



# healthyish toasted SANDWICHES

we are happy to customize your order!

served on your choice of sub roll:  
our own fresh-baked classic semolina or multigrain  
gluten-free ciabatta +1

## TURKEY MEATBALL SUB best seller 12

gf turkey meatballs in classic sunday sauce, provolone, parmesan, basil oil, baby arugula

## SPICY EGGPLANT PARM 12

gf baked eggplant cutlet, whipped burrata, marinara, parmesan, calabrian chile oil, toasted gf breadcrumbs, baby arugula

## LUNCHBOX SPECIAL 14

our own uncured maple turkey & thick-cut turkey bacon, cheddar, avocado mash, pickles, lettuce, tomato, vegan avocado ranch

## BROCCOLI CHEDDAR MELT 12

crunchy broccoli, cheddar, turkey bacon bits, melty cheese sauce, caramelized onions, toasted gf breadcrumbs

## CHICKEN PESTO BURRATA 14

marinated & grilled chicken breast, basil pesto, whipped burrata, roasted red peppers, tomato, sauteed spinach

## BUFFALO CHICKEN 13

gf baked chicken cutlet, vegan buffalo sauce, bleu cheese crisps, pickled carrots & celery, lettuce, tomato, vegan avocado ranch

## MUSHROOM CHEESE "STEAK" best seller 13

truffled roasted mushrooms, provolone, cacio e pepe sauce, caramelized onions, roasted red peppers

## THE WILD BIRD 13

grilled chicken, turkey bacon bits, caramelized onions, provolone, lettuce, tomato, hot cherry peppers, vegan spicy secret sauce

## THE REMY (vegan) 12

roasted red peppers, eggplant cutlet, caramelized onions, basil oil, cherry tomatoes, zucchini pickles, spinach, toasted cannellini spread



## THE EVERYTHING HOAGEL 16

housemade everything hoagel (hoagie + bagel), smoked salmon, avocado mash, crispy capers, pickled red onions, marinated tomato, dairy-free lox spread

*we only make a few a day, order before we sell out!*

# SALADS



## GREEN GODDESS CAESAR SALAD 11

romaine, parmesan, marinated cherry tomatoes,  
gf parmesan croutons, green goddess caesar dressing

## BUFFALO CHICKEN SALAD 13

gf baked chicken cutlet, bleu cheese crisps, romaine,  
pickled carrots & celery, vegan wing sauce dressing

## PESTO CHICKEN SALAD 14

grilled chicken breast, whipped burrata, baby spinach & arugula,  
marinated cherry tomatoes, crunchy broccoli, pesto vinaigrette

## MAPLE COBB SALAD 14

grilled chicken breast, turkey bacon, avocado mash, egg white, bleu  
cheese crisps, romaine, baby spinach, tomato, maple dijon vinaigrette

### **SANDWICH & SALAD ADD-ONS:**

grilled chicken breast | baked chicken cutlet | maple turkey +3  
turkey bacon | truffled mushrooms | avocado mash +2  
cheddar | provolone | whipped burrata | parmesan +2  
extra salad dressing +1 | extra sauce +0.50 | extra veggies +0.50 each

# ON THE SIDE



## MAC & CHEESE & PEAS 5

gf cavatappi, toasted gf breadcrumbs, cheddar, colby, english peas  
*add turkey bacon bits +1*

## TURKEY MEATBALLS 7

braised in marinara, parmesan, arugula

## CRUNCHY BROCCOLI 4

vegan avocado ranch, toasted gf breadcrumbs

## KOSHER DILL PICKLES 2

two classic spears, brined in-house

## CAPE COD POTATO CHIPS 3

kettle-cooked with sea salt

## OATMEAL CHOCOLATE COOKIE 1 for 4

gf rolled oats with our own chocolate-hazelnut swirls

3 for 10

## KID'S MEAL (up to 12 years old) 10

choice of baked chicken cutlet or turkey meatballs  
with mac & cheese, roasted broccoli, and mott's apple juice