Wraps With choice of fries, sweet potato fries.

\$9.95 w/side \$6.95 wrap only

Salads

Side Salad \$3.95 Meal size \$7.95

Vegan Wrapper's Delight ¶

onion rings, soup or choice of salad

quinoa, romaine lettuce, kale, sliced red peppers, cucumber, shredded carrots, toasted sunflower seeds, fresh basil & house dressing

Chicken Caesar Wrap

grilled Chicken, Romaine lettuce, kale, double-smoked bacon, creamy garlic dressing, fresh lemon & shaved parmigiano

Mediterranean Falafel Wrap φ

house made falafel, mixed greens, kale, bell peppers, onion, tomato, cucumber, olives, feta cheese, house made hummus & fresh tzatziki

Mexican Wrap ϕ

quinoa, mixed greens, kale, bell peppers, tomatoes, green onions, corn, black beans, fresh cilantro, fresh salsa, shredded cheese, lime & jalapeno dressing

Spicy Thai Wrap ¶

quinoa, romaine lettuce, kale, bell peppers, green onions, sliced cucumber, shredded carrot, toasted cashews, sliced water chestnuts, fresh cilantro & basil, soy ginger vinaigrette

Sandwiches **U**

\$9.95 w/side \$6.95 sandwich only

With choice of fries, sweet potato fries, onion rings, soup or choice of salad

BBQ Pulled Pork

mouth-watering slow-cooked pork and house made coleslaw on a Kaiser roll

Philly Cheese Steak

shaved prime rib, bell peppers, onions, smothered in cheese on a Kaiser roll

Chicken BLT

grilled chicken breast, cheddar cheese, bacon, lettuce and tomato on a Kaiser roll

Garden Salad ∮ Ψ

mixed greens, kale, sliced bell peppers, cucumber, diced roma tomatoes, shredded carrots, toasted sunflower seeds, fresh basil & house dressing

- add chicken or falafel - \$2.95

Caesar Salad $\psi \phi$

romaine lettuce, kale, double-smoked bacon, creamy garlic dressing, fresh lemon & shaved parmigiano

- add chicken or falafel - \$2.95

Mediterranean Salad $\Psi \varphi$

mixed greens, kale, bell peppers, purple onions, diced roma tomatoes, cucumber, kalamata olives, feta cheese & house dressing

- add chicken or falafel - \$2.95

Mexican Salad 🖣 🔱

mixed greens, kale, bell peppers, diced tomatoes, green onions, corn, black beans, fresh cilantro, lime & jalapeno vinaigrette

- add chicken or falafel - \$2.95

Thai Salad 🖣 🔱

mixed greens, kale, bell peppers, green onions, sliced cucumber, shredded carrot, toasted cashews, sliced water chestnuts, fresh cilantro, fresh basil, soy ginger vinaigrette

- add chicken or falafel - \$2.95

Soup & Chili

cup 2.95 bowl 5.95

¶Ψ

House-made Chili Caliente

kidney beans, black beans, chick peas, bell peppers, onions, tomatoes, fresh herbs & beer

-Add spicy beef \$2.00

Soup of the day-

ask your server about today's creation!

