

## appetizers

<b>french fries</b> [w/ red pepper aioli, cajun mayo & ketchup]	7.95
<b>buffalo chicken fingers [2]</b>	9.95
<b>chicken fingers [2]</b>	8.95
<b>sweet &amp; spicy caesar starter</b> [romaine & parmesan w/ spicy caesar dressing & parmesan crisp]	6.95

## soup

	<i>cup</i>	<i>bowl</i>	<i>quart</i>
<b>chicken wild rice</b> [w/ almond & parsley]	6.95	7.95	15.95
<b>gumbo</b> [w/ shrimp, andouille sausage & chicken]	9.95	12.95	21.95
<b>chicken noodle</b>	6.95	7.95	15.95
<b>chicken noodle w/ matzah balls</b>	7.95	8.95	16.95
<b>bob's tomato</b>	6.95	7.95	15.95

## salads

<b>pacific rim salmon</b> [grilled salmon on romaine w/ pineapple, red peppers, hearts of palm, green onions & toasted coconut w/ coconut dressing]	15.95
<b>greek</b> [feta, kalamata olives, cucumbers, pepperoncini, tomatoes & marinated red onions on romaine w/ red wine vinaigrette, & hummus w/ flat bread] <i>add chicken 4.00</i>	14.95
<b>curried chicken couscous</b> [tumeric infused couscous, curried chicken, apples, currants, carrots & red peppers served warm on romaine w/ honey yogurt dressing]	15.95
<b>sampler</b> [a scoop of fancy schmancy tuna, tarragon chicken & dilled egg salad on greens]	14.95
<b>tarragon chicken salad</b> [w/ grapes, pecans, & celery on greens]	12.95
<b>fancy schmancy tuna salad</b> [white albacore tuna w/ kalamata olives, red peppers & scallions on greens]	12.95
<b>dilled egg salad</b> [hard cooked eggs w/ celery, scallions & dill on greens]	11.95

## pasta

<b>mac &amp; cheese</b> <i>add buffalo chicken</i>	[small] 7.95 [1] 4.95	[large] 10.95 [2] 8.95
<b>mac &amp; cheese - family style to go</b> [feeds 8-10, as a side]	29.95	
<b>penne w/ yum! sausage</b> [penne, spicy tomato sauce, ricotta, spicy yum! sausage, basil & parmesan w/ garlic toast]	15.95	
<b>penne w/ yum! sausage - family style to go</b> [feeds 4-6]	59.95	

## sandwiches

*served w/ house made chips!*

<b>greek chicken flatbread</b> [grilled chicken breast, hummus, romaine, feta, cucumbers, red onions, kalamata olives, tomatoes & red wine vinaigrette served on yum! folded flatbread]	15.95
<b>grilled chicken club</b> [grilled chicken breast, lettuce, tomato, avocado, Jones Dairy Farm bacon & honey mustard aioli on toasted whole grain]	15.95
<b>reuben</b> [corned beef, swiss cheese, sauerkraut & red pepper aioli on caraway rye]	16.95
<b>rachel</b> [turkey, swiss cheese, sauerkraut & red pepper aioli on caraway rye]	14.95
<b>turkey focaccia</b> [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
<b>lto burger</b> [house ground burger w/ lettuce, tomato & onion] * <i>add cheese 1.00 add Jones Dairy Farm bacon 2.50</i>	15.95
<b>yum! burger</b> [house ground burger w/ crispy onion, cheddar & red pepper aioli] *	16.95
<b>steak sandwich</b> [grilled beef tenderloin, red pepper aioli & arugula on herb focaccia] *	18.95
<b>tuna melt</b> [house made english muffin, fancy schmancy tuna salad, sliced tomato & muenster cheese]	14.95
<b>breakfast sandwich</b> [bacon or house sausage, fried egg & cheddar cheese on house made english muffin] * <i>add avocado 2.00</i>	12.95
<b>yum! veggie</b> [avocado, cucumber, sprouts, tomato, spinach, cheddar & muenster w/ honey mustard aioli on toasted whole grain]	12.95
<b>grilled cheese</b> [muenster & cheddar on challah]	9.95
<b>fancy schmancy tuna salad</b> [white albacore tuna w/ kalamata olives, red peppers & scallions w/ lettuce & tomato on toasted challah]	12.95
<b>tarragon chicken salad</b> [w/ grapes, pecans & celery w/ lettuce & tomato on toasted challah]	12.95
<b>dilled egg salad</b> [hard cooked eggs w/ celery, scallions & dill w/ lettuce & tomato on toasted challah]	11.95

## breads

*[sliced or whole]*

<b>caraway rye</b>	5.95
<b>challah</b>	7.95
<b>whole grain</b>	5.95
<b>english muffins [4]</b>	12.95

## family style

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

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## entrees

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

## side dishes

<b>szechuan green beans</b>	7.25	9.95
<b>simple green beans</b>	6.95	9.25
<b>broccolini</b>		6.95
<b>crispy brussels sprouts</b>		6.95
<b>mashed potatoes</b>		6.25
<b>harissa roasted cauliflower</b>		7.25

## cakes

	slice	whole
<b>patticake</b>	7.50	59.95
<b>baker's man</b>	7.50	59.95
<b>coconut</b>	7.50	59.95

## cupcakes

<b>lemon cheesecake</b>	4.50
<b>yum!</b>	4.50
<b>chocolate</b>	4.25
<b>vanilla</b>	4.25

## pies, bars & cookies

<b>mini lemon meringue pie</b>	6.95
<b>sinkicker</b>	4.50
<b>nut goodley bar</b>	4.25
<b>special yum! bar</b>	4.25
<b>chocolate chip cookie</b>	2.95
<b>ranger cookie</b>	2.95
<b>peanut better cookie</b>	2.95
<b>[dairy free &amp; gluten friendly]</b>	
<b>brownie chunk cookie</b>	2.95
<b>[w/ walnuts]</b>	

## breakfast

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

<b>salmon hash</b> [red curry glazed flaked salmon w/ potatoes, arugula, red peppers & over easy eggs w/ fresh dill & rye toast] *	15.95
<b>breakfast sandwich</b> [house made english muffin w/ fried egg, cheddar cheese & choice of sausage or bacon served w/ roasted potatoes] * add avocado 2.00	12.95
<b>california scramble</b> [scrambled eggs w/ tomato, avocado, fresh mozzarella, spinach & daikon sprouts served w/ greens & whole grain toast] add salmon 6.00	12.95
<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] *	18.95
<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>oatmeal brulee</b> [oats & wheat berries slow cooked & topped w/ strawberries, almonds & brown sugar glaze]	8.95
<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
<b>crunchy french toast</b> [thick slices of egg dipped challah w/ corn flake crunch served w/ whipped cream, blueberries & strawberries]	12.95

## breakfast sides

<b>one egg any style *</b>	2.50
<b>house made sausage pattie</b>	5.95
<b>Jones Dairy Farm bacon</b>	6.95
<b>sweet &amp; spicy candied bacon</b>	7.95
<b>roasted potatoes</b>	6.25
<b>fresh fruit</b> [the best of the season]	5.95
<b>house baked english muffin</b>	4.95
<b>toast</b> [challah, rye or whole grain]	3.95

## yum!

<b>caramel pull-a-part</b>	4.75
<b>cinnamon pull-a-part</b>	4.75

## muffins

<b>lemon poppyseed</b>	3.95
<b>blueberry</b>	3.75

## scones

<b>mixed berry</b>	3.75
<b>plain</b>	3.50

## specialty

<b>fruit loopie bar</b>	4.25
<b>popcorn ball</b>	4.25

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