



Lunch Menu:

Salads:

- **Chicken Garden Salad: \$7.25**
Romaine, spring greens, herbed chicken breast, tomato, carrots, cheddar cheese, bell peppers and sunflower seeds with dijon vinaigrette.
- **Greek Salad: \$6.50**
Romaine, spring greens, tomato, cucumber, red onion, feta cheese, kalamata olives and mild pepper rings with red wine vinaigrette.
- **Thai Noodle Salad: \$6.50**
Sesame oil Thai noodles, cabbage, carrots, green onions and red pepper with peanut dressing.
- **Petite Salad: \$3.95**
Romaine, spring greens, bell peppers, carrots, tomato and hardboiled egg with your choice of dressing.

*Add scoop of chicken, egg or cheddar dill tuna salad for \$2.00.

Wraps:

- **Chipotle Turkey Club Wrap: \$6.75**
Roasted turkey, bacon, romaine, cheddar cheese and chipotle mayonnaise in a sundried tomato wrap.
- **Veggie Wrap: \$6.50**
Spring greens, carrots, roasted red peppers, feta cheese and hummus in a sundried tomato wrap.

Soup:

Vegetarian Soups:

- 8 oz: \$3.50 • 12 oz: \$4.75 • 32 oz: \$12.00

Meat Soups:

- 8 oz: \$4.00 • 12 oz: \$5.25 • 32 oz: \$13.00

Sandwiches:

- **Roasted Turkey Sandwich: \$6.75**
Roasted turkey, roasted red pepper, provolone cheese, spring greens and parmesan peppercorn mayonnaise on a ciabatta roll.
- **Cheddar Dill Tuna Salad Sandwich: \$6.50**
Tuna salad, green onions, dill, cheddar cheese and spring greens on a multigrain ciabatta roll.
- **Ham and Swiss Croissant Sandwich: \$6.75**
Roasted ham, swiss cheese and dijon horseradish mayonnaise on a butter croissant.
- **Curried Chicken Salad Sandwich: \$6.75**
Curried chicken breast salad with carrots, green onions, celery, golden raisins and mango chutney a pita bread.

Other:

- **Veggie Hummus Combo: \$5.50**
Carrots, celery, bell peppers, whole wheat crackers, tomato, kalamata olives, mozzarella cheese and hardboiled egg with hummus.
- **Fruit Parfait: \$3.95**
Low-fat yogurt, fruit and pecan granola. Flavors vary by season.
- **Muesli: \$3.95**
Low-fat yogurt, apples, oats, honey, cream, sliced almonds, dried cranberries and dried apricots.
- **Potato Chips: \$1.00-\$1.50**
Variety of flavors.

2303 W. Market St • Akron, 44313 • (330)836-4101

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