



# SPECIALS

MONDAY-FRIDAY 11AM- 3PM

5211 BROADWAY 716.288.7007

CALL AHEAD ORDERING FOR PICK UP OR DINE IN  
WEEK OF MAY 7<sup>TH</sup>, 2018

## CLEAN EATING & COMFORT FOOD

### PESTO CAPRESE CHICKEN SANDWICH \$10.50

HOMEMADE PESTO MARINATED CHICKEN, ROMA TOMATO BRUSCHETTA,  
MOZZARELLA CHEESE, FRESH BASIL, ROASTED GARLIC AIOLI, CIABATTA

### RECHARGE BOWL \$8.50

EDAMAME AND QUINOA SUCCOTASH, PETITE CARROTS, FRESH BURRATA,  
ROASTED ROMA TOMATOES

### MEDITERRANEAN BOWL \$9.50

GRILLED HERB MARINATED CHICKEN, AVOCADO, GREEN BEANS, FRESH  
SPINACH, ROASTED RED PEPPERS, GRILLED LEMON

### CALIFORNIA CHICKEN CLUB \$10.50

HERB MARINATED CHICKEN, GRILLED PINEAPPLE, AVOCADO, CRISPY BACON,  
PROVOLONE, CRANBERRY AIOLI



# MENU

MONDAY-FRIDAY 11AM- 3PM

5211 BROADWAY 716.288.7007

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