

# 1ST & EATS

scan here to order ahead



## Specials

<b>SOUP</b>	12 / 16 oz
Pasta e Fagioli <b>VEGAN</b>	2.75/3.50
<b>ENTREE</b>	
CAULIFLOWER BLENDED TURKEY MEATBALLS	6.00
BEEF BRACOILE, MARINARA, FRESH HERBS	6.00
CHEESE MANICOTTI, PESTO CREAM VEG	5.00
Toasted Orzo, Herbed Butter <b>VEG</b>	1.25
Roasted Corn, Red Peppers <b>VEGAN</b>	1.25
Braised Swiss Chard <b>VEGAN</b>	1.25
<b>CULINARY THEATER</b>	
<b>BAO BUN BAR</b>	7.50/7.00
Gochujang Chicken or Asian BBQ Tofu, Cabbage Slaw, Jasmine Rice	
<b>PIZZA</b>	
Broccoli Cheddar Pizza <b>VEG</b>	2.50
<b>GRILL</b>	
Honey Mustard Fried Chicken Sandwich	6.50
<b>SANDWICH</b>	
Italian Soppresata, Provolone, Red Peppers, Baguette, Lemon Aioli	6.25
<b>SUSHI</b>	
Chicken Teriyaki or Vegetable Dumpling Rice Bowl	8.49

## BUILD YOUR OWN SANDWICH

craft your sandwich the way you want it. choose your protein, bread, cheese, and spreads

<b>PROTEINS</b>	<b>CHEESES</b>
Black Forest Ham	American
In House Roast Turkey	Lorraine Swiss
Smoked Turkey	Provolone
Roast Beef	Cheddar
Bacon	Pepper Jack
Crispy Buffalo Chicken	Fresh Mozzarella
<b>BREADS</b>	<b>SPREADS</b>
Ciabatta	Mayo, Pesto, Chipotle
Wraps	Guldens® Mustard
White Bread	Honey Mustard, Ranch
Wheat Bread	Buffalo Sauce
Multi Grain	Caesar Dressing
Udi's Bun	Horseradish Aioli
Sandwich Thins	Hummus
<b>TOPPINGS</b>	
Green Leaf Lettuce	Grilled Vegetables
Tomatoes	Pickled Jalapenos
Red Onions	Roasted Peppers
Pickle Spears	Banana Pepper
<b>GRILL</b>	
<i>all sandwiches served with toasted bun, green leaf lettuce, tomato, onion. *extra charge for additional toppings</i>	
<b>THE BURGER</b>	4.00
all natural beef	
<b>TURKEY BURGER</b>	3.50
all white meat turkey	
<b>HOMEMADE VEGETABLE BURGER VEG</b>	3.50
bulgur, vegetables, parsley, parmesan	
<b>GRILLED SALMON, CAJUN REMOULADE</b>	6.50
<b>STEAK &amp; CHEESE</b>	4.50
top round steak, american cheese, hoagie roll, your choice of onions, mushrooms	
<b>GRILLED CHICKEN BREAST</b>	4.00
herb marinated	
<b>FRENCH FRIES</b>	1.25
<b>ROASTED CARROTS, ROSEMARY, GARLIC</b>	1.25

**M – F**  
Breakfast

7:30 am – 10:30 am

Lunch

11:30 am – 2:30 pm