



MENU

MONDAY-FRIDAY 11AM- 3PM
5211 BROADWAY 716.288.7007
CALL AHEAD ORDERING FOR PICK UP OR DINE IN

CLEAN EATING // COMFORT FOODS

STRAWBERRY POPPYSEED SALAD \$12

HERB MARINATED GRILLED CHICKEN, FETA CHEESE,
FRESH STRAWBERRIES, AVOCADO, BLUE
POPPYSEEDS, WHITE BALSAMIC VINAIGRETTE

"NOT A CAESAR" CAESAR SALAD \$12

MIXED GREENS, HERB MARINATED CHICKEN, OVEN
ROASTED TOMATOES, HOMEMADE CROUTONS,
SHAVED PARMESAN, CREAMY GARLIC VINAIGRETTE

EARLY HARVEST BOWL \$10.50

FRESH FIELD GREENS, ROASTED SWEET POTATOES,
ROASTED BRUSSELS SPROUTS, AVOCADO, QUINOA &
COUSCOUS BLEND, CREAMY HONEY DIJON DRESSING

BISTRO WEDGE \$9.50

ICEBERG, CRISPY PROSCIUTTO, MAYTAG DRESSING,
CHERRY TOMATO, ONION STRAWS

COFFEE FOR TWO \$3.50

FRENCH PRESS REGULAR OR DECAF

CANS OF SODA \$2.00

COKE, DIET, SPRITE, GINGER-ALE

BISTRO BARBECUE PLATE \$12

BOURBON BROWN SUGAR BBQ CHICKEN, CAJUN
POTATO & BACON HASH, HERB BUTTER CORN ON
THE COB

CHERRY & BRIE PANINI \$10.50

ORANGE MARMALADE GLAZED CHICKEN,
HOMEMADE CHERRY CHUTNEY, FRENCH CRÈME
BRIE, GRILLED SOURDOUGH BREAD

CHICKEN CEASAR WRAP \$10.50

HERB MARINATED CHICKEN, TOMATO, RED ONION,
PARMESAN CHEESE, CROUTONS, CREAMY GARLIC
DRESSING, SPINACH WRAP

SMOKED TURKEY MELT \$10.50

AVOCADO, BALSAMIC RED ONION, SHARP CHEDDAR,
SWEET ONION MAYO, SOURDOUGH BREAD

TURKEY BACON RANCH WRAP \$10.50

SLICED TURKEY, THICK CUT BACON, HOUSE RANCH
DRESSING, SHREDDED LETTUCE, BLISTERED CHERRY
TOMATOES, CHIVE CHEDDAR CHEESE

MUSHROOM BOURGIGNON \$9

SERVED OVER CELERY ROOT MASH AND FINISHED
WITH FRESH KALE (V/GF)
ADD CHICKEN- \$5