

# SEASONAL SPECIALS

## SALADS

### BEETNIC SALAD 8.95

Smaller salad with spinach, beets, tomatoes, goat cheese and caramelized walnuts. Served with balsamic vinaigrette. (G.F.)

### KAREN'S KALE SALAD 12.95

Baby kale, turkey, cranberries, toasted pecans, dates, parmesan cheese and croutons. Served with lemon poppy seed dressing. (No croutons G.F.)

### STRAWBERRY SENSATION SALAD 13.25

Romaine lettuce, garlic chicken, feta cheese, caramelized almonds, strawberries, red onion, tomatoes and cucumbers. Served with a raspberry vinaigrette dressing. (G.F.)

## HOT ITEMS

### QUINOA TACOS 10.75

Quinoa, black beans, corn, avocado, tomato, onion, lettuce and cilantro tossed with olive oil and stuffed into corn tortillas. (G.F.)

### SOUTHWEST QUINOA BOWL 11.95

Garlic chicken, quinoa, black beans, corn, mild green sauce, topped with melted jack cheese, avocado and pico de gallo. (G.F.)

### SOUTHWEST QUINOA VEGGIE BOWL 10.95

Quinoa, zucchini, mushrooms, carrots, broccoli, cauliflower, mild green sauce, melted jack cheese, and pico de gallo. (G.F.)

## SANDWICHES AND WRAPS

### TURKEY'CRANBERRY BLISS 10.50

Turkey, cranberry sauce, walnuts, lettuce, and cream cheese on squaw bread. Served with fruit and pickle.

### NOT A B.L.T. 10.50

Like a B.L.T. but not. Turkey bacon, tomatoes, avocado and spinach. Served on toasted sour dough with fruit and pickle. (Can also be a wrap)

### MEXICAN VAMPIRE WRAP 10.50

Romaine lettuce, garlic chicken, tomatoes, cucumbers, feta cheese, and pepitas wrapped in a whole wheat tortilla served with chips and mexican caesar dressing on the side.

### BBQ VEGGIE BURGER 10.50

Our delicious veggie patty with bbq sauce, avocado, melted jack cheese, jalapeno, tomato, onion, and romaine lettuce. Served with fruit and pickle.

### THE DAVE BEARD 10.95

Basically a club but a couple of tweaks. Turkey, ham, turkey bacon, swiss cheese, lettuce, tomato, avocado on toasted garlic bread. Served with fruit and pickle.

