



## WHOLESOME SALADS

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### **organic greens salad | 14.50**

feta cheese, avocado, jicama, shredded carrots, roasted pepitas, chopped tomatoes, corn, sweet potato fries, balsamic vinaigrette

**with grilled chicken breast or albacore tuna salad | 18.50**

### **caesar salad | 14.50**

hearts of romaine, little gems, spinach, avocado, chopped tomatoes, roasted pepitas, croutons, parmesan cheese, caesar dressing

**with grilled chicken breast | 18.50    with albacore tuna salad | 18.50**

### **chopped bbq chicken or tofu salad | 18.50**

romaine, shredded cabbage, chopped tomatoes, jicama, roasted corn, black beans, mozzarella, avocado, tortilla strips, buttermilk ranch dressing

### **chicken mango salad | 18.50**

grilled chicken breast, mango, avocado, red onion, jicama, mint, almonds, chia and flax seeds, organic greens, mango chutney vinaigrette

### **warm cafe salad with grilled chicken breast | 18.50**

baby spinach, romaine hearts, avocado, red onion, chopped tomatoes, spanish brown rice, hot sauce, caesar dressing

**with grilled chicken breast or roasted tofu**

**with tenderloin tips | 20.00**

### **rosemary turkey burger salad | 18.50**

rosemary turkey burger, cheddar, grilled onions on top of our organic greens salad

## GREAT SANDWICHES

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**choice of french fries, sweet potato fries, organic greens or caesar salad**

### **jalapeño turkey burger | 18.00**

all natural turkey, jalapeños, avocado, tomato, cheddar, grilled onions, lettuce, chipotle sauce on a whole wheat bun

### **roasted turkey sandwich | 17.00**

all natural turkey breast, avocado, jack cheese, tomato, red onion, lettuce, chipotle sauce on multigrain toast

### **chicken jalapeño melt | 17.00**

grilled chicken breast, melted jack cheese, lettuce, tomato, red onions, jalapeños, chipotle sauce on a ciabatta roll

### **garden avocado sandwich | 17.00**

avocado, shredded carrots, sprouts, tomatoes, red onions, jack cheese, lettuce, mayo on multigrain bread