\$8.49

California Wrap

spinach, cucumber, grated
carrot, avocado, sprouts,
cream cheese, spinach wrap
\$7.49

hummus

hummus, cucumber, bell

pepper, sunflower seeds,
sprouts, lettuce, honey
whole wheat bread
\$7.49

Sandwiches

total veg-out

grated carrot, cucumber,
tomato, sprouts, red onion,
lettuce, avocado, sunflower
seeds, tofu-mayo, honey
whole wheat bread

\$7.49

chicken & brie

grilled free range chicken
breast, brie cheese, grilled
red onion, mixed greens,
basil mayonnaise,
ciabatta roll

\$ 9.49

roasted turkey,

bacon & avocado

Diestel free range turkey
breast, Keller bacon , Monterey
jack cheese, avocado, tomato,
lettuce, canola mayonnaise,
focaccia roll

\$9.99

all grilled sandwiches may contain trace amounts of soy and milk

Create your Own

all sandwiches come with your choice of bread,
meat or savory filling, cheese, seasonal garden
options and your choice of condiments

meat options

(choose one)

Sandwiches

\$8.99

Diestel free range *turkey breast*

grilled free range *chicken breast*

tuna salad (tuna, canola mayonnaise, celery, dill,
green onion, capers, lemon juice, black pepper)

savory options
(choose one)
\$7.99

egg salad (free range eggs, celery, pickle, canola mayonnaise,
Dijon mustard, Italian parsley, sea salt, black pepper)

hummus (garbanzo beans, tahini, fresh garlic,
lemon juice, olive oil, tamari, cayenne pepper)

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lemon juice, olive oil, tamari, cayenne pepper)

locally
baked bread
(choose one)

Sandwiches

honey whole wheat,
sourdough, nine grain,
rye, spelt,

cheese
(choose one)

cheddar, smoked
cheddar, Monterey jack,
pepper jack, mozzarella,
Swiss, cream cheese

seasonal
garden options
(choose up to four)

lettuce, mixed greens,
spinach, tomato, red
onion, grated carrot,
cucumber, sprouts,
sunflower seeds, pickle

condiments
(choose two)

canola mayonnaise, basil
mayonnaise, olive oil,
tofu-mayo, Vegenaïse,
mustard, Dijon mustard

Sandwiches

Additions

\$0.50 — focaccia roll, ciabatta roll, slice of bread

\$0.75 — roasted red bell pepper, artichoke hearts, kalamata olives

\$1.00 — avocado, goat cheese, brie, cheddar, jack, pepper jack, swiss

\$1.25 — Keller bacon

panini

freshly grilled on locally baked ciabatta rolls

grilled chicken

grilled free range chicken

breast, Monterey jack

cheese, roasted red bell

pepper, grilled red onion

\$9.49

turkey & cheese

Diestel free range turkey

breast, Monterey jack cheese,

tomato, mixed greens

\$8.99

tuna melt

tuna salad, red onion,

Monterey jack cheese

\$8.99

caprese

fresh mozzarella, tomato, basil,

olive oil, balsamic vinegar

\$7.99

Sandwiches

eggplant, goat
cheese & spinach
grilled eggplant, goat
cheese, roasted red bell
pepper, spinach
\$8.99

simple sandwiches

grilled cheese
choice of cheese, tomato,
sourdough bread
\$5.99

egg salad
free range egg salad, lettuce,
honey whole wheat bread
\$6.99

tuna salad
tuna salad, tomato, lettuce,
honey whole wheat bread
\$7.99

1/2 Sandwich
\$4.99

1/2 sandwich & 12 oz soup
\$7.49

