

SALADS served with Belgian Country Bread

NEW Lentil Salad - 12.75

Lentils - feta - diced onions and tomatoes - feta - baby spinach

NEW Marinated Goat cheese Salad - 13.95

Marinated goat cheese medaillon - arugula - tomatoes - prosciutto

Quinoa Salad - 12.75

Quinoa - feta - diced zucchini, carrots and tomatoes - balsamic vinaigrette - arugula

Belgian Salad - 9.50

Chicken curry or egg or tuna salad - arugula - French lentils salad - vinaigrette

Belgian Kale Salad - 11.50

Kale - spinach - chicken - candied pecans - cranberries & raisins - walnut/raspberry vinaigrette

Healthy Plate - 11.50

Arugula - lentils - sliced beets - hearts of palm

Little Side Salad 4.15

12 oz Container: your choice of chicken - egg - tuna - lentils 7.00 add Bread + 1.25

Add Prosciutto or Chicken to your salad - 2.50

SANDWICHES

Prosciutto on Ciabatta: Prosciutto - Vine tomato - olive oil - sea salt on home-made ciabatta 9.50

Belgian chicken curry sandwich 8.00

Belgian egg salad sandwich 8.00

Belgian tuna salad sandwich 8.00

Goat cheese - honey - pistachio - olive oil - thyme 8.00

Italian salami with French butter 8.00

Pastrami on rye 8.50

Home-made hummus - spinach - cucumber 8.50

Prosciutto - parmigiano shavings 8.95

Add tomato or arugula - 1.50

SOUPS

Soup of the day 16 oz with home-made bread 6.25

Soup of the day + 1/2 sandwich 9.25

Soup of the day + 1/2 salad 11.50