

# Lunch

## Sandwiches

Served with Maui Onion Kettle chips and slaw.  
Millet & Flax bread is available on all sandwiches...add 1.25

### Taos Chicken Tacos

Two corn tortillas filled with seasoned chicken breast, chorizo, avocado, green chiles, romaine, Monterey Jack and Queso Fresco, with chipotle-ranch dressing 9.50

### Greek Wrap

Roasted chicken breast, spinach, romaine, red onion, kalamata olives, grape tomatoes, cucumbers, Feta cheese and roasted pepper relish. 9.25

### Tuna Melt

Our tarragon aioli tuna salad, topped with Cheddar cheese and roasted Roma tomatoes, and grilled on your choice of bread 8.75

### Tuna Salad

Made with our house-made tarragon aioli, topped with lettuce on choice of white, multigrain, or marbled rye bread 7.50

### Trifecta

Three classic sandwiches in one. Grilled Cheese, BLT and a Fried Egg 9.50

### The Biscuit Club Wrap

Sliced chicken, bacon, avocado, romaine, cherry tomatoes and basil aioli in a garlic-herb wrap 9.50

### Hot Ham and Cheese

Black Forest ham, Dubliner cheese, roasted apples and Dijon mustard on your choice of toasted bread 9.50

### Grilled Cheese

A blend of Cheddar, Monterey Jack, and Fontina cheeses, grilled on your choice of bread 6.75

### Grilled Cheese Deluxe

With bacon and our house-made onion jam 8.75

## Salads

Add roasted chicken breast or smoked salmon to any salad for 3.00, add tuna salad for 3.00  
Dressings: Balsamic Vinaigrette, Honey-Goat Cheese, Ranch, Greek, Chipotle Ranch

### Fruit and Nut Salad

Fresh fruit, candied pecans, red onions and Parmesan cheese on organic mixed greens 8.25

### Spinach Salad

Baby spinach, bacon, red onions, cherry tomatoes, Feta cheese and croutons 8.25

### Greek Salad

Roasted peppers, grape tomatoes, red onion, Kalamata olives, cucumbers, Feta cheese, and Greek dressing on spinach and romaine 8.50

### Roasted Red Pepper Tomato Soup

Bowl 4.50 Cup 3.00

Please alert your server to any food allergies. While we have a small, multi-use kitchen, we will do our best to accommodate your needs.

Ask your server about menu items that are cooked to order or served raw.  
Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne disease.



