



SPECIALS

MONDAY-FRIDAY 11AM- 3PM
5211 BROADWAY 716.288.7007
CALL AHEAD ORDERING FOR PICK UP OR DINE IN
WEEK OF APRIL 9TH, 2018

CLEAN EATING & COMFORT FOOD

BISTRO PLATE \$10

GRILLED CHICKEN BREAST TOPPED WITH CARAMELIZED ONIONS, PORTOBELLA, FONTINA CHEESE, TRUFFLED BRUSSEL SPROUTS

STRAWBERRY & BRIE \$11

GRILLED HERB MARINATED CHICKEN, STRAWBERRY BALSAMIC CHUTNEY, FRENCH CRÈME BRIE, FRESH SPINACH, CIABATTA

MADRAS SALAD \$10

FETA, BLUEBERRIES, RASPBERRIES, MADARIN ORANGES, WHEATBERRY, APPLEWOOD SMOKED BACON, RASPBERRY VINIAGRETTE

SPRING VEGGIE QUESADILLA \$11

ROASTED SWEET PEPPERS, CUMIN CORN, ASPARAGUS, BLACKENED CHICKEN, CHEDDAR CHEESE



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 CRISPY OR GRILLED

SWEET PEA & CORN SALAD \$10

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

WINTER GRAINS BOWL \$12

BARLEY, QUINOA, WHEATBERRY, 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 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 SWEET POTATO, SPINACH, QUINOA, AVOCADO, HONEY DIJON VINAIGRETTE

COFFEE FOR TWO \$3.50

FRENCH PRESS REGULAR OR DECA

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

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