

SOUPS, SALADS and LITTLE NOSHES

Served all day, every day

Homemade Soups

| | CUP | BOWL |
|---|------|------|
| Chicken Soup | 5.99 | 6.99 |
| Matzoh Ball | 6.79 | 7.99 |
| Chicken Noodle | 5.99 | 6.99 |
| Chicken Rice | 5.99 | 6.99 |
| Vegetarian Vegetable | 5.99 | 6.99 |
| Mushroom Barley | 5.99 | 6.99 |
| Beef Chili | | 8.99 |
| Served with corn muffin, cheddar cheese and onion | | |

Soup of the Day

| | CUP | BOWL |
|--|------|------|
| MONDAY-Split Pea | 5.69 | 7.29 |
| TUESDAY-Tortilla | 5.69 | 7.29 |
| WEDNESDAY-Turkey Chili | | 8.99 |
| Served with avocado, Jack cheese and chips | | |
| THURSDAY-Tomato Rice | 5.69 | 7.29 |
| FRIDAY-New England Clam Chowder | 6.49 | 8.99 |

CHICKEN IN THE POT:

A HALF BOILED CHICKEN SIMMERED IN A POT WITH VEGGIES (AND NOODLES OR RICE IF YOU WISH). JUST LIKE MOM USED TO MAKE! 14.99

A little Nosh

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| Homemade Organic Hummus | 6.99 |
| Drizzled with olive oil and served with a warm pita. | |
| Homemade Organic Falafel Balls | 7.49 |
| Served with tahini sauce. | |
| Baba Ga-Nosh | 7.59 |
| Served with a warm pita. | |
| Potato Latkes (1)/(3) | 3.99/8.99 |
| With sour cream and applesauce. | |
| Seasoned Waffle Fries | 5.49 |
| Served with your choice of dipping sauce. | |
| Onion Rings | 5.99 |
| Thick Cut Steak Fries | 4.79 |
| Sweet Potato Fries | 4.99 |
| Chili Cheese Fries | 6.99 |
| A serving of chili and cheese on top of steak fries. | |
| Chips and Guacamole | 5.49 |

Incredible Salads

Your choice of dressing: Ranch, Italian, Bleu Cheese, Thousand Island, Honey Mustard, Vinaigrette, Light Ranch or Light Italian

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| Mediterranean Platter | 12.99 |
| A plate of organic falafel balls, tabouli, organic hummus, baba-ga-nosh and pita. | |
| Chinese Chicken Salad* | 13.29 |
| Romaine and Napa cabbage, chicken breast, scallions, Mandarin oranges, crispy noodles, sesame seeds and almonds tossed with our homemade Chinese dressing. | |
| Tuna Salad Bowl | 11.79 |
| Organic mixed greens, ripe tomatoes and cucumber slices. Substitute chicken salad, egg salad or turkey salad. | |
| Golden Curry Chicken Salad | 11.99 |
| Homemade chicken curry salad on organic mixed greens with tomato wedges and sliced apples. | |
| Artichoke Heart Salad* | 12.49 |
| Organic mixed greens, marinated artichoke hearts, olives, onions, tomatoes and garbanzo beans, topped with shaved asiago cheese and served with our house dressing. | |
| Caesar Salad* | 10.99 |
| An old standby of crisp romaine, seasoned croutons, Parmesan cheese and our classic Caesar dressing. | |
| With shredded chicken. . . add 2.99 With grilled chicken add 4.59 | |
| Cobb Salad* | 12.99 |
| Greens, chicken breast, Point Reyes bleu cheese crumbles, tomatoes, Niman Ranch bacon, avocado and chopped egg, with your choice of dressing. | |
| Acapulco Chopped Salad* | 12.99 |
| Romaine, tomatoes, jicama, corn, radishes, avocado, red bell pepper and feta cheese in a honey-lime vinaigrette. | |
| With shredded chicken. . . add 2.99 With grilled chicken add 4.59 | |
| Chopped Antipasto Salad* | 12.99 |
| Fresh mixed greens, Italian salami, mozzarella cheese, red onions, garbanzo beans, black olives and pepperoncinis tossed with Italian dressing. | |
| Southwest Chicken Salad | 13.49 |
| Chicken tenders, organic mixed greens, corn, green onions, shredded carrots and cucumber, served with our special BBQ ranch dressing. | |
| Harvest Salad* | 12.99 |
| Spinach, apples, cucumber, celery, red onion, pomegranate seeds, kidney beans, goat cheese and pecans with maple vinaigrette. | |
| Nosh Chef Salad* | 12.99 |
| Organic mixed greens topped with julienned turkey, sliced ham, Swiss and cheddar cheese, hard boiled egg, ripe tomatoes and cucumber. Served with your choice of dressing. | |
| Triple Treat Salad | 14.99 |
| Choose 3: egg salad, turkey salad, chicken salad or tuna. Served with cole slaw and potato salad. | |
| Fresh Fruit | 11.49 |
| Generous portion of seasonal fresh fruit served on crisp lettuce with cottage cheese. | |
| Tossed Green Salad | 7.29 |
| With tomatoes, cucumbers, carrots & croutons. | |

*Available in a smaller portion for 2.00 less.

LUNCH SPECIAL Monday-Friday

Choose two: Half Sandwich/Tossed Green Salad/Cup of Soup. . . 12.49

Sorry, no substitutions.

ALL OF OUR CHICKEN IS FREE-RANGE. OUR FREE-RANGE TURKEY IS ROASTED DAILY.