



You gotta nourish to flourish

wedges


Chicken Cutlet
-\$10.95

Philly Steak
-Cheese, Pepper, Onions & Mushrooms
\$10.95

Chicken Parmigiana
-\$10.95

Italian Combo
-\$10.95

specials

 **Jimmy's Plate**
- Chicken, Gyro or Steak with Rice, Chopped Salad & Jimmy's Secret Sauce \$14.95

Emma's Bowl
-Spring Mix, Black Bean Corn Salad, Grilled Chicken & Avocado \$13.95

Mad Special
-Bacon, Lettuce, Tomato with Hash Browns & Avocado \$9.95

Gabby's Special
-Grilled Chicken, Fresh Mozzarella Roasted Peppers & Pesto \$10.95

clubs

All Served with French Fries

BLT Club -
\$13.95

 **Turkey Club**
- \$13.95

Chicken Cutlet or Grilled Chicken Club
-\$13.95

overstuffed sandwiches

All Served with Chips & Pickle

Pastrami Reuben
-\$9.95

Turkey Reuben
-\$9.95

Corned Beef Reuben
-\$9.95

paninis or wraps

All Served

Grilled Chicken

-Lettuce, Tomato & Mayo \$10.95

Hummus & Fresh Veggie

-\$10.95

Grilled Chicken with Grilled Veggie

-\$10.95

Turkey

-Bacon, Swiss, Lettuce, Tomato, Onion & Bleu Cheese \$10.95

Roast Beef & Turkey

-Swiss, Lettuce, Tomato & Ranch Dressing \$10.95

Tuna Wrap

-Lettuce, Tomato \$10.95

Chicken Salad Wrap

-Lettuce, Tomato \$10.95

Grilled Chicken Caesar Wrap

-\$10.95

Thanksgiving Wrap

-Turkey, Stuffing, Fresh Cranberry \$10.95

down south

Quesadillas – All Served with Chips

Cheese - \$9.95

Chicken - \$10.95

Steak - \$11.95

Burritos – All Served with Chips

Veggie -Rice, Beans, Peppers, Cheese & Onions \$9.95

Chicken – Rice, Beans, Peppers, Cheese & Onions \$10.95

Steak -Rice, Beans, Cheese, Peppers & Onions \$11.95

more overstuffed sandwiches

Chicken Salad Melt

-\$9.95

Buffalo Chicken

-Lightly Breaded Fried Chicken, Blue Cheese Dressing, Lettuce & Tomato \$9.95

Gold Rush

-Breast of Turkey, Melted Mozzarella, Lettuce, Tomato, Avocado, Bacon with Chips & Salsa \$9.95



Tuna Melt

-\$10.95

Curried Chicken Salad

-\$9.95

Buffalo Chicken Salad

-\$9.95

mediterranean delights

Falafel

-Hummus, Cucumbers, Tomato & Scallions \$9.95



Gyro

-Chicken or Beef, Lamb Strips in Pita Bread with Lettuce, Tomato, Onion & Tzatziki Sauce - \$10.95

Chicken Shawarma

-\$10.95

Mediterranean Wrap

-Grilled Chicken, Chopped Salad, Feta \$10.95

Falafel & Hummus Platter

-Hummus, Chopped Salad, Pita Bread, Feta \$15.95

off the grill

Add Fries for \$2.95

Hamburger (Add Cheese for \$1.00)

-\$7.95

Turkey Burger

-\$7.95

Veggie Burger

-\$67.95

Chicken Tenders

-\$5.95

Hot Dog

-\$4.00

deli

\$9.95 Served with chips & pickle

-Cold Cut Sandwiches

-BLT

greens

\$15.95 chop any salad for \$2.50

BBQ Chicken

-Spring Mix, Grilled Chicken, Sun-Dried Tomatoes, Red Onion, Bacon. BBQ Sauce & Balsamic Vinaigrette

Power

-Spring Mix, Chickpeas, Carrots, Grilled Chicken, Sun-Dried Tomatoes, Red Onion, Cucumber, Feta Cheese & Pesto Vinaigrette

Cajun Black Bean

-Spring Mix, Black Beans, Cajun Spice, Grilled Chicken, Pepper Corn, Onion & Balsamic Vinaigrette

Thai

-Chicken, Asian Noodles, Peanuts & Ginger Dressing

Buffalo Chicken

-Crispy Chicken Tossed in a Buffalo & Bleu Cheese Sauce on a Bed of Spring Mix

Fiesta

-Chicken, Beans, Salsa & Avocado over a Tossed Salad

Caesar

-Chicken, Seasoned Croutons, Parmesan & Caesar Dressing

Chef

-Turkey, Ham, Roast Beef, Swiss & Hard-Boiled Egg

Fuji Apple

-Chicken, Chopped Apples, Walnuts, Cranberries

Greek Salad

-Chicken, Romaine Lettuce, Feta Cheese, Kalamata Olives

Cobb Salad

-Chicken, Hard Boiled Egg, Bacon, Cheddar on a Bed of Lettuce

Greek Salad Bowl \$16.95

- Pita, Tzatziki, Romaine Lettuce, Cucumbers, Tomatoes, Olives, Feta Cheese & Garlic Dressing



soup \$6.95 Two choices daily (seasonal)

grilled cheese

Grilled Cheese \$5.95

Grilled Cheese with Tomato \$6.50

Grilled Cheese with Bacon or Ham \$7.95

Grilled Cheese with Turkey \$7.95