

SOUTHWEST VEGETABLE WRAP
Carrots, red onion, bell pepper, red cabbage, organic green leaf, cilantro, black bean spread, tofu spread, guacamole, flour tortilla
VEGAN, INCLUDED IN LUNCH SPECIAL

\$6.49 Ea.

TURKEY APPLE SANDWICH

Turkey, Tillamook cheddar, Organic Apple slice, Cranberry cream cheese focaccia {Foh-ka-sha} bread
NOT INCLUDED IN LUNCH SPECIAL

\$6.99 Ea.

TURKEY CLUB WRAP

Turkey, peppered bacon, Tillamook cheddar, Red cabbage, organic green leaf, cilantro, tomato, ranch cream cheese
NOT INCLUDED IN LUNCH SPECIAL

\$6.99 Ea.

TURKEY ITALIANO SANDWICH

Turkey, Pepperoni, red onion, pepperoncini, lettuce, black olive, tomatoes, stone ground mustard, on poor boy French bread
INCLUDED IN LUNCH SPECIAL

\$7.69 Ea.

\$4/Half

LUNCH SPECIAL IS HALF A SANDWICH OR A WRAP WITH A CUP OR A BOWL OF SOUP

ENTREES



BACON FRITATA

Bacon, egg, Heavy cream, roasted red pepper, spinach, Tillamook cheddar, parmesan, cayenne, salt and pepper

GLUTEN FREE

\$11.99 lb.

BACON STUFFED POTATO

Baked Potato, Bacon, broccoli, Tillamook cheddar, heavy cream, butter

GLUTEN FREE

\$7.49 lb.

BLACK FOREST HAM AND SWISS POCKET

BF Ham, Swiss cheese, Dijon mustard, puff pastry, with an egg wash

CONTAINS GLUTEN AND EGGS

\$9.99 lb.

BROCCOLI STUFFED BAKED POTATO

Broccoli, baked potato, Tillamook cheddar, butter, heavy cream

GLUTEN FREE, VEGETARIAN, CONTAINS DAIRY

\$6.49 lb.

CHEESY GARLIC CHICKEN

Chicken, spinach, cream cheese, Tillamook cheddar, butter, fresh garlic, filo dough

CONTAINS GLUTEN

\$6.49 lb.

CHICKEN AND BROCCOLI POT PIE

Seasonal

Oven roasted chicken breast, onion, corn, carrots, broccoli, and three cheese cream sauce, in a sourdough bread bowl
*may take longer to heat throughout

\$10.99 Ea.

CHICKEN ENCHILADA

Free Range Roasted Chicken, pepper jack, mozzarella, onion, Anaheim peppers, Verde sauce, flour tortilla

\$10.99 lb.

EGGPLANT PARMESAN

Eggplant, basil pesto, garlic, chef Kendall's Marinara sauce, parmesan, mozzarella

GLUTEN FREE, VEGETARIAN, CONTAINS DAIRY

\$8.99 lb.

KALE AND VEGETABLE FRITATTA

Eggs, caramelized onion, kale, red bell pepper, parmesan, Swiss cheese, heavy cream, salt and pepper

GLUTEN FREE, VEGETARIAN, CONTAINS DAIRY

\$10.99 lb.

PIZZA POCKET

Salami, Pepperoni, Mozzarella, and Marinara

CONTAINS GLUTEN & DAIRY

\$9.99 lb.

ROASTED VEGETABLE LASAGNA

Roasted zucchini, bell peppers, onion, Chef Kendall's marinara (tomatoes, basil, garlic, onion) mozzarella, parmesan, lasagna noodles

VEGETARIAN, CONTAINS DAIRY

\$9.99 lb.

SPANAKOPITA

Spinach, feta, garlic, oregano, parmesan, butter, filo dough

VEGETARIAN, CONTAINS DAIRY

\$9.99 lb.

VEGGIE ENCHILADA

Black beans, corn, onion, pepper jack, Tillamook cheddar, black olives, Anaheim peppers, enchilada sauce, flour tortilla

VEGETARIAN, CONTAINS DAIRY

\$9.99 lb.

BEEF STUFFED PEPPER

Dakota Beef, white onion, celery, tomato sauce, bell peppers, parsley, wild rice, butter, cheddar cheese

\$9.99 lb.

TOMATO BASIL LASAGNA

Lasagne, roasted vegetables (pepper, eggplant, onion, zucchini, squash) ricotta, parmesan, basil, diced tomatoes, garlic, mozzarella

\$9.99 lb.

BEEF STROGANOFF TURNOVER

Seasonal

Onion, tri tip beef, mushroom, salt, pepper, white wine, basil, sour cream, paprika, puff pastry, egg yolk

\$9.99 lb.

COLD CASE, SANDWICHES & ENTREES

BREAKFAST • LUNCH • DINNER • DELICIOUS



COLD CASE



ANTIPASTA

Kalamata olives, artichoke hearts, tomatoes, gigande beans, spinach, mushrooms DRESSING: olive oil, canola oil, garlic, oregano, basil, salt and pepper

GLUTEN FREE, VEGAN
\$10.99 lb.

BEET SALAD

Gold beets, spinach, feta, house made candied walnuts DRESSING: pure maple syrup, dijon, onion, red wine vinegar, yogurt

GLUTEN FREE, VEGETARIAN CONTAINS DAIRY
\$9.99 lb.

BLACKENED TOFU CAESAR SALAD

Romaine lettuce, blackened tofu, Parmesan cheese, House-made Caesar dressing

(contains eggs and cheese)
GLUTEN FREE, VEGETARIAN, CONTAINS DAIRY
\$9.99 lb.

BROCCOLI SALAD

Broccoli, red onion, Golden Raisins (currants), Sunflower seeds DRESSING: Lime juice, local farm honey, and mayonnaise

GLUTEN FREE, VEGETARIAN CONTAINS DAIRY & EGGS
\$8.99 lb.

CAPRESE SALAD

Cherry tomato, ciliegine mozzarella, basil DRESSING: balsamic, canola oil, oregano, basil, Dijon salt and pepper

GLUTEN FREE, VEGETARIAN, CONTAINS DAIRY
\$9.99 lb.

CAULIFLOWER "RICE"

Shredded cauliflower, lime, green onion, garlic, olive oil, onion, cilantro, salt and pepper

GLUTEN FREE, VEGAN
\$9.99 lb.

CHICKEN PESTO PASTA SALAD

Penne, tomatoes, artichoke hearts, parmesan, spinach chicken DRESSING: balsamic dressing with pesto, garlic and paprika

CONTAINS DAIRY & WHEAT
\$10.99 lb.

CITRUS SALAD

Pineapple, grapefruit, oranges

GLUTEN FREE, VEGAN
\$7.99 lb.

CURRIED RED LENTIL SALAD

Lentil, capers, parsley, red onion DRESSING: orange juice, curry, turmeric, cardamom, sugar, Dijon, canola oil, salt and pepper

GLUTEN FREE, VEGAN
\$7.99 lb.

FALL HARVEST SALAD

Apples, pears, lemon juice, figs, spinach, house made candied walnuts, DRESSING: pure maple syrup, Dijon, onion, vinegar, and yogurt

GLUTEN FREE, VEGETARIAN, CONTAINS DAIRY
\$10.99 lb.

FARMER'S MARKET SALAD

Bell peppers, red onion, arugula, garbanzo beans, romaine DRESSING: parmesan, lemon juice, yogurt, Dijon, sugar, garlic, onion

GLUTEN FREE, VEGETARIAN, CONTAINS DAIRY
\$7.99 lb.

FARRO SALAD

Ancient grain farro wheat, orange zest and segments, arugula, roasted walnuts, sweetened cranberries, and a citrus vinaigrette with olive oil

CONTAINS WHEAT, VEGAN
\$9.99 lb.

GREEK SALAD

Bell peppers, kalamata olives, cucumber, red onion, tomato DRESSING: lemon juice, oregano, canola oil, feta, garlic

GLUTEN FREE, VEGETARIAN, CONTAINS DAIRY
\$10.99 lb.

GOAT CHEESE PASTA SALAD

Rotini pasta, Chevre goat cheese, lemon juice, roasted tomatoes, garlic, arugula

CONTAINS DAIRY & WHEAT, VEGETARIAN
\$10.99 lb.

HUCKS POTATO SALAD

Roasted potatoes, green olives, artichoke hearts, parsley, mayonnaise, stoneground mustard, salt and pepper

CONTAINS EGGS
\$10.99 lb.

KALE SALAD

Kale, bell peppers, almonds, currants DRESSING: house balsamic with honey, red wine vinegar, lemon juice, salt and pepper

GLUTEN FREE, VEGAN, CONTAINS HONEY
\$10.99 lb.

MANGO CHICKEN SALAD

Chicken, Arugula, red onion, mango, spinach and red peppers DRESSING: lime juice, honey, chili powder, mayo, salt and pepper

GLUTEN FREE, CONTAINS EGGS
\$9.99 lb.

SICILIAN CHICKEN

Chicken, celery, arugula, golden raisins, red onion dressing: mayo, garlic, mint, salt and pepper

GLUTEN FREE, CONTAINS EGGS
\$9.99 lb.

SOUTHWEST CORN AND QUINOA SALAD

Roasted sweet corn, rainbow quinoa cooked in cumin infused vegetarian stock, cherry tomatoes, cilantro, lime juice, roasted red peppers, red onion, romaine, and avocado yogurt dressing

GLUTEN FREE, VEGETARIAN, CONTAINS DAIRY
\$9.99 lb.

THAI PEANUT CHOP SLAW

Carrot ribbons, green onion, green and purple cabbage, bell peppers, cilantro, cucumber and thai peanut sauce dressing (made with tamari)

*Contains Peanuts and Soy
GLUTEN FREE, VEGETARIAN
\$9.99 lb.

WATERMELON MINT SALAD

Watermelon, goat cheese, organic mint

GLUTEN FREE, VEGETARIAN, CONTAINS DAIRY
\$7.99 lb.

WINE COUNTRY CHICKEN SALAD

Free Range chicken, cherry tomato, kalamata olives, caper berries, spinach DRESSING: mustard, canola oil, garlic, onion, lime juice

\$10.99 lb.



SANDWICHES

BLACKENED TOFU WRAP

Roasted organic tofu, Tillamook cheddar, organic green leaf, red cabbage, cilantro, tomato, chipotle sour cream, red onion

INCLUDED IN LUNCH SPECIAL
\$6.49 Ea.

ITALIAN SANDWICH

Black forest ham, salami, olive tapenade, tomatoes, pepperoncini, red onion (pickled in red wine vinegar) on french bread loaf

INCLUDED IN LUNCH SPECIAL
\$7.99 Ea.

\$4.00/Half

PESTO CHICKEN WRAP

Free range roasted chicken, pesto sour cream, pepper jack cheese, cilantro, red cabbage, organic green leaf lettuce, tomatoes, flour tortilla

INCLUDED IN LUNCH SPECIAL
\$6.949 Ea.

SMOKED GOUDA AND CHICKEN SANDWICH

Chicken, peppered bacon, red onion, tomato, organic green leaf lettuce, mayonnaise, on wheat bread

INCLUDED IN LUNCH SPECIAL
\$6.99 Ea.

\$4.49/Half