



HAVE LUNCH WITH US

Come in and try our delicious signature sandwiches and grain bowls!

Ham & Brie

Hummus Veggie

BLT

PB & J

Turkey Goddess

Louisville Chicken Salad

Albacore Tuna Salad

Baja Turkey & Roast Beef

Grain Bowls:

All grain bowls are kale based with cooked quinoa and wheat berries.

Fresh Seasons & Sesame Chicken



May Menu

Bread & Goodies Menu

DAILY BREAD

Honey Whole Wheat, Old Fashioned White, Challah, Cinnamon Chip, Extreme Cinnamon Chip, Irish Brown Bread, Sourdough & Michigan Cherry Walnut

MONDAY & TUESDAY SPECIALS

Monday: Asiago Pesto, Bruschetta, Ninegrain
Tuesday: Asiago Pesto, Bruschetta, High5 Fiber

WEDNESDAY & THURSDAY SPECIALS

Wednesday: Dakota Multigrain, spinach Feta,

Thursday: High Country Crunch, Spinach Feta, Red White Blueberry

FRIDAY & SATURDAY SPECIALS

Friday: Cheddar Garlic, High Country Crunch, Red White Blueberry
Saturday: Cheddar Garlic, Nine Grain, Red White Blueberry (16.17.23.24)

GOODIES: COOKIES & BARS

Cookies: Oatmeal Raisin, Oatmeal Chocolate Chip, Oatmeal Salted Caramel, Chocolate Chip, Scottish Shortbread,
Bars: Fudge Brownies, Savannah, Honey Peanut Flax & Trek Bars

GOODIES: MUFFINS, SCONES & CAKE

Muffins: Apple Spice, Berry Oat Bran, Peach, Pumpkin Chocolate, Carrot Cake & Blueberry, Cappuccino Chocolate
Scones: Cinnamon, Cranberry Orange, Blueberry Cream Cheese
Cake: Daily-Carrot Cake, Pumpkin Chocolate Chip & Pumpkin, Cappuccino Chocolate

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Hours: M - F: 7 a.m. to 5 p.m. and Sat: 7 a.m. to 4 p.m.