

# LUNCH MENU

## Salads @ Main Street...

Organic greens / warm parmesan bread / dressing on the side

### house salad 295

red onion / tomato / parmesan cheese / croutons

### garden 495 & 795

zucchini / bell pepper / red onion  
avocado / tomato / parmesan cheese / croutons

### the California 995

roasted turkey breast / tomato / red onion / avocado  
havarti cheese / our own California dressing

### “yum-yum” 495 & 795

walnuts / dried cranberries / feta cheese / balsamic vinaigrette

### chicken quinoa salad 995

chicken breast / quinoa / pine nuts / grilled asparagus  
tomato / champagne vinaigrette

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### “the chicken salad plate” 895

two scoops chicken salad / green salad / parmesan bread  
Substitute yum-yum 200

### “the trio” 895

one scoop chicken salad / green salad / soup / parmesan bread  
substitute yum-yum 200

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ranch / balsamic vinaigrette / California / champagne vinaigrette

Prices and ingredients are subject to change without notice

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## the sandwich page

sourdough or wheat / potato chips or chips & salsa

### california 895

Turkey breast / havarti cheese / tomato / red onion / avocado / mayo  
organic greens tossed in California dressing

### club 895

bacon / ham / turkey / cheddar / red onion / tomato / pickle / mayo / lettuce

### grilled deli roast beef 895

grilled / horseradish spread / red onion / tomato / lettuce

### cheese daddy 850

grilled / cheddar / swiss / pepper jack / mozzarella / parmesan / garlic butter

### chicken salad sandwich 850

lettuce / tomato / mayo

### BLTA 895

3 thick cut bacon strips / lettuce / tomato / avocado / mayo

### turkey & swiss 795

w/red onion / tomato / lettuce / mayo

### ham & cheddar 795

w/lettuce / tomato / spicy mustard

### grilled cheese 695

### ½ sandwich combo (choices below) 795

chicken salad / BLTA / turkey & swiss

ham & cheddar / grilled cheese

Served with salad or soup & chips

Sub yum-yum salad 200

**Cheese choices** / cheddar / swiss / pepper jack / havarti / feta /  
mozzarella

\$ 1 split plate charge includes 2<sup>nd</sup> setup with chips

03/18

# LUNCH LUNCH

## it's a wrap...

warm flour or corn tortillas / potato chips or chips & salsa

### club wrap 895

bacon / ham / turkey / cheddar / red onion / tomato / pickle / greens

### california wrap 895

Turkey breast / havarti cheese / tomato / red onion / avocado  
organic greens tossed in California dressing

### happy hippy 695

grilled veggies / hummus / avocado / add chicken 295 / add cheese 100

### chicken salad wrap 895

avocado / tomato / cheddar & jack / greens / add bacon 125

### chicken bacon ranch 895

chicken / bacon / red onions / greens tossed in ranch dressing

**Cheese choices** / cheddar / swiss / pepper jack / havarti / feta /  
mozzarella

## YARD DAWG 895

Large beef sausage, mustard, cheese, jalapenos and onions  
rolled in a large grilled flour tortilla

\$1 split plate charge includes 2<sup>nd</sup> set up with chips

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## Quesadillas

Warm flour or corn tortillas / tortill-a chips & salsa

### chicken & avocado 895

chicken / avocado / tomato / cheddar-jack

### grilled veggie 795

zucchini / bell peppers / tomato / red onion  
avocado / hummus / add cheese 100

### hawaiian 895

grilled ham / pineapple / jalapeno / red onion / mozzarella

### roast beef 895

grilled deli beef / grilled onions / grilled bell pepper  
cheddar-jack

### cheesy Q 695

lots of cheddar-jack / mozzarella / add green chili 100

## BURGERS

grilled bun / potato chips or chips & salsa

### veggie burger 695

veggie patty / tomato / red onion / pickles / lettuce / mayo or mustard  
add cheese or avocado 150

### Texas veggie burger 795

veggie patty / BBQ sauce / red onion / tomato / lettuce / jalapenos / avocado

### turkey burger ( allow extra 10 min ) 695

grilled turkey patty / tomato / red onion / lettuce  
mustard or mayo / add cheese or avocado 150 / add bacon 125

**Cheese choices / cheddar / swiss / pepper jack / havarti / feta /  
mozzarella**

# LUNCH MENU

## soup of the day

served with hot parmesan bread

**cup 350 bowl 550**

stews and chilies may be priced higher

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**Soup & Salad Combo - bowl of soup, small salad & parmesan bread 795**  
**Substitute Yum-Yum 200**  
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## add on stuff

chips & salsa	250
chips & hummus	295
hummus	150
veggie sticks	250
tomatoes	100
avocado	150
grilled Onions	125
green chiles	100
jalapenos	75
pickles	50
parmesan bread	100

scoop chicken salad	345
grilled chicken	295
roasted turkey	295
turkey Patty	295
veggie Patty	295
deli roast beef	395
baked Ham	295
thick bacon (slice)	125
cheese (slice)	100

**Cheese choices / cheddar / swiss / pepper jack / havarti / feta / mozzarella**

## drinks

Fresh brewed **organic** iced tea...regular or flavored 195

Fair trade organic coffee 195

Assorted bottled drinks 195

(no high fructose sweeteners)

The only sweeteners we serve are Stevia & Real Sugar

No **Pink** or **Blue** stuff here!

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