



SPECIALS

MONDAY-FRIDAY 11AM- 3PM
5211 BROADWAY // 716.288.7007
CALL AHEAD ORDERING FOR PICK UP OR DINE IN
WEEK OF JUNE 18TH, 2018

CLEAN EATING & COMFORT FOOD

“DROP THE BEET “SALAD \$10

ROASTED RUBY BEET MEDALLIONS, CANDIED WALNUTS, GOAT CHEESE
CROQUETTES, QUINOA, MAPLE BALSAMIC VINAIGRETTE

KEBAB BOWL \$12

MARINATED CHICKEN, BABY ROASTED SWEET PEPPERS, GRILLED RED ONION,
CRISPY ARTICHOKE HEARTS, WHITE BALSAMIC DRESSING

“THIS LITTLE PIG” PANINI \$10

CAPICOLA, HICKORY BACON, GALICKY KALE, ROASTED TOMATO, PROVOLONE,
GARLIC 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, PEAS,
CORN, NUT CRUSTED GOAT CHEESE, WHITE
BALSAMIC VINAIGRETTE

SUMMER SPROUT BOWL \$10

MAPLE-CHIPOTLE BRUSSEL SPROUTS, SMOKY SWEET
POTATO, SPINACH, QUINOA, AVOCADO, HOUSE
WHITE BALSAMIC VINAIGRETTE

RECHARGE BOWL \$10

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

MEDITERRANEAN BOWL \$10.50

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

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

PESTO CAPRESE CHICKEN SANDWICH \$10.50

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

CALIFORNIA CHICKEN CLUB \$10.50

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

CHICKEN SALAD WRAP \$9.50

SEASONAL CHICKEN SALAD, FRESH ROMAINE,
SPINACH WRAP

PRESSED ITALIAN PANINI \$10.50

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

BLACKBERRY & BRIE PANINI \$10.50

SMOKED TURKEY, FRENCH CRÈME BRIE, BLACKBERRY
ROSEMARY CHUTNEY, COUNTRY WHITE BREAD

“SPECIAL K” PANINI \$9.50

ROASTED HERB TOMATOES, BRIE CHEESE, GRILLED
ASPARAGUS, CREAMY AVOCADO, GARLIC AIOLI,
COUNTRY WHITE BREAD

CHIPOTLE TURKEY PANINI \$10

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