

Lunch

Acai Bowls

- Nutty Bowl** – blended acai, banana, granola, yogurt, peanut butter & coconut and cacao nibs \$ 9.95
Berry Bowl – blended acai, strawberries, blueberries, yogurt, granola and pumpkin seeds \$ 9.95
(with a sprinkle of cinnamon)

Wraps/Sandwiches or your choice of Bread

Served with french fries or onion rings

- Veggie Wrap Melt** \$ 8.95
Our fresh vegetables sautéed and topped with melted American cheese
- Our Famous Chicken Salad-Made Fresh to Order** \$10.95
Tender Chicken salad made to order with lettuce & tomato
- Grilled Chicken Caesar Wrap** \$10.95
Tender Chicken breast, romaine lettuce, croutons, parmesan cheese and Caesar dressing
- Grilled Chicken Kabob Wrap** \$10.95
Tender chicken, romaine lettuce, tomatoes feta cheese and Greek dressing
- BLT Wrap** \$ 7.95
Bacon, lettuce, tomato and mayonnaise
- Rueben** \$ 9.95
Thin sliced corned beef topped with sauerkraut, swiss cheese & russian dressing on rye bread

Club Sandwiches

A triple decker with your choice of bread with lettuce, tomato, bacon and mayonnaise served with your choice of french fries, onion rings or salad

- Turkey or Ham and Cheese** \$ 9.95
Albacore Tuna \$ 9.95
Chicken Cutlet \$10.95
Chicken Salad \$10.95

Subs

- Steak and Cheese** Add mushroom, peppers or onions (.75) each \$ 8.95
Meatball Add mozzarella (.75) \$ 8.95
Chicken Parmesan \$ 8.95
Eggplant Parmesan \$ 8.95

(Add \$2.50 for a side of French Fries or Onion Rings on Subs)

Lunch

Panini's – (all Panini's are on Ciabatta Bread and pressed for full flavor)

(gluten free bread available)

Served with sweet potato fries

The Wakefield	\$ 9.95
Ham, Swiss cheese, red onion lettuce, bacon with mojo sauce	
3-C's	\$10.95
Marinated chicken, mozzarella, arugula, pesto and balsamic glaze	
Crazy Fungi	\$ 9.95
Balsamic roasted Portobello mushroom, roasted red peppers, arugula, red onion and provolone	
Daddys	\$ 9.95
Breaded eggplant, pesto, tomato and Swiss	
The Galvin	\$11.95
Prosciutto, marinated chicken, provolone cheese with roasted garlic spread	
The Pharmacy	\$ 9.95
Smoked Turkey Swiss, tomato, lettuce and with cilantro lime balsamic	
My Brothers	\$11.95
Smoked Salmon, goat cheese, red onion, cucumber and capers	
The Woodville	\$10.95
Marinated chicken, bacon, black beans, avocado, salsa, red onion and swiss	
The Lake	\$ 9.95
Albacore Tuna salad, lettuce, tomato and american cheese	
4 Cheese	\$ 9.95
American, Swiss, Goat and Provolone	
Northeast Regional	\$10.95
Turkey, American cheese, red onion, avocado, roasted peppers with hummus spread	
Crab Salad	\$10.95
Real Claw Crabmeat salad, cheddar, tomatoes and arugula	

QUINOA PROTEIN BOWL

Marinated chicken, romaine or arugula, black beans, avocado, chick peas, baby spinach red onion with cilantro lime balsamic	\$11.95
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Salads (Add Chicken \$2.95)

Quinoa Salad	\$ 7.95
Romaine or arugula, tomatoes, cucumbers, goat cheese, red onion with balsamic lime dressing	
Traditional Salad	\$ 7.95
Romaine lettuce, tomatoes, red onion with your choice of dressing	
Greek Salad	\$ 7.95
Romaine lettuce, tomatoes, cucumber and feta cheese with Greek dressing	
Classic Caesar	\$ 7.95
Romaine lettuce, croutons and parmesan cheese	
Chicken Kabob Salad	\$10.95
Marinated chicken, romaine lettuce, tomatoes, red onion with Greek dressing	
Buffalo Chicken Salad	\$10.95
Strips of chicken with buffalo sauce served over traditional salad with blue cheese dressing	
Albacore Tuna Salad	\$ 9.95
Tuna served over our traditional salad with your choice of dressing	