



DAILY LUNCH MENU

Fall 2018

DAY STARTERS

BREAKFAST SANDWICH

Choose from an English muffin, Sourdough, everything, plain or GF bagel with bacon, ham, sausage or veggies. \$5.95 (GF extra)

VEGETARIAN BAGEL MELT

Open faced bagel with veggie cream cheese, tomato and melted Provolone cheese. Choose from plain, everything or GF bagel. \$5.50 (GF extra)

BREAKFAST BLT

Toasted Sourdough with lettuce, sliced tomato, crispy bacon, fried egg and guacamole. 1/2 size \$5.95/Full size \$7.95

TOASTED BAGEL

Everything, plain, french toast or GF bagel toasted with your choice of butter or cream cheese. \$1.95 (GF \$2.45)

GF CRUSTLESS QUICHE

Crustless quiches are part of our daily grab n go options! Perfect low carb, GF option. Selection varies daily. Individual size \$4.95

SALADS & SIDES

GF HARVEST COBB LARGE SALAD

Fresh spring mix topped with dried cranberries, diced green apple, pecans, bacon, hard boiled egg & feta cheese with a side of maple poppy seed dressing. \$9.95

GF WINTER CITRUS SALAD

Baby spinach topped with sliced almonds, sweet oranges, feta cheese and our homemade citrus vinaigrette. \$4.95 Half/\$7.95 Whole

GF GARDEN SALAD WITH A SCOOP

Choose from any of our house-made egg, tuna, or chicken salads on fresh mixed greens with a side of balsamic dressing. 1/2 size \$4.95 / Full \$6.95 \$1 per additional scoop

PESTO PASTA SALAD

Cavatappi pasta, pesto dressing, chopped Greek olives, red onions, tomato and cucumbers. \$3.50

GF RED SKIN POTATO SALAD

Diced potato, egg, green onion, mayo and a few secret ingredients. \$3.50

GF VG FRESH FRUIT CUP

Assortment of fresh fruits and berries. Made to order. \$3.95 GF

GF VG SHAVED BRUSSELS SPROUTS SIDE SALAD

Shaved Brussels Sprouts, walnuts, dried cranberries and thinly sliced red onion tossed in our homemade Dijon vinaigrette. \$3.50

KICKIN' MAC N CHEESE

Creamy cheese and cavatappi pasta with a kick of cayenne. Topped with toasted bread crumbs and fresh herbs. \$4.95 Ask about our GF version!

HOMEMADE SOUPS

GF

We make our soups by scratch daily and Gluten-Free! Call ahead for today's soup of the day!

French Onion served daily! \$3.95

SANDWICHES

Gluten-Free sandwich bread or bun can be substituted for \$1 extra

FRENCH DIP

Thinly sliced roast beef, caramelized onions and provolone cheese on our French bread with a side of Au jus.

1/2 size \$6.95/Full size \$8.95

TURKEY CLUB

Available daily as a quick grab n go solution. Thinly sliced turkey breast, bacon, lettuce, tomato & provolone on our delicious sourdough bread. Warning- Full size is HUGE!

1/2 size \$6.95/Full size \$9.95

ULTIMATE GRILLED CHEESE

A trio of cheeses and caramelized onions grilled between our sourdough bread. 1/2 size \$5.95/ Full size \$7.95

PESTO-CINO

Thinly sliced grilled roast beef, white cheddar, caramelized onions, pesto dressing, and diced pepperoncini on a freshly baked ciabatta roll. \$7.95

HAM & BRIE

Deli ham, brie, arugula, red onion and dijon toasted on our French bread. 1/2 size \$6.95 / Full size \$8.95

AUTUMN TURKEY MELT

Delicious layers of melted white cheddar, caramelized onions, thinly sliced green apple, and turkey on a freshly baked ciabatta roll. \$7.95

HUMMUS SPINACH WRAP

Part of our daily grab n go menu. Chopped bell peppers, red onion, cucumbers, spinach, feta and hummus with a side of our balsamic dressing. \$6.95

TUNA MELT

Homemade tuna salad, provolone and tomato grilled on sourdough. 1/2 size \$5.95 / Full size \$7.95

EGG SALAD

Homemade egg salad and arugula piled high on multi grain bread. \$5.95

CHICKEN SALAD SANDWICH

Our healthy and hearty chicken salad is made with Greek yogurt, roasted chicken, grapes, sliced almonds, red onion & cranberries on multi-grain bread. \$7.95

HORSERADISH ROAST BEEF

Thinly sliced roast beef, cucumbers, red onion, horseradish mayo and arugula on our whole wheat bread - refreshing and delicious! \$7.95

GF VG SOUTHWEST BLACKBEAN BURGER

Blackbean burger topped with lettuce, tomato, red onion, guacamole and VG chipotle mayo. Served on a GF bun. \$5.50

BISTRO CHEESESTEAK MELT

Layers of thinly sliced roast beef, provolone, grilled peppers & onions, arugula and garlic aioli, toasted on ciabatta. \$7.95

THREE LIL BIRDS CAKERY
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