

appetizers

french fries [w/ red pepper aioli, cajun mayo & ketchup]	7.95
buffalo chicken fingers [2]	9.95
chicken fingers [2]	8.95
tuscan starter [bacon, bleu cheese & pine nuts on romaine w/ sweet & spicy vinaigrette]	6.95

soup

	cup	bowl	quart
spring pea	5.95	6.95	12.95
gumbo [w/ shrimp, andouille sausage & chicken]	9.95	12.95	21.95
chicken noodle	5.95	6.95	12.95
chicken noodle w/ matzah balls	6.50	7.95	14.95
bob's tomato	5.95	6.95	12.95

salads

southwest chicken [blackened chicken breast, romaine, pico de gallo, avocado, cotija & tortilla strips w/ cilantro lime vinaigrette]	15.95
spring tenderloin [grilled tenderloin steak, red pepper, asparagus, mushrooms, bleu cheese & crispy onions on romaine & parsley mix w/ balsamic vinaigrette]	18.95
salmon goddess [grilled atlantic salmon, snap peas, watermelon radishes & grape tomatoes on romaine w/ green goddess dressing]	16.95
sampler [a scoop of fancy schmancy tuna, tarragon chicken & dilled egg salad on greens]	14.95
tarragon chicken salad [w/ grapes, pecans, & celery on greens]	12.95
fancy schmancy tuna salad [white albacore tuna w/ kalamata olives, red peppers & scallions on greens]	12.95
dilled egg salad [hard cooked eggs w/ celery, scallions & dill on greens]	11.95

pasta

mac & cheese	[small] 7.95	[large] 10.95
add buffalo chicken	[1] 4.95	[2] 8.95
mac & cheese - family style to go [feeds 8-10, as a side]	29.95	
chicken pad thai [chicken breast, rice noodles, egg, pea pods, red pepper, carrots & cilantro w/ crushed peanuts]	15.95	

sandwiches

served w/ house made chips!

salmon banh mi [grilled salmon, cilantro, mint, carrot & jalapeno w/ sriracha mayo on baguette] *	16.95
tuna melt [house made english muffin, fancy schmancy tuna salad, sliced tomato & muenster cheese]	14.95
grilled chicken club [grilled chicken breast, lettuce, tomato, avocado, Jones Dairy Farm bacon & honey mustard aioli on toasted whole grain]	15.95
steak sandwich [grilled beef tenderloin, red pepper aioli & arugula on herb focaccia] *	16.95
burger, burger [2 house ground chuck patties, cheddar cheese, lettuce, tomato, onion & special sauce on challah bun] * <i>add Jones Dairy Farm bacon 2.50</i>	15.95
rachel [turkey, swiss cheese, sauerkraut & red pepper aioli on caraway rye]	14.95
reuben [corned beef, swiss cheese, sauerkraut & red pepper aioli on caraway rye]	15.95
turkey focaccia [house roasted turkey breast w/ red pepper aioli, shredded lettuce, tomato & shaved red onions on grilled focaccia bun] <i>add avocado 2.00</i>	12.95
open-faced runny egg club [two over easy eggs, bacon, avocado, arugula, tomato & red pepper aioli on toasted whole grain] *	12.95
breakfast sandwich [bacon or house sausage, fried egg & cheddar cheese on house made english muffin] * <i>add avocado 2.00</i>	12.95
yum! veggie [avocado, cucumber, sprouts, tomato, spinach, cheddar & muenster w/ honey mustard aioli on toasted whole grain]	12.95
grilled cheese [muenster & cheddar on challah]	9.95
fancy schmancy tuna salad [white albacore tuna w/ kalamata olives, red peppers & scallions w/ lettuce & tomato on toasted challah]	12.95
tarragon chicken salad [w/ grapes, pecans & celery w/ lettuce & tomato on toasted challah]	12.95
dilled egg salad [hard cooked eggs w/ celery, scallions & dill w/ lettuce & tomato on toasted challah]	11.95

bread

[sliced or whole]

caraway rye	5.95
challah	7.95
whole grain	5.95
english muffins [4]	12.95

family style

whole roasted chicken	18.95
1/2 pan macaroni & cheese [feeds 8-10]	29.95
chicken salad [1/2 pint, pint or quart]	9.95 18.95 29.95
tuna salad [1/2 pint, pint or quart]	9.95 18.95 29.95
egg salad [1/2 pint, pint or quart]	8.95 16.95 26.95

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entrees

mike's seafood stew [mussels, mahi mahi, shrimp, tomatoes, fresh fennel & a hint of orange w/ grilled ciabatta & red pepper aioli] *	18.95
green mole salmon [grilled atlantic salmon w/ green mole on jasmine rice, garnished w/ arugula, watermelon radish & toasted pepitas]	19.95
szechuan salmon [grilled salmon on jasmine rice w/ pistachios & szechuan green beans]	19.95
fish & chips [true alaskan cod & french fries w/ house tartar sauce]	16.95
hugo's baja mahi tacos [build your own! mahi-mahi on romaine w/ spicy baja sauce, pico de gallo, cotija cheese & corn tortillas]	16.95
cauliflower couscous vegan bowl [pearl couscous infused w/ tumeric, red onion, red peppers, scallions, parsley & cilantro topped w/ harissa roasted cauliflower, tahini vinaigrette & pine nuts]	15.95
amablu crusted filet [beef tenderloin w/ roasted potatoes & simple green beans] *	22.95
1/2 roasted chicken [w/ roasted potatoes & green beans]	18.95
lemon chicken [seared chicken breast w/ fresh lemon & italian parsley, served w/ roasted potatoes & broccolini]	16.95

side dishes

szechuan green beans	7.25	9.95
simple green beans	6.95	9.25
broccolini		6.95
crispy brussels sprouts		6.95
roasted potatoes		6.25
harissa roasted cauliflower		7.25

cakes

	slice	whole
patticake	7.50	59.95
baker's man	7.50	59.95

cupcakes

coconut	4.50
carrot	4.50
yum!	4.50
chocolate	4.25
vanilla	4.25

pies, bars & cookies

mini banana cream pie	6.95
nut goodley bar	4.25
special yum! bar	4.25
chocolate chip cookie	2.95
ranger cookie	2.95
peanut butter cookie	2.95
[dairy free & gluten friendly]	
m & m sugar cookie	2.95
coconut macaroon	3.95

breakfast

[served 8:00 -11:00 am daily]

southwest scramble [scrambled eggs, avocado, pepper jack cheese, pico de gallo, tortilla strips & cotija w/ flour tortilla & salsa verde]	14.95
open-faced runny egg club [two over easy eggs, bacon, avocado, arugula, tomato & red pepper aioli on toasted whole grain served w/ roasted potatoes] *	12.95
breakfast sandwich [house made english muffin w/ fried egg, cheddar cheese & choice of sausage or bacon served w/ roasted potatoes] * add avocado 2.00	12.95
yum! [slow scrambled eggs w/ chives, sausage patties, roasted potatoes & challah toast]	12.95
steak & eggs [beef tenderloin, over easy eggs & crispy onions served w/ roasted potatoes & grilled focaccia] *	16.95
breakfast burrito [scrambled eggs, sausage, pepper jack cheese, avocado, roasted potatoes & sour cream wrapped in a flour tortilla served w/ pico de gallo & tortilla chips]	14.95
california scramble [scrambled eggs w/ tomato, avocado, fresh mozzarella, spinach & daikon sprouts, served w/ greens & whole grain toast] add salmon 6.00	12.95
yum! granola [house made granola w/ yogurt, mixed berries & drizzle of honey]	9.95
oatmeal brulee [oats & wheat berries slow cooked & topped w/ strawberries, almonds & brown sugar glaze]	8.95
avocado toast [whole grain, avocado, extra virgin olive oil, sea salt & red pepper flakes] add egg * 2.50 add greens 2.95 add salmon 6.00	8.95
crunchy french toast [thick slices of egg dipped challah w/ corn flake crunch served w/ whipped cream, blackberries & strawberries]	12.95

breakfast sides

one egg any style *	2.50
house made sausage pattie	5.95
Jones Dairy Farm bacon	6.95
sweet & spicy candied bacon	7.95
roasted potatoes	5.95
fresh fruit [the best of the season]	5.95
house baked english muffin	4.95
toast [challah, rye or whole grain]	3.95

yum!

caramel pull-a-part	4.75
cinnamon pull-a-part	4.75

muffins

donut	3.75
blueberry	3.75

scones

pistachio orange	3.75
mixed berry	3.75
plain	3.50

specialty

fruit loopie bar	4.25
popcorn ball	4.25

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