



MENU

MONDAY-FRIDAY 11AM- 3PM

5211 BROADWAY 716.288.7007

CALL AHEAD ORDERING FOR PICK UP OR DINE IN

HEART HEALTHY & COMFORT FOOD

*ADD EGG \$2 // CHICKEN \$5 // FLANK \$6

SWEET PEA & CORN SALAD \$10

GRILLED ZUCCHINI, ROASTED TOMATOES, PICKLED RED ONION
SWEET PEAS, ROASTED CORN, NUT CRUSTED GOAT
CHEESE, WHITE BALSAMIC VINAIGRETTE

HARVEST BOWL \$10

FRESH KALE, ROASTED BUTTERNUT SQUASH, PUMPKIN-CHIPOTLE
HUMMUS, QUINOA, MAPLE TAHINI DRESSING

SO-CAL BOWL \$10

ROASTED CORN, BRUSSEL SPROUT & RED PEPPER
RELISH, CILANTRO-LIME QUINOA, ROASTED TOMATO &
AVOCADO, SOUR CREAM

BUDDHA SALAD \$10

BABY SPINACH, ROASTED BEETS, BURRATA CHEESE,
CUCUMBERS, CRISPY CHICK PEAS, SWEET POTATO
MAPLE TAHINI DRESSING

SWEET GINGER BOWL \$9.50

STEAMED BROCCOLI, BRAISED BOK CHOY, ROASTED RED
PEPPER, BROWN RICE & QUINOA, SWEET CHILI GLAZE

NOURISH BOWL \$8.50

SEARED MUSHROOMS, ROSEMARY POTATOES
SESAME GREEN BEANS, KALE, ROASTED RED PEPPER SAUCE

POWER LUNCH BOWL \$9.50

CHIPOTLE-CUMIN ROASTED CARROTS, WHITE BEANS,
ROASTED TOMATOES, SPINACH, ANCIENT GRAINS, BALSAMIC
GLAZE

AUTUMN BOWL \$9.50

MAPLE-CHIPOTLE BRUSSEL SPROUTS, SMOKY BUTTERNUT
SQUASH, SPINACH, QUINOA, AVOCADO, HONEY DIJON
VINAIGRETTE

CHICKEN CORDON BLEU SANDWICH- \$10

GRILLED CHICKEN, MAPLE SMOKED HAM, SWISS CHEESE, DIJON -
HONEY MUSTARD

CHICKEN SALAD WRAP- \$9

SEASONAL CHICKEN SALAD, ROMAINE, WHEAT WRAP

PRESSED ITALIAN PANINI- \$10

GENOA SALAMI, SPICY PEPPERONI, PROVOLONE, ASIAGO,
SPINACH, ROASTED RED PEPPERS, GARLIC AIOLI, FOCACCIA

TURKEY CRANBERRY PANINI- \$10

SMOKED TURKEY, SHARP CHEDDAR, CRISPY BACON, CRANBERRY-
RASPBERRY AIOLI, COUNTRY WHITE BREAD

FRENCH ONION CHICKEN SANDWICH- \$9.50

GRILLED CHICKEN, SHERRY-THYME CARAMELIZED ONIONS,
PROVOLONE CHEESE, SPINACH, CIABATTA

MISO ROAST BEEF DIP- \$10.50

MISO-STEWED ROAST BEEF, HORSEY CREAM SAUCE, SMOKED
GOUDA, COUNTRY WHEAT BREAD

CHICKEN & WAFFLES - \$12

BREADED CHICKEN, APPLEWOOD SMOKED BACON, FONTINA
CHEESE, ROSEMARY SYRUP

BBQ MEATLOAF SANDWICH- \$11

CLASSIC MEATLOAF, CHEDDAR CHEESE, CRISPY ONION STRAWS,
COUNTRY WHEAT BREAD

TURKEY BLT PANINI- \$10

SMOKED TURKEY, BACON, LETTUCE, TOMATO, SWEET ONION
MAYO, COUNTRY WHITE BREAD

CHIPOTLE TURKEY PANINI- \$10

CHEDDAR CHEESE, BACON, CHIPOTLE MAYO, AVOCADO,
COUNTRY WHITE BREAD

CROQUE MADAM- \$9.50

MAPLE SMOKED HAM, SWISS CHEESE, OVER-EASY EGG, DIJON
CREAM SAUCE, EVERYTHING BAGEL