



SPECIALS

MONDAY-FRIDAY 11AM- 3PM
5211 BROADWAY 716.288.7007
CALL AHEAD ORDERING FOR PICK UP OR DINE IN
WEEK OF JANUARY 8TH, 2018

CLEAN EATING & COMFORT FOOD

SOUPS

BEEF & BARLEY
CHICKEN & DUMPLINGS
SHRIMP BISQUE
BROCCOLI & CHEDDAR

\$3.75 10 OZ

\$11.25 QUART

BURGER - \$10

SPINACH, CHIVE-CHEDDAR, ROASTED TOMATO AIOLI

SHRIMP TACOS - \$10

PANKO SHRIMP, GINGER GLAZE, PICKLED CABBAGE, SIRACHIA AIOLI, WASABI PEAS

BAHN MI NOODLE BOWL - \$9

GINGER PORK BROTH, RICE NOODLES, CARROT, CILANTRO, CUCUMBER, RED ONION,

SUMMER FLANK STEAK SANDWICH - \$10

MINT CHIMICHURRI FLANK, GRILLED ZUCCHINI, DIJON CREAM SAUCE



MENU

MONDAY-FRIDAY 11AM- 3PM
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CALL AHEAD ORDERING FOR PICK UP OR DINE IN

CLEAN EATING // COMFORT FOODS

*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

WINTER GRAINS BOWL \$12

BARLEY, QUINOA, WHEATBERRY, RICE, BUTTER BEANS, GARLICKY SPINACH,
ROASTED TOMATO, BALSAMIC GLAZE, AVOCADO

BUDDHA SALAD \$10

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

SO-CAL BOWL \$10

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

POWER LUNCH BOWL \$9.50

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

AUTUMN BOWL \$9.50

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

COFFEE FOR TWO \$3.50

FRESHLY GROUND FRENCH ROAST SERVED IN A FRENCH PRESS WITH
SWEETERS AND CREAM

CANS OF SODA \$2.00

COKE, DIET, SPRITE, GINGER-ALE

PELLIGRINO \$2.00 // \$4.00

SPARKLING SPRING WATER

CHICKEN CORDON BLEU SANDWICH- \$10

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

CHICKEN SALAD WRAP \$9

SEASONAL CHICKEN SALAD, ROMAINE, SPINACH 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, ROASTED GARLIC AIOLI, FOCACCIA

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