appetizers ------

french fries [w/ red pepper aioli, cajun mayo & ketchup]	7.95
buffalo chicken fingers [2]	9.95
chicken fingers [2]	8.95
blt wedge starter	6.95

[bacon, iceberg wedge & tomato w/ yum! 1000 island dressing]

soup		~~~~	~~~~
	сир	bowl	quart
ice cold gazpacho	5.95	6.95	12.95
coconut curry w/ chicken	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------

001000		
yum! blueberry [blueberries, strawberries, midnight m & candied almonds on mixed greens v add chicken 4.00		
chinese chicken [chicken breast, peapods, red peppers on iceberg/romaine mix w/ sesame dr & crispy cellophane noodles & wonton	essing	14.95
sweet & spicy shrimp caesar [shrimp & parmesan on romaine w/ sweet & spicy caesar & parmesan o	crisp]	15.95
sampler [a scoop of fancy schmancy tuna, tarra; & dilled egg salad on greens]	gon chicken	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]	5,	12.95
dilled egg salad [hard cooked eggs w/ celery, scallions a	& dill on greens]	11.95
pasta		~~~~~
mac & cheese add buffalo chicken	[small] 7.95 [1] 4.95	[large] 10.95 [2] 8.95
mac & cheese - family style to go [feeds 8-10, as a side]		29.95
lemon cream pasta [spaghetti w/ lemon cream, crispy chick peas, mint, basil & topped w/ bread cru		15.95

served w/ house made chips! lobsta club [lobster, bacon, lettuce, tomato, avocado & garlic aioli on challah] * ahi tuna [grilled ahi tuna w/ wasabi cream, pickled ginger, cucumber & daikon sprouts on a challah bun] * tuna melt [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] stack sandwich

Farm bacon & honey mustard aioli on toasted whole grain]	
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</i> 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] <i>add avocado</i> 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] * add avocado 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

24.95

16.95

14.95

15.95

breads ~

SI COUCO			
[sliced or whole]			
caraway rye			5.95
challah			7.95
whole grain			5.95
english muffins [4]			12.95
family style	~~~	~~~~	\sim
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 ------

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
<b>ish &amp; chips</b> true alaskan cod & french fries w/ house tartar sauce]	16.95
<b>nugo's baja mahi tacos</b> build your own! mahi-mahi on romaine w/ spicy baja sauc pico de gallo, cotija cheese & corn tortillas]	16.95 ce,
cauliflower couscous vegan bowl pearl couscous infused w/ tumeric, red onion, red peppers callions, parsley & cilantro topped w/ harissa roasted cau ahini vinaigrette & pine nuts]	
amablu crusted filet beef tenderloin w/ roasted potatoes & simple green beans	22.95 s] *
L <b>/2 roasted chicken</b> w/ roasted potatoes & green beans]	18.95
<b>emon chicken</b> 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 -----

cakes ~~~~~	$\sim\sim\sim$	$\sim\sim\sim$
Cares	slice	whole
patticake	7.50	59.95
baker's man	7.50	59.95
coconut	7.50	59.95
cupcakes	~~~~	~~~~
<b>±</b>		
dirt		4.50
angel food		4.50
yum!		4.50
chocolate		4.25
vanilla		4.25
pies, bars & cookie	<b>es</b> ~~	~~~~
mini key lime pie		6.95
s'more brownie		4.95
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

	breakfast ~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~	~~~
ĺ	<b>salmon hash</b> [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
i	<b>yum!</b> [slow scrambled eggs w/ chives, sausage patties, roasted potatoes & challah toast]	12.95
	<b>steak &amp; eggs</b> [beef tenderloin, over easy eggs & crispy onions served w/ roasted potatoes & grilled focaccia] *	16.95
	<b>breakfast burrito</b> [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
	<b>california scramble</b> [scrambled eggs w/ tomato, avocado, fresh mozzarella, spinach & daikon sprouts, served w/ greens & whole grain toast] <i>add salmon 6.00</i>	12.95
	<b>yum! granola</b> [house made granola w/ yogurt, mixed berries & drizzle of honey	9.95 /]
	<b>avocado toast</b> [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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caramel pull-a-part	4.75
cinnamon pull-a-part	4.75
muffins	$\sim$
raspberry streusel	3.75
blueberry	3.75
scones	$\sim\sim$
blueberry cream cheese	3.75
mixed berry	3.75
plain	3.50
specialty	$\sim$
fruit loopie bar	4.25
popcorn ball	4.25

* Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness

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