

### Monday

Quiche  
\$4 per slice

### Tuesday

Fresh Soup  
\$3.50 / 12 oz. cup

### Wednesday

Calzone  
\$4 each

### Thursday

Fresh Soup  
\$3.50 / 12 oz. cup

### Friday

Pizzette  
\$4 each

*All of our menu items are made fresh, no frozen or processed foods are used. We make and bake our own focaccia bread for our sandwiches. We do not use mayonnaise on our sandwiches, we whip our own cream cheese to spread lightly on your bread. We make our own pie crust for our quiche and make fresh soups. Even our salad dressings are fresh made. Hope you can make our kitchen your healthy eating spot for breakfast, lunch or in-between. Our soup and quiche selection will be posted on our sandwich board and on facebook daily. We use local organic ingredients whenever possible, with unbleached flour and organic cane sugar in all our baked goods.*

### fresh-baked treats

Our "1/4 lb. with Chips" chocolate chip cookie made with organic cane sugar and NO NUTS. . . . . \$2.50 each

### sandwiches

1. House-Roasted Chicken – with lettuce, tomato & Havarti cheese on homemade focaccia . . . . . \$6.50
2. Chicken Club – Enjoy the above sandwich with extra thick bacon, and join the club . . . . . \$7.00
3. Black Forest Ham – thin-sliced ham with lettuce, tomato & cheddar cheese on homemade focaccia . . . \$6.50
4. Vegan, (NO CHEESE) as many veggies as we can fit on your choice multi-grain bread or focaccia. . . . \$6.00
5. Veggie & Cheese – organic greens, tomatoes, roasted eggplant or avocado, whipped cream cheese, roasted sweet peppers, pesto and feta cheese on homemade focaccia . . . . . \$6.50

### individual salads

1. Organic Spring Greens plus fresh shredded Parmesan, carrots, celery, tomatoes and toasted sunflower seeds, with our own lavender vinaigrette and focaccia triangle on the side . . . . . \$4.50
2. Mediterranean Salad made with Organic Spinach, sun-dried tomatoes, calamata olives, artichoke hearts and feta cheese, our own lavender vinaigrette and focaccia triangle on the side . . . . . \$5.00

check our facebook page for what's current in the kitchen.

We now accept MC, VISA  
Discover and AmEX.



TEXT OR CALL KAREN  
@ 360.460.1849