

SANDWICHES OR WRAPS

choice of multi grain bread, wheat, white, gluten free bread or gluten free wrap

Buffalo Chicken / \$12.19

roasted chicken, buffalo sauce, red onions, tomato, on a bed on romaine drizzled with our house-made buttermilk dill dressing

California / \$12.19

roasted turkey breast, applewood smoked bacon, avocado, onion on a bed of lettuce

Chicken Caesar / \$12.19

romaine, multigrain croutons, hormone free chicken, shaved parmesan cheese, house-made caesar dressing

Chicken Salad / \$12.19

roasted chicken breast seasoned with a spicy blend of spices and herbs, mayo, roasted pecans, apples, onion on a bed of lettuce

Greek / \$16.59

lemon garlic shrimp, kalamata olives, red onions, cherry tomatoes, cucumbers, feta, house-made Greek dressing on a bed of lettuce

Peanut Butter & Jelly / \$7.79

house-made peanut butter, raspberry preserves

Roasted Vegetable / \$12.19

lettuce, squash, onion, peppers, mushrooms, sweet potato on a bed of spinach

Smoked Ham / \$11.09

sharp white cheddar, apple mustard, pickles, romaine

Southwest / \$12.19

roasted chicken, avocado, roasted corn and black bean salsa on a bed of spinach

Supreme Turkey BLT / \$11.09

roasted turkey breast, applewood bacon, romaine, tomato, chipotle mayo

The Waltham / \$12.19

Roasted turkey breast, smoked ham, sharp cheddar cheese, spinach, onion, tomato, herb mayo

Tomatoes and Cukes / \$7.79

Inspired by the owner's mom - lettuce, cucumbers and tomatoes - garnished with our house-made mayonnaise

Tuna Salad / \$14.39

mayo, lemon, dill, celery, onion on a bed of lettuce

Veggie / \$11.09

seasoned tofu, avocado, grape tomatoes, red pepper, spinach, edamame

SALADS

Berry Salad / \$12.19

a salad that screams summer. organic romaine lettuce, strawberries, blueberries, cucumbers, carrots, topped with feta cheese and our house made balsamic vinaigrette dressing

Chef's Salad / \$16.59

chopped romaine, ham, turkey, cheddar cheese, peppers, cherry tomatoes, cucumbers, hardboiled egg paired with our house-made balsamic dressing (contains dairy and eggs)

Southwest Sunshine / \$14.39

chopped romaine, black beans, roasted corn, cherry tomatoes, cucumbers, red onions, cilantro paired with our house-made lime cilantro dressing (gf)

Asian Chop / \$13.29

chopped romaine, edamame, shredded carrots, red cabbage, cucumbers, cilantro, almonds paired with our house made soy ginger dressing (v,gf,df)

New England Harvest / \$13.29

chopped kale, farro, roasted sweet potatoes, apples, walnuts, dried cranberries paired with our house-made balsamic dressing

It's All Greek / \$14.39

chopped romaine, quinoa, cherry tomatoes, feta, cucumbers, red onion, kalamata olives paired with our house-made Greek dressing (gf)

Cobbfather / \$14.39

chopped romaine, cheddar cheese, cherry tomatoes, applewood smoked bacon, hardboiled egg paired with our house-made honey Dijon dressing

Caesar / \$12.19

chopped romaine, shaved parmesan cheese, garlic rosemary breadcrumbs paired with our house-made Caesar dressing

SIDES

Organic Cage-Free Hard Broiled Eggs / \$3.39

Organic Free-Range Chicken Breast (GF) / \$4.39

Organic Seasoned Grilled Tofu (V, GF, DF) / \$3.39

Lemon Garlic Shrimp / \$5.59

Chicken Salad / \$4.39

Tuna Salad / \$6.09

WARM BOWLS

Lo Mein / \$14.39

egg noodles, carrots, red cabbage, edamame, red onion and scallions, tossed in our soy ginger dressing (contains eggs, soy)

Thai Peanut Bowl / \$14.39

egg noodles, bell peppers, carrots, edamame, red cabbage, cilantro, peanuts and crunchy noodles tossed in our house-made Thai peanut sauce

Pesto Pasta / \$14.89

elbow noodles, cherry tomatoes, fresh mozzarella and shaved parmesan

Mediterranean / \$14.39

elbow noodles, cherry tomatoes, kalamata olives, cucumbers, red onion, feta cheese, spinach, tossed in our house-made Greek dressing

Chicken Parm / \$17.69

elbow noodles, red sauce, fresh mozzarella, basil, chicken, shaved parmesan, rosemary garlic breadcrumbs

Shrimp & Quinoa / \$17.69

shrimp, quinoa, chopped romaine, red onion, cherry tomatoes, sliced avocado with a side of lemon vinaigrette

SNACKS

Dark Chocolate Granola Squares / \$5.09 (GF)

Energy Trail Mix / \$3.89

Hot Cajun Snack Mix / \$3.89

Fresh Red Apple / \$1.49

Fresh Banana / \$1.19

Chocolate Banana Chips / \$3.89

Sharp Cheddar Bites / \$4.19

Gluten Free Chips / \$3.39

Swoffles / \$3.39

BAKERY

Blueberry Muffin / \$4.39

Apple Cinnamon Muffin / \$4.39

Cranberry Muffin / \$4.39

Whole Wheat Bagel / \$2.19

Croissant / \$3.39

Banana Bread / \$4.39

Chocolate Chip Cookie / \$3.39

Sugar Cookie / \$3.39

Oatmeal Raisin Cookie / \$3.39

English Muffin / \$2.19

Carrot Cake / \$4.39

COFFEE/TEA

All Large Hot / \$3.29

All Large Iced / \$3.49

Hot Coffee

Chai

Iced Coffee

Double Espresso

Latte

Hot Tea

Cappuccino

Hot Chocolate

Mocha

BOTTLED DRINKS

Mojo Cold Brew / \$5.09

Dasani Water / \$2.09

Spindrift Sparkling Water - Lemon or Raspberry / \$3.09

San Pellegrino

Orange Sparkling / \$3.09

Kombucha Red Raspberry / \$5.09

Natalies Orange Juice / \$4.39

Honest Tea - Honey Green, Just Black, Tea and Lemonade / \$4.09

Coca Cola or Diet Coke / \$3.09

Body Armor - Strawberry Bannana, Lyte Peach Mango / \$4.79

Fairlife 2% Milk / \$4.79

SMOOTHIES

The Antioxidant / \$11.09

all of the essentials packed into one smoothie! greens, antioxidants & delicious

Very Berry Acai / \$14.39

refreshing and delicious smoothie packed with vitamins, antioxidants, & flavor

Apple Butter / \$11.69

taste of apple pie in a smoothie providing vitamins and nutrients

Chocolate Peanut Butter / \$13.89

dessert has never felt so healthy and tasted so good with this chocolate peanut butter smoothie

Tropical Acai / \$13.89

Refreshing and summery all in one tropical acai smoothie

Strawberry Banana / \$15.49

a highly requested and extremely delicious smoothie made with almond milk, organic strawberries and bananas, coconut flakes and honey

ALL DAY BREAKFAST

Acai Bowl / \$12.19

acai superfood mixed with bananas, blueberries, dates, and cashews topped with our house-made gluten free granola and almond butter

Fresh Fruit Bowl / \$7.29

tasty combination of watermelon, pineapple, grapes and blueberries

Blueberry Chia Pudding / \$11.09

energy-packed chia pudding, topped with antioxidant rich blueberries, sweetened with dates, cinnamon, dairy-free coconut milk and a sprinkle of sea salt (V, GF, DF)

Apple Cinnamon Overnight Oats / \$7.29

gluten-free overnight oats mixed with dairy-free oat milk, crisp cinnamon apples, sweetened with local maple syrup (GF, DF)

Probiotic Yogurt & Granola / \$9.99

local all-natural probiotic plain yogurt, house-made gluten-free granola, topped with antioxidant rich blueberries and a drizzle of honey

Bacon, Egg & Cheese Breakfast Sandwich / \$7.79

a delicious breakfast sandwich made to order with a locally sourced cage free fried egg, bacon and cheddar cheese

Ham, Egg & Cheese Breakfast Sandwich / \$9.49

a delicious breakfast sandwich made to order with a locally sourced cafe feeed fried egg, ham and cheddar cheese

Garden & Egg Breakfast Sandwich / \$8.89

a delicious breakfast sandwich made to order with avocado, spinach, and tomatoes along with a locally sourced cage free fried egg and cheddar cheese

Breakfast

Power Bowl / \$10.49

sweet potatoes & a fried egg, topped with red peppers, red onions, bacon and avocado (DF)

Power Burrito / \$11.09

sweet potatoes and a fried egg, topped with red peppers, red onions, bacon and avocado - select a gluten free, white or wheat wrap

Yogurt and Strawberries / \$9.99

local all natural probiotic plain yogurt, house made gluten free granola, topped with organic strawberries

Almond Butter Overnight Oats / \$7.29

gluten free overnight oats mixed with dairy free oat milk, topped with almond butter, potassium packed bananas and cinnamon

AVOCADO TOASTS

The Basic / \$8.89

avocado, sliced tomato, and everything seasoning on artisan bread (DF, V)

The Feta / \$11.09

avocado, dried cucumber, diced tomato, and feta cheese on artisan bread

The Bacon Egg & Cheese / \$12.09

avocado, hard boiled egg, cheddar cheese, and bacon on artisan bread

ACAI BOWLS

Almond Joy / \$14.29

acai, granola, sliced almonds, coconut flakes, and bananas (V, DF, GF)

Berry Blast / \$14.29

acai, granola, strawberries, blueberries, & bananas (V, DF, GF)

Banana Split / \$14.29

acai, granola, teddies peanut butter, chocolate chips, and bananas (V, GF)

PB&J / \$14.29

acai, granola, peanut butter, strawberries, and bananas (V, GF, DF)

SOUPS

Turkey Chili / \$10.49

savory mix of turkey, onions, red beans, green peppers, green chilies, tomatoes, garlic, spices, sea salt, garlic, and red pepper flakes (DF, GF)

Chicken Noodle / \$9.99

tender chicken, sweet carrots, celery, onions and al dente noodles in a savory chicken broth