

## SALADS

### Southwestern Sunshine / \$9.95

shredded romaine, hearty black beans, sweet corn fresh off the cobb and juicy grape tomatoes topped with immunity boosting red onions and cilantro paired with our fresh green house-made lime cilantro dressing (GF)

### Asian Chop / \$9.95

shredded romaine, protein-packed edamame, shredded carrots, cholesterol - lowering red cabbage, chopped cool cucumbers, topped with fresh cilantro and crunchy almonds paired with our house-made asian ginger dressing (V, GF, DF)

### The New England Harvest Salad / \$9.95

hearty farro, nutrient-dense chopped kale, crisp apples, potassium-packed sweet potatoes, topped with walnuts, dried cranberries, and our house-made balsamic vinaigrette (V, DF)

### It's All Greek to Me / \$9.95

quinoa packed with all essential amino acids, shredded romaine, juicy grape tomatoes, crumbled feta cheese, chopped cool cucumbers, red onions and kalamata olives paired with our house-made greek vinaigrette dressing (GF)

### The Cobbfather / \$9.95

shredded romaine, local sharp white cheddar cheese, juicy tomatoes, organic cage-free local hard broiled eggs and all natural applewood smoked bacon paired with our house-made honey dijon dressing (GF)

### Caesar Salad / \$8.95

locally sourced romaine lettuce topped with fresh shaved parmesan cheese, multigrain croutons and our house-made caesar dressing (GF)

### Berry Salad / \$9.95

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

## PROTEIN ADD-ONS

Organic Cage-Free Hard Broiled Eggs / \$2.45

Organic Free-Range Chicken Breast (GF) / \$2.95

Organic Seasoned Grilled Tofu (V, GF, DF) / \$2.95

Local Sharp White Cheddar Cheese (GF) / \$2.45

## WRAPS

### Tasty Tuna Wrap / \$8.95

house-made tuna salad with celery, tomato, red onion, and lettuce on a whole wheat wrap

### Chicken Caesar Wrap / \$9.95

organic romaine lettuce, multigrain croutons, house-made caesar dressing, hormone free chicken and shaved parmesan cheese packed into a whole wheat wrap

### California Wrap / \$9.95

fresh sliced turkey, bacon, avocado, red onion and romaine lettuce – all organic and packed into a whole wheat wrap

### Veggie Wrap / \$8.45

organic seasoned tofu, avocado, grape tomatoes, red pepper, red onion, spinach, and edamame packed into a whole wheat wrap (V, DF)

### Southwest Wrap / \$9.95

hormone free chicken breast, avocado, black beans, corn, red onion, cilantro and spinach all packed into a whole wheat wrap

## GRAIN BOWLS

### Pesto Pasta Bowl / \$7.75

fresh bright green pesto mixed with parmesan cheese, juicy grape tomatoes, mozzarella pearls, and hearty noodles smothered in extra virgin olive oil

### Spicy Peanut Noodles Bowl / \$7.75

hearty noodles, nutrient-rich red peppers, crisp carrots, fiber-filled edamame, protein-packed peanuts and our house-made spicy peanut sauce (DF)

### Mediterranean Bowl / \$7.75

juicy tomatoes, kalamata olives, cool chopped cucumbers, red onion, and crumbled feta cheese mixed in noodles smothered in our house-made greek vinaigrette dressing

### Mac & Cheese Bowl / \$7.75

elbow macaroni in a blend of extra sharp cheddar and Monterey Jack cheeses with white pepper, cayenne and a touch of nutmeg

### Chicken Parmesan Bowl / \$8.95

elbow macaroni & organic marinara sauce mixed with our non-GMO chicken breast, mozzarella balls & spinach, topped with freshly shaved parmesan cheese

## ACAI BOWLS

### Almond Joy / \$11.25

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

### Berry Blast / \$11.25

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

### Banana Split / \$11.25

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

### PB&J / \$11.25

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

## SANDWICHES

### Supreme Turkey BLT / \$8.95

natural turkey, all natural applewood smoked bacon, leafy greens and tomato with our house-made roasted red pepper spread on local artisan multigrain bread

### Chicken Salad / \$8.95

house-made chicken salad mixed with chopped walnuts, fresh crisp apples, raisins and a sprinkle of cilantro on local artisan bread

### Peanut Butter Jelly Time / \$6.75

local all-natural Teddies smooth peanut butter and Bonne Maman Raspberry Preserves on artisan local bread (V, DF)

### Go Ham / \$8.95

naturally smoked ham, sharp white cheddar cheese with Dijon mustard and pickles served on a locally sourced artisan whole grain bread

## SOUPS

### Turkey Chili / \$7.75

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

### Clam Chowder / \$7.75

locally sourced organic New England clam chowder packed with fresh clam meat, potatoes and onions

## SNACKS

Dark Chocolate Granola Squares / \$2.95 (GF)

Energy Trail Mix / \$2.95

Naked Nut Mix / \$2.95 (V, GF, DF)

Almond Coconut Rolls / \$2.95 (V, DF, GF)

David's Oatmeal

Raisin Cookie / \$2.95 (GF)

Fresh Banana / \$0.79

Fresh Red Apple / \$0.59

## BREAKFAST

### Blueberry Chia Pudding / \$6.95

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)

### Cold Brew Overnight Oats / \$5.95

gluten free overnight oats, blended with dairy free oat milk and locally sourced Mojo cold brew coffee (V, GF, DF)

### Apple Cinnamon Overnight Oats / \$5.95

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

### Grilled Blueberry Muffin / \$3.45

locally sourced fresh blueberry muffin, grilled to perfection

### Banana Bread / \$2.95

locally sourced fresh, thick slice of banana bread, warmed to perfection

### Probiotic Yogurt & Granola / \$5.95

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

### Peanut Butter Banana Toast / \$4.95

locally sourced artisan bread topped with all - natural peanut butter and organic banana slices (V, DF)

### Bacon Egg & Cheese Bagel Sandwich / \$5.45

locally sourced whole wheat artisan bagel filled with a cage-free fried egg, cheddar cheese and bacon

### Power Bowl / \$8.95

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

## AVOCADO TOASTS

### The Basic / \$6.95

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

### The Feta / \$6.95

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

### The Bacon Egg & Cheese / \$7.45

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

## SMOOTHIES

### The Antioxidant / \$8.95

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

### Very Berry Acai / \$7.95

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

### Apple Butter / \$7.45

taste of apple pie in a smoothie providing vitamins and nutrients

### Chocolate Peanut Butter / \$7.45

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

### Tropical Acai / \$7.95

Refreshing and summery all in one tropical acai smoothie

## DRINKS

Hot Coffee - 1.95/2.65

Iced Coffee - 2.65

Spindrift Sparking Water / \$1.95

Rise Oat Milk Cold Brew / \$2.95

Mojo Cold Brew / \$2.95

Poland Spring Water / \$1.95