

Wednesday to Friday 10am-3pm
Saturday & Sunday 11am-3pm
Order online or call us (617) 505-6727

LUNCH

Sandwich

B.L. APPLE SANDWICH *

Smoky bacon, lettuce, fresh apple, caramelized onion
mayo
\$8.5

OUR OWN TURKEY CLUB *

House roasted turkey, fig mayo, crispy bacon, greens,
house pickles
\$10.5

CHICKPEA HUMMUS WRAP v

Roasted eggplant, beet greens, goji berry harissa,
sourdough flatbread
\$9.5

CUBAN-STYLE BRAISED PORK SANDWICH

Melted Swiss, ham, mustard, sweet pickles
\$10.5

ITALIAN TUNA SANDWICH

Italian tuna with olive oil, red wine vinegar, pickled
vegetables, crushed hard egg
\$12

GRILLED CHEESE *

Toasted sourdough with melted brown butter, Cabot
cheddar
\$7

THE LOCAL

Sourdough panini with roasted local mushrooms, House
made goat cheese, onion jam, arugula
\$12

CHICKPEA QUINOA FALAFEL BURGER

local greens, grated beet tzatziki served on flatbread
\$12

We proudly source ingredients **locally** and **organically** when
possible. All bread is made in-house.

Please bring your own cups and containers for a 10%
discount!

Lunch Special

GINGER ROASTED SQUASH SALAD

Served with greens, feta, and mulled wine vinaigrette.
\$12

TURKEY QUINOA CHILI

Ask for availability

Salad

FOURSTAR FARM GRAIN SALAD ^

Spelt grain, roasted beets, feta, dried cherry, local greens,
preserved lemon vinaigrette
\$10.5

FALL KALE WALDORF SALAD ^

with Chicken, apple, cranberries and candied walnuts
\$13

Other

VEGAN CURRY MUSHROOM SOUP ^v

Hemp seed, coconut mint chutney
\$9

THAI BUTTERNUT SOUP ^v

\$9

TOMATO & CAULIFLOWER SOUP served with grilled bread.

\$9

CHOLESTEROL FIGHTER SMOOTHIE

^ v

Almond, banana, cinnamon, flax seeds, Taza chocolate
and soy milk
\$9

GREEN SMOOTHIE * ^ v

organic kale, banana, ginger, house yogurt, Chia seeds
\$9

* indicates items that are suitable for children

^ indicates items that are gluten-free

v indicates items that are vegan or can be easily made
vegan

Please inform us of any allergies or dietary restrictions
prior to placing your order.

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness. Before placing your order, please inform your server if a person in your party has a food allergy.