



1600 oregon street • downtown redding

telephone: **246-2926**

please, call by 11:00 a.m. for large to-go orders

sandwiches

choice of sweet french, whole wheat or whole wheat rye bread;
and choice of potato salad, green salad or cup of soup

naturalist

avocado, alfalfa sprouts, tomato, cucumber, red onion & cream cheese, served on choice of bread
whole 12.99 • half 9.49

hummus

garlic hummus with cucumber, red onion, tomato & alfalfa sprouts served on choice of bread
whole 12.99 • half 9.49

tuna

tuna salad with mayo, capers, red onion, lettuce & tomato served on choice of bread
whole 12.99 • half 9.49

grilled ham & cheese

ham, roma tomatoes, & choice of provolone, swiss or cheddar cheese grilled on sweet french bread
whole 12.99 • half 9.49

carnegie's club

turkey, ham, bacon, swiss cheese, mayo & tomato grilled on sweet french bread
whole 12.99 • half 9.49

roast beef & green chile

roast beef, pepper jack cheese, green chile, horseradish & mayo grilled on sweet french bread
whole 12.99 • half 9.49

turkey

turkey, mayo, red onion, lettuce, tomato & choice of swiss, provolone or cheddar cheese served on choice of bread
whole 12.99 • half 9.49
avocado add 2.50

cashew chicken

chicken, mayo, celery, green onions, raisins & cashews served with lettuce & tomato on choice of bread
whole 12.99 • half 9.49

reuben

pastrami, swiss cheese, sauerkraut & 1000 island dressing grilled on whole wheat rye
whole 12.99 • half 9.49

b.l.a.t.

bacon, mayo, lettuce, avocado & tomato toasted on sweet french bread
whole 12.99 • half 9.49



parties of 6 or more...

for your convenience, we will automatically add a 15% gratuity to your total • no separate checks!

salads

whole wheat rolls available on request.

add a cup of soup 3.99

add chicken 3.00

chicken pesto salad

pesto pasta & chicken served on a bed of mixed greens with olive oil balsamic dressing

whole 12.99 • half 9.49

oriental chicken salad

a chinese chicken salad tossed with almonds, chow mein noodles & mandarin oranges served with a oriental dressing

whole 12.99 • half 9.49

apple, blue cheese & walnut salad

mixed greens tossed with apples, blue cheese & caramelized walnuts served with olive oil balsamic dressing

whole 12.99 • half 9.49

cashew chicken salad

chicken, mayo, green onions, cashews and raisins served on a bed of mixed greens with oriental dressing

whole 12.99 • half 9.49

chicken caesar salad

hearts of romaine tossed with chicken & caesar dressing with parmesan cheese

whole 12.99 • half 9.49

greek salad

mixed greens tossed with feta cheese, cucumbers, roma tomatoes, greek olives & red onions served with olive oil balsamic dressing

whole 12.99 • half 9.49

**chocolate
brownie**
served with
chantilly
cream sauce
\$5.99

soups

all made fresh daily & served
with a whole wheat roll
check the **SPECIAL BOARD** for
the **SOUP OF THE DAY**

cup 5.49 • bowl 6.99

combos

choice of soup & green salad
with a whole wheat roll,
or soup with a
half grilled cheese sandwich

\$8.99

sides

green salad 3.99
kid's grilled cheese 3.99

potato salad 3.99

cold drinks

coke, diet coke,
sprite, dr. pepper &
barques root beer 2.49

ice tea 2.49
raspberry iced tea 2.49
ice chai 3.99



follow us on
Facebook
for daily soup
updates
& other specials!



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