



# SPECIALS

MONDAY-FRIDAY 11AM- 3PM  
5211 BROADWAY // 716.288.7007  
CALL AHEAD ORDERING FOR PICK UP OR DINE IN  
WEEK OF JULY 2<sup>ND</sup>, 2018

## GRILLED SUMMER COBB SALAD \$12

BOURBON GLAZED FLANK STEAK, GRILLED CORN, ROASTED HERB TOMATOES, ZUCCHINI, NUT CRUSTED GOAT CHEESE, QUINOA, WHITE BALSAMIC DRESSING

## ANCIENT GRAIN FATTOUSH SALAD \$10.50

BABY SPINACH, TRI-COLOR QUINOA, WHEATBERRY, HERB MARINATED ARTICHOKEs, FRESH TOMATOES, ENGLISH CUCUMBER, RED ONION, CRISPY FRIED PITA, WHITE BALSAMIC VINAIGRETTE

## CARIBBEAN CHICKEN SANDWICH \$10.50

GRILLED MARINATED CHICKEN, GOOEY MOZZARELLA CHEESE, HOMEMADE MANGO SALSA, FRESH GREENS & STRAWBERRY AIOLI ON GRILLED GREEK PITA

## WATERMELON & FETA SALAD \$9.50

FRESH SUMMER WATERMELON, CREAMY FETA CHEESE, ARUGULA, POMEGRANATE MOLASSES, CHOPPED PISTACHIOS, WHITE HERB BALSAMIC DRIZZLE

## BLACKBERRY CHEESECAKE \$4.00

NEW YORK STYLE CHEESECAKE TOPPED WITH A HOMEMADE BLACKBERRY ROSEMARY SAUCE



# 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