



-WEEKLY SPECIALS-

MONDAY

✓ **Creamy Tomato Soup** \$4.00/\$5.00
Tomato, cream, butter, onion, corn starch, garlic, basil, vegetable stock, lemon juice, spices and seasonings

New England Baked Haddock with

Scalloped Potatoes \$6.50/\$9.50
Fish, wheat, butter, dairy, seasonings, onion, herbs and potatoes. Promoting "feet-less" Monday.

TUESDAY

✓ **Thai Chicken Soup** \$4.00/\$5.00
Rice, chicken, mushrooms, peppers, cream, tomatoes, vegetable oil, garlic, Worcestershire sauce, lemon grass, grain vinegar, soy, paprika, spices and wheat

✓ **Vegetarian Paella** \$5.50
Rice, peas, corn, chickpeas, peppers, tomatoes, onion, turmeric, cumin, paprika, vegetable broth, cooking oil and seasonings

WEDNESDAY

Soup of the Day \$4.00/\$5.00
An ingredient list is available for each soup chosen per week on an ingredient card at the front line

✓ **Beef, Chicken or Vegetable Fajitas**...\$7.50/6.50/5.50
Beef, chicken, sweet peppers, onion, garlic, chili, paprika, cayenne, cumin, cooking oil, vegetable broth, corn tortillas, seasonings

✓ **Southwest Bean Skillet** \$4.00/\$5.50
Kidney beans, butter beans, green beans, onion, tomato, spinach, cooking oil, cumin and garlic (Vegan)

THURSDAY

✓ **Roasted Red Pepper Gouda Soup**... \$4.00/\$5.00
Red peppers, Gouda, tomato, vegetable oil, garlic, cream, sugar, wheat starch, paprika, lemon juice, soy and seasoning

Reversed Seared Chicken and Rice \$7.75
Sugar, salt, rice and oil. A list of ingredients is available for the chef-inspired sauces on the ingredient cards at the front line.

✓ **Steamed Vegetable Medley** \$4.00/\$5.50
Green beans, zucchini, carrots, broccoli, parsnips, rutabaga, cooking oil and seasoning (Vegan)

FRIDAY

Chili \$5.00/\$6.50
Kidney beans, beef, tomatoes, lemon juice, celery, green peppers, onion, sugar, corn starch, soy, chili pepper and seasoning

✓ **Flat Bread Pizza** \$5.50
Wheat flour, peppers, onion, spinach, zucchini, mozzarella and a choice of a meat protein

-SIDES-

Pickle \$0.92

Veggie Sticks..... \$0.92

Chips \$1.75

Esti Hummus or Baba Ghanoush (Vegan)... \$5.00

Fruit Cup \$3.50

-SANDWICHES-

BREAKFAST

Served fresh until 10:30 a.m.

Bacon, Egg and Cheese Croissant \$5.50

✓ **Vegetable, Egg and Cheese Croissant** \$5.50

Ham Burrito..... \$5.50

Ham, egg, cheese, potato

✓ **Vegetable Burrito**..... \$5.50

Onion, peppers, potato, egg, cheese

GRAB & GO OR QUICKLY MADE SANDWICHES

COLD SANDWICHES AND WRAPS

Tuna Salad Sandwich \$5.00

Tuna, mayo, celery, spinach, pickles

Italian Salami..... \$6.75

Genoa salami, pesto, cheese, spinach, tomato

✓ **Cold Caprese Wrap** \$6.00

Balsamic pesto, cheese, spinach, tomato, basil

HOT SANDWICHES

✓ **Mac 'n Cheese Sandwich**..... \$5.50

Crowd favorite recipe in a toasted sandwich

✓ **Grilled Cheese** \$4.50

Cheddar, mozzarella, provolone

Classic BLT \$5.50

Bacon, lettuce, tomato, mayo

Turkey Apple Sandwich \$5.00

Turkey, apple, cheddar, lettuce, garlic aioli

Ham and Cheese Sandwich \$5.00

Ham, honey mustard, provolone

✓ **Roasted Veggie Sandwich**..... \$5.50

Carrot, peppers, zucchini, coriander, paprika, oregano, seasonings, oil, spinach, hummus

Available from 10:30 a.m. - 1 p.m.

Choice of bread

Pretzel bun, sourdough, tortilla (wrap) or Gluten Free (\$1.60 extra)

-SALADS-

Made to order and pre-made salads.

✓ **Orzo Salad**..... \$5.00

Wheat, cucumber, tomatoes, chickpeas, onion, basil, mint, spinach, seasonings, lemon juice, red wine vinegar and a side cheese (Vegan)

✓ **Potato and Grain Bowl** \$5.50

Potato, tofu, chickpeas, lentils, cabbage, tree nuts, spinach, lettuce, lemon juice, turmeric and seasoning (Vegan)

-BAKED GOODS-

Cookies..... \$1.00

Peanut butter (gf), chocolate chip, fruity pebble, lemon (sf), monster (gf), salted caramel

Bagels \$1.50

Blueberry, cinnamon raisin, gluten free

w/cream cheese..... \$1.85

Muffins \$2.75

Double chocolate espresso, lemon poppyseed, blueberry

Scones..... \$2.75

Sundried tomato cheddar basil, cranberry orange

Cinnamon Rolls/Chocolate Croissant \$2.75

PB Protein Bites \$3.50

-BEVERAGES-

COLD BEVERAGES

Lemonade \$1.50

Iced Tea \$1.50

Other Refresher Dispensing Drinks \$1.50

Ice Sparkling Flavored Water \$1.90

Apple Juice..... \$1.90

Sparkling Apple Juice..... \$1.90

Freshly Made Smoothie \$5.00

Bottled Water \$0.75

HOT BEVERAGES 12 OZ..... 16 OZ

Hot Chocolate \$3.50 \$4.00

Apple Cider \$3.00 \$3.50

Chai Latte \$3.50 \$4.00

Rishi Tea \$2.20

COFFEE BEAN 12 OZ..... 16 OZ

Iced Cold Coffee \$1.75 \$2.00

Drip Coffee..... \$2.00 \$2.95

French Press Decaf \$2.75 \$3.00

Cappuccino/Latte \$3.00 \$3.75

Latte/Capp. Flavor \$3.75 \$5.00

Mocha \$4.00 \$6.00

Espresso \$1.50 sgl.... \$1.95 dbl

Americano..... \$2.00 \$3.00

EXTRAS

Monin Syrup 1 pump \$0.75

Honey \$0.75

Cold Foam \$2.25

Half & Half \$0.65

Milk Alternative (Oat/Almond) \$1.00

Lemon Slice..... Free

Croutons Free

Dressings \$0.65

French, ranch, salsa, sour cream, cream cheese

-NOTES-

Our tea is locally prepared in Wisconsin by Rishi Tea & Botanicals

Our coffee is locally roasted in Wisconsin by New Roots Coffee Company and New Morning Coffee Roasters

We source our ingredients from Wisconsin suppliers and prepare most beverages for you - our dear customer

Our recipes include ingredients from local Wisconsin suppliers and Central Wisconsin farmers, including: Tapped Maple Syrup, Dancing Bear Apiary, Raikowski Farm and January Farms

