appetizers ~~~	~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~
french fries [w/ red pepper aioli, cajun mayo & ketch	7.95 nup]
buffalo chicken fingers [2]	9.95
chicken fingers [2]	8.95
green on greens starter [snap peas, tomatoes & watermelon rad romaine w/ green goddess dressing] make it a large w/ salmon	6.95 lishes on 15.95
soup	~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~
-	cup bowl quart
tortilla [w/ chicken, avocado, cilantro & gumbo [w/ shrimp, andouille sausage & chicken noodle chicken noodle w/ matzah balls bob's tomato	
salads	~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~
shrimp louie [poached shrimp, yum! 1000 island, av cherry tomatoes & hard boiled egg on w/ chive garnish]	
mixed berry [sweet & spicy pecans, blueberries, stu blackberries & goat cheese on spring i w/ maple vinaigrette] add chicken 4.	nix
southwest chicken [blackened chicken breast, romaine, p avocado, cotija & tortilla strips w/ cilan	
sampler [a scoop of fancy schmancy tuna, tarrag & dilled egg salad on greens]	14.95 gon chicken
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 &	11.95 & dill on greens]
pasta	
mac & cheese add buffalo chicken	[small] 7.95 [large] 10.95 [1] 4.95 [2] 8.95

mac & cheese - family style to go 29.95 [feeds 8-10, as a side] 15.95 lemon cream pasta [spaghetti w/ lemon cream, crispy chicken, peas, mint, basil & topped w/ bread crumbs]

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sandwiches	
served w/ house made chips!	~~~~
lobsta club [lobster, bacon, lettuce, tomato, avocado & garlic aioli on challah] *	24.95
ahi tuna	16.95
[grilled ahi tuna w/ wasabi cream, pickled ginger, cucumber & daikon sprouts on a challah bun] *	
tuna melt	14.95
[house made english muffin, fancy schmancy tuna salad, sliced tomato & muenster cheese]	
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] * add Jones Dairy Farm bacon 2.50	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] add avocado 2.00	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</i> 2.00	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
breads	~~~~
caraway rye challah	5.95 7.95
whole grain	5.95 12.95
english muffins [4] family style ~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~	TT: 20
	10.07
whole roasted chicken 1/2 pan macaroni & cheese [feeds 8-10]	18.95 29.95
chicken salad [1/2 pint, pint or quart] 9.95 18.95	

tuna salad [1/2 pint, pint or quart]

egg salad [1/2 pint, pint or quart]

9.95 18.95 29.95

8.95 16.95 26.95

entrees ------

grainy mustard salmon roasted atlantic salmon w/ grainy mustard glaze, nickled ginger, jasmine rice, arugula & broccolini]	19.95
szechuan salmon grilled salmon on jasmine rice w/ pistachios & szechuan green beans]	19.95
ish & chips true alaskan cod & french fries w/ house tartar sauce]	16.95
nugo's baja mahi tacos build your own! mahi-mahi on romaine w/ spicy baja sauc pico de gallo, cotija cheese & corn tortillas]	16.95 e,
cauliflower couscous vegan bowl pearl couscous infused w/ tumeric, red onion, red peppers ccallions, parsley & cilantro topped w/ harissa roasted cau ahini vinaigrette & pine nuts]	
mablu crusted filet beef tenderloin w/ roasted potatoes & simple green beans	22.95] *
L /2 roasted chicken w/ roasted potatoes & green beans]	18.95
emon chicken seared chicken breast w/ fresh lemon & italian parsley, served w/ roasted potatoes & broccolini]	16.95

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 -----

Cares of the cares	slice	whole
patticake	7.50	59.95
baker's man	7.50	59.95
coconut	7.50	59.95
-		
cupcakes	~~~~	~~~~
rhubarb upside down		4.50
yum!		4.50
chocolate		4.25
vanilla		4.25
pies, bars & cookie	S ~~	~~~~
mini key lime pie		6.95
nut good ley bar		4.25
special yum! bar		4.25
chocolate chip cookie		2.95
ranger cookie		2.95
peanut better cookie [dairy free & gluten friendly]		2.95
frosted sugar cookie		3.95

	breakfast [served 8:00 -11:00 am daily]	~~~
	salmon hash [red curry glazed flaked salmon w/ potatoes, arugula, red peppers & over easy eggs w/ fresh dill & rye toast] *	15.95
	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] αdd salmon 6.00	12.95
	yum! granola [house made granola w/ yogurt, mixed berries & drizzle of honey	9.95]
	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!-----

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