



SANDWICH LUNCH BAG

Sandwich Lunch Bags include natural potato chips, organic sliced Washington apples, Athena water, and a homemade cookie!

Tuna Salad Sandwich Albacore tuna with our light heart-healthy dressing, sweet pickle relish a touch of mustard & organic lemon juice on whole wheat

Tuna Salad w/Organic Cheddar Sandwich
Same as above with Cheddar Cheese on Sourdough Bread

Chicken Salad Crisp organic apples, walnuts and a touch of onion in a light herb dressing on sourdough

Club Turkey, Ham & Bacon Sandwich Natural turkey, ham & bacon, mayonnaise, lettuce on sourdough bread

Grilled Chicken Breast Sandwich Natural chicken, smoked mozzarella, lettuce, herb aioli and our own pepper/onion mix on an artisan Roll

Natural Roast Beef Natural roast beef, cheddar cheese, horseradish sauce and lettuce on an artisan roll.

Turkey Pesto Cranberry Sandwich Natural turkey breast, cranberry sauce, basil pesto, herb mayonnaise on whole wheat

Natural Ham & Swiss Sandwich Natural ham, Swiss cheese with honey mustard and lettuce on Sourdough Bread

VEGETARIAN Mediterranean Tomato Mozzarella Sandwich Smoked mozzarella, sun-dried tomatoes, spinach, red onion, pesto and olive tapenade on an artisan roll

VEGAN Sonoran Pinto Bean Sandwich
Seasoned Pinto bean spread with Pico de Gallo salsa romaine lettuce and Santa Fe Dressing on an artisan roll

Chicken Garden Veggie Sandwich Grilled chicken breast with cucumbers, tomato and green leaf lettuce with a light herb dressing on whole wheat

Wild Alaskan Lox & Organic Cream Cheese Sandwich Wild Alaskan salmon lox and organic cream cheese with red onions and sliced tomatoes on a plain bagel

Antipasti Hereo Sandwich Slices of salami, black forest ham, provolone cheese, arugula, pickled onions and tomatoes with Italian vinaigrette on an artisan roll

Signature Wild Crab Salad Croissant Sandwich Wild Caught crab meat with our light lemon dressing, crisp green leaf lettuce on a flaky natural croissant

Signature Beef Bacon Blue Sandwich
Premium natural roast beef with strips of bacon, topped with thinly sliced red onion, tomatoes and gorgonzola cheese on an artisan roll

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WRAP LUNCH BAG

Wrap Lunch Bags include natural potato chips, organic sliced Washington apples, Athena water, and a homemade cookie!

VEGAN Thai Style Veggie Wrap Sliced carrots, red pepper, cucumbers, lettuce, combined with our Thai Peanut Sauce

Grilled Chicken Caesar Wrap Grilled chicken, organic greenleaf lettuce and natural Asiago cheese with our own Caesar dressing

Steak Fajita Fajita seasoned premium natural steak strips, tri-color bell peppers and our organic cream cheese spread with smoky chipotle peppers

Santa Fe Wrap Grilled chicken, black bean and natural black bean & corn salsa with our Santa Fe BBQ ranch dressing

Turkey Avocado Wrap Roast turkey breast with cucumbers, red bell peppers, Greenleaf lettuce and our avocado spread

SALAD LUNCH BAG

Salad Lunch Bags include organic croutons, organic sliced Washington apples, Athena water, and a homemade cookie!

VEGAN House Salad Cucumbers, Carrots, cherry tomatoes & garbanzo beans with balsamic dressing on a bed of romaine

VEGETARIAN Harvest Salad Crispy apples and toasted walnuts, sweetened dried cranberries with crumbled Gorgonzola cheese with our Honey & Lemon Vinaigrette on a bed of field greens and romaine

Grilled Chicken Caesar Salad Grilled natural chicken breast, Asiago cheese, cherry tomatoes, Caesar dressing on a bed of Romaine

Asian Chicken Salad Asian greens topped with grilled chicken breast, broccoli, sweet red peppers and toasted almonds with a sesame ginger miso dressing

Santa Fe Salad Grilled natural chicken breast, black bean and corn salsa, and Smokey BBQ ranch dressing on a bed of romaine

O To Go Chef's Salad Natural turkey and ham slices, hard-boiled egg, cherry tomatoes and Asiago cheese with our own low-fat ranch dressing on a bed of romaine

Steak Fajita Fajita Seasoned premium natural steak strips, tri-colored bell peppers and red onion mix, on romaine with our own Balsamic dressing

Cobb Salad Grilled natural chicken breast, Gorgonzola cheese, smoked natural bacon and sun-dried tomatoes with honey mustard dressing on a bed of romaine.

Grilled Wild Salmon Nicoise Salad Grilled wild Alaskan salmon, green beans, cherry tomatoes, garnished with French potato salad and served on romaine lettuce with Balsamic Dressing