

soups / starters

soup of day 2.95
with salad / sandwich 2.00

blue crab cake 3.95 / 7.75
bay style cake, caramelized onion,
dill horseradish tartar
pierogies 6.75
locally made potato & cheddar,
caramelized onion, sour cream
cucumber yogurt 2.95
sliced cucumber, yogurt, garlic,
mint, pita wedges
tabouleh 4.25 / 6.95
minced salad of tomato, parsley,
onion, bulgur, lemon, herbs,
kalamata olives, pita wedges
hummus 3.25
chickpea puree, tahini, garlic,
lemon, olive oil, pita wedges
za'atar bread 3.55
bread with spread of spices, lemon,
olive oil, with cucumber yogurt
baba ghanouj 3.55
grilled eggplant puree, tahini, garlic,
lemon, parsley, olive oil, pita wedges
lebanese sampler 7.15
tabouleh, falafel, hummus, baba,
kalamata olives, feta, za'atar, pita

fresh salads

add chicken 1.75
add za'atar bread 1.95
dressing options: citrus vinaigrette,
balsamic vinaigrette, creamy avocado,
whole grain honey mustard, ranch,
thousand island, If ranch, If italian

marie's salad 3.55 / 4.95
mixed greens, tomato, red onion
chicken club 7.25
mixed greens, chicken breast, bacon,
tomato, red onion, cheddar
spinach 7.25
spinach, bacon, mushroom, red onion,
goat cheese, egg, hot bacon dressing
waldorf chicken 6.25
baked chicken, apple, grape, walnut,
coconut-lime mayo on greens, tomato
curried tuna 6.85
curry infused tuna salad on
mixed greens, tomato
shawarma
chicken 7.25 / lamb 7.65
mixed greens, tomato, red onion, feta,
pickled turnip, lemon, garlic dressing
falafel 6.95
spiced chickpea patties, mixed greens,
hummus, tomato, red onion, feta, pickled
turnip, lemon, olive oil

small appetites

with chips and Capri Sun fruit punch
pb&j 4.50
strawberry or grape, white or wheat
grilled cheese 4.50
american or cheddar, white or wheat
cheese pizza 5.75

sandwiches

with a side
on bread as described, but available on
sourdough, 9-grain, croissant, flat bread wrap, pita wrap

blt 6.95
bacon, tomato, goat cheese, greens, mayo, on garlic grilled sourdough
turkey avocado bacon 7.15
turkey breast, bacon, swiss, avocado, greens, on grilled sourdough
ham & cheese 6.85
ham, swiss, tomato, whole grain honey mustard, on grilled 9-grain
monte cristo 7.95
turkey breast, smoke ham, swiss, spicy onions, egg bath,
on grilled sourdough, maple syrup
waldorf chicken 6.65
baked chicken, apple, grape, walnut, coconut lime
mayonnaise, with greens, on croissant
curried tuna 6.95
curry infused tuna salad, mixed greens, tomato, on croissant
tuna melt 7.25
curry infused tuna salad, cheddar, tomato, on grilled 9-grain
fish taco 7.25
seared mahi mahi, avocado, tomato, nappa,
cilantro, dill cream sauce, in flat bread wrap
blue crab 9.65
bay style crab cakes, caramelized onion,
dill horseradish tartar, on grilled sourdough
grilled cheese 6.35
cheddar, swiss, american, or pepper jack, tomato, garlic grilled 9-grain
ultimate grilled cheese 7.55
cheddar, swiss, bacon, tomato, avocado, red onion,
hot sauce, on caramelized 9-grain
reuben 7.25
corned beef, swiss, sauerkraut, russian dressing,
on grilled sourdough, house pickles
turkey reuben 7.35
turkey breast, swiss, sauerkraut, russian dressing,
on grilled sourdough, house pickles
pork "reuben" 7.75
roast pork, pepper jack, sauerkraut, whole grain honey mustard,
on grilled sourdough, house pickles
cuban 7.85
roast pork, ham, swiss, house pickles, grain mustard, in flat bread wrap
veggie 7.35
tomato, avocado, caramelized onion, roasted red pepper,
goat cheese, greens, citrus vinaigrette, in flat bread wrap
chicken shawarma 7.45
marinated chicken, tomato, red onion, pickled turnip,
greens, feta, garlic dressing, in pita wrap
lamb shawarma 7.85
marinated leg of lamb, tomato, red onion, pickled turnip,
greens, feta, garlic dressing, in pita wrap
falafel 6.65
spiced chickpea patties, hummus, tomato, red onion,
greens, pickled turnip, feta, in pita wrap

sides

bag of chips 1.00
side salad 1.95
mixed greens, citrus vinaigrette
garlic spinach 1.95
sautéed baby spinach, caramelized onion, garlic
cucumber yogurt 1.95
sliced cucumber, yogurt, garlic, mint