

## BReaKfaST STuff

(joined by a side of fruit medley)

### BaSiC

egg, cheese, signature sauce, hard roll - 3.50

### exTended BaSiC

a BaSiC with bacon, ham or sausage on multigrain - 4.25

### haRveSTeR

egg, tomato, roasted red pepper, grilled portobello, organic spinach, aged provolone, signature sauce, wrap - 6

### MexIcaLI Rap

egg, avocado, black beans, roasted corn, havarti, \*salsa\* and a chipotle yogurt sauce - 6.95

### RiGht STaRT

greek style yogurt, organic berries, honey, granola - 4.95

### new yoRK Bagel

butter - 2 | cream cheese, all natural pb, hummus - 2.50 | house made fig jam - 2.75

### SalMon nyc STyle

smoked atlantic salmon w/ "the works" - cream cheese, fresh tomato, shaved onions and capers - on your choice of NYC bagel - 8.95

## SaLads

(escorted by daily accessory)

### SMoKed SaLMon SaLad

smoked atlantic salmon over balsamic dressed organic baby spinach & romaine hearts w/ fresh tomato, cucumbers, onions and capers - 12.95

### BBq chIcken caeSaR

bbq grilled Coleman natural chicken, romaine, roasted corn, black beans, roasted red peppers, house made croutons, caesar dressing - 10.95

### clASSIcISH caeSaR

romaine, cucumbers, house made croutons, Caesar dressing - 7.25

### gIna The gReeK

Organic baby spinach, romaine, cucumbers, onions, tomato, olives, feta, lemon oregano vinaigrette - 8.95

## SandwicheS

(escorted by pickle and daily accessory)

### The BLue

oven roasted turkey, prosciutto, house made fig jam, lettuce, blue cheese crema on multigrain - 8.95

### eaST MeeTS weST

tender pulled pork drenched in house-made bourbon bbq sauce over melted aged-provolone complimented w/ an asian apple slaw on a hard roll - 8.95

### The TRIPLe B

all natural Black-Bean-Burger wrapped w/ avocado, havarti cheese, black bean lime spread, \*salsa\* and lettuce w/ a *Zing* of chipotle yogurt sauce - 8.95

### veg

hummus, organic spinach, onions, red peppers, organic seasonal veggies, aged provolone, fresh squeezed lemon, evoo on multigrain - 8.95

### TReuBen

oven roasted turkey breast, sauerkraut, house 1000-island and swiss heated through and through on nyc pumpernickel - 8.95

### oppoSITeS aTTRaCT

oven roasted turkey & ham, havarti & smoked gouda, roasted red peppers & banana peppers, shaved red onion & grilled onions, lettuce & tomato, wrapped with house buffalo mustard - 8.95

### Tuna MeLT

albacore tuna salad, tomato and aged provolone warmed through on multigrain bread - 8.95

### BLaT

bacon, lettuce, avocado and tomato w/ seasoned mayo on toasted country white - 8.95

### gRILLed cheeSe

the usual stuff with a side of veggie sticks ☺ 4.95

### pB&j

bread slathered with all-natural pb and strawberry preserve or grape jelly with veggie sticks - 4.95

\*We use salsa from East Coast Taco in Niantic

## unuSuaL SuSpecTS

### 12" queSadILLa'S

Cheese - 6.95

Gourmet - 10.95

*Cowboy*...all-natural bbq chicken, onion, roasted red peppers, cheese

*Mexican*...black bean lime spread, roasted corn, tomato, cheese

*Italian*...sausage, roasted red peppers, cheese

### The dIp

hummus, black bean lime dip, fresh seasonal veggie sticks, feta, olives, house made bagel chips - 8.95



**Yin & Yang**  
(choose 2)



1/2 Sandwich | 1/2 Salad | Soup  
8.95

## BeveRages

ASHLAWN FARMS' FAIR TRADE/ORGANIC

**coffee & eSpReSSo**  
making

**Cappuccino, LaTTe, aMeRiCano, MacchIaTo**

{ give 'em a shot of flavor for \$.50 }

**SMooThIeS** - All-Natural Strawberry, Mango, Tropical, Wild Berry, Strawberry-Banana

**LeMonade** - House made traditional or with a flavor blast.

**chaI** - House made with over a dozen spices and ingredients.

**Tea** - featuring Mighty Leaf

**fIzzIeS** - flavored house made sodas

**unuIque BoTTLeS & canS**