

appetizers

french fries [w/ red pepper aioli, cajun mayo & ketchup]	7.95
buffalo chicken fingers [2]	9.95
chicken fingers [2]	8.95
three b's starter [bibb lettuce, beets, & bleu cheese w/ lemon honey vinaigrette]	6.95

soup

	<i>cup</i>	<i>bowl</i>	<i>quart</i>
chicken chili [w/ sour cream, scallions & cheddar]	6.50	7.95	14.95
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

date night [avocado, dates, corn, goat cheese, toasted almonds & corn bread croutons on mixed greens w/ lemon honey vinaigrette] <i>add chicken 4.00</i>	14.95
pop! [chicken, pears, bleu cheese, scallions & popped wild rice on field greens w/ maple vinaigrette]	14.95
fall farro w/ salmon [atlantic salmon, farro, grape tomatoes & radishes on arugula w/ mint, parsley & pistachios in lemon vinaigrette]	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 <i>add buffalo chicken</i>	[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	
cajun chicken fettuccine [blackened chicken w/ fettuccine & broccolini in creole sauce & topped w/ parmesan & chives]	15.95	

sandwiches

served w/ house made chips!

southwest chicken panini [blackened chicken breast, avocado aioli, lettuce, tomato & mozzarella on jalapeño focaccia]	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
tuna melt [house made english muffin, fancy schmancy tuna salad, sliced tomato & muenster cheese]	14.95
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

lemon salmon w/ kale [roasted atlantic salmon w/ maple whipped sweet potatoes & sauteed kale]	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
veggie stuffed acorn squash [roasted squash w/ wild rice, pears, dates, dried cherries & kale topped w/ parmesan]	15.95
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/ mashed potatoes & simple green beans] *	22.95
1/2 roasted chicken [w/ mashed potatoes & green beans]	18.95
lemon chicken [seared chicken breast w/ fresh lemon & italian parsley, served w/ mashed potatoes & broccolini]	16.95
turkey carver [house roasted turkey, mashed potatoes & gravy open faced on toasted challah w/ crispy onions & side cranberry sauce]	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
mashed potatoes		6.25
maple whipped sweet potatoes		6.95
harissa roasted cauliflower		7.25

cakes

	slice	whole
patticake	7.50	59.95
baker's man	7.50	59.95
coconut	7.50	59.95

cupcakes

chocolate peanut butter	4.50
yum!	4.50
chocolate	4.25
vanilla	4.25

pies, bars & cookies

mini pumpkin cheesecake	6.95
salted nut roll	4.25
pumpkin bar	4.50
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]	
minnesota maple cookie	2.95

breakfast

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

old school corned beef hash [shredded corned beef & roasted potatoes w/ over easy eggs, hollandaise & rye toast] *	15.95
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
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
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! [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
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	6.25
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

pumpkin	3.75
blueberry	3.75

scones

chai	3.75
mixed berry	3.75
plain	3.50

specialty

fruit loopie bar	4.25
popcorn ball	4.25

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