



5211 BROADWAY  
LANCASTER, NY 14086  
288-7007  
CAFE MON-FRI 11-3  
CALL AHEAD OR DINE IN

# MENU

## SALADS & CREATIVE BOWLS

### AUTUMN ORCHARD SALAD \$10.50

BABY SPINACH, GRANNY SMITH APPLES, SHARP CHEDDAR CHEESE, MANDARIN ORANGES, HONEY ROASTED NUTS, BALSAMIC DRESSING // ADD CHICKEN \$5  
V, GF

### SANTORINI SALAD \$10.50

FIELD GREENS, CRISPY FRIED PITA, OVEN ROASTED TOMATOES, FETA CHEESE, CHICKPEAS, OLIVES, ROASTED GARLIC VINAIGRETTE // ADD CHICKEN: \$5  
V

### GINGER-GARLIC FLANK SALAD \$12.50

FRESH ROMAINE, MINT, NAPA CABBAGE, CARROTS, CUCUMBERS, MANGO, RED PEPPER, SPICY PEANUT SOY DRESSING

### HARVEST POWER BOWL \$10.50

SPINACH, CRANBERRY CHUTNEY, SMOKY SWEET POTATO, ACORN SQUASH, PEPITAS, QUINOA, MAPLE-MISO DRESSING  
V+, GF

### BUDDAH BOWL \$10.50

BABY SPINACH, RUBY BEET & SWEET POTATO NOODLES, CRISPY CHICK PEAS, CUCUMBER, MAPLE-TAHINI DRESSING // ADD CHICKEN: \$5  
V+, GF

V=vegetarian // V+=vegan // GF=gluten free

## HANDHELDS

SERVED WITH CHOICE OF GREENS OR HAND CUT POTATO CHIPS

### BOURBON BBQ CHICKEN TACO \$11.00

3 SOFT FLOUR TORTILLA, CHEDDAR CHEESE, CHIPOTLE AIOLI, ROMAINE, TOMATO

### SMOKED TURKEY CIABATTA \$10.50

TURKEY BREAST, ROASTED ROMA, APPLEWOOD BACON, AVOCADO, SWEET ONION MAYO

### PESTO CHICKEN CIABATTA \$10.50

MARINATED GRILLED CHICKEN, WHIPPED GOAT CHEESE, SMOKY PIQUILLO PEPPER SAUCE, HERB PESTO

### CAST IRON BURGER \$12.50

SIRLOIN, SHORT RIB & BRISKET BLEND WITH SHARP CHEDDAR CHEESE, THICK SLICED BACON, GARLIC AIOLI, ROASTED TOMATO JAM

### GRILLED VEGETABLE PIZZA \$12.50

CRIMINI MUSHROOM, HERB RICOTTA ROASTED GARLIC, RED ONION, SHAVED BRUSSELS SPROUTS, BACON  
V

### SPICY MAPLE CHICKEN SANDWICH \$ 10.50

MAPLE GRILLED CHICKEN, SPICY BACON, BLUEBERRY & CORN SLAW, BASIL YOGURT SAUCE, FRESH AVOCADO, CIABATTA ROLL

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