

fresh!  
**sand**  
w i c h e s




fresh sandwiches	1/2	w
Sonoma Chicken Salad  	5.89	8.65
THE best chicken salad you'll ever try. Made more healthy and delicious with reduced fat, served on fresh baked dakota bread.		
Turkberry Avo  	5.99	8.59
Sliced smoked turkey, avocado, fresh greens, and our lite cranberry spread on a fresh baked french baguette.		
Angus Roast Beef	6.29	8.89
Rare Angus roast beef stacked with sweet red onions, greens & tomato with our horseradish spread on french bread.		
Turkey (or Ham) & Swiss Croissant	5.85	8.49
Smoked turkey, swiss cheese, greens & tomato on our fresh baked flaky croissant with your choice of mayo or brown ale mustard.		
Bourbon B.L.A.T. 	5.99	8.69
(bacon, lettuce, tomato, & avocado) toasted dakota bread with a spread of mayo, fresh greens and our tasty Bourbon Bacon.		

**Our sandwiches are served with your choice of tasty chips, or fresh cut fruit.**


# grilled sandwiches 1/2 w

Albuquerque Turkey 6.19 8.75  
Smoked turkey, roasted red peppers, swiss cheese, and pesto spread baked warm on our fresh focaccia bread.

Vegetarian Portobello Grill    6.59 8.99  
Smoky portobellos, pesto baked zucchini & roasted red peppers, wilted spinach, and melted swiss cheese on fresh focaccia.

Ham & Brie  6.19 8.59  
Just sweet honey ham and brie stacked on a fresh french baguette and grilled. Amazingly good!

Grilled 3 Cheese 5.69 6.59  
Three premium cheeses stacked and grilled to melted perfection on dakota bread. Try with our tomato, or red pepper soups!  
*Add Ham for .99c*

Bourbon Turkey Bacon  6.29 8.65  
Mesquite smoked turkey, bourbon bacon, dark ale honey mustard and gouda, baked perfectly on our sea salt & rosemary focaccia bread.

Our grilled sandwiches are served with your choice of tasty chips, or fresh cut fruit.

BAKED & GRILLED  
**sand**  
w i c h e s



Vegetarian Portobello Grill

# low carb wraps low gluten



Chicken Caesar Wrap

## w r a p s

1/2

w

### Sonoma Chicken Wrap

5.89

8.65

Our amazing reduced fat *Sonoma Chicken Salad* wrapped with fresh greens in a tomato basil tortilla.

### Chicken Caesar Wrap

5.69

8.39

Fresh romaine lettuce, shaved parmesan, and caesar dressing tossed with our healthy oven baked chicken in a spinach tortilla.

### Portobello Wrap

6.59

8.99

Smoky portobellos, pesto baked zucchini & roasted red peppers and spinach wrapped in a fresh spinach tortilla.

### California Chicken

6.49

8.79

Super healthy oven baked Chicken, fresh greens, avocados, caramelized walnuts and a light citrus vinaigrette in a tomato tortilla.

### G.D.P.L. Wrap

5.79

8.29

(Grateful Dead Parking Lot) Everything from the VW van! Greens, arugula, baby kale, spinach, red onions, zucchini, and fresh tomatoes in a sun dried tomato wrap.

**Our fresh wraps are served with your choice of tasty chips, or fresh cut fruit.**

# fresh salads 1/2 w

Fresh Caesar   5.19 7.99

Freshly torn romaine lettuce, cracked pepper, shaved parmesan, and a classic Caesar dressing lightly tossed with bakery croutons.

Duck House   \* 6.49 8.89

Smoked duck breast tossed with assorted greens, sweet red onions, and Feta cheese in our signature smoked paprika vinaigrette.

Asian Chicken   \* 5.69 8.49

Sesame Grilled Chicken, fresh spring mix, sliced almonds, and won ton strips tossed lightly in a toasted sesame vinaigrette.

Baby Kale & Spinach   \* 5.49 8.19

Super foods Baby Kale & Spinach tossed with fresh cut pears and caramelized walnuts in a light pear gorgonzola dressing.

Cranberry Chicken    5.69 8.45

Our famous *Sonoma Chicken Salad* served on a bed of spring greens with a side of fresh fruit.

**Our fresh salads are served with your choice of our fresh baked breads.**  
\* (sub fruit instead of the bread for Gluten Free add: .99c)



1/2 Caesar with chicken.

h e a l t h y  
**choice**  
l i f e s t y l e

# Any two! **soup** salad & sandwich

Choose **ANY TWO**  
**Combination!**

Try our signature soups with a fresh sandwich, salad, or wrap. **8.69**

## **ADD Proteins!**

Baked Chicken	1.99	2.99
Smoked Duck Breast	2.49	3.25
Baked Duck Confit	2.49	3.25
Bourbon Bacon	1.99	2.99
Broiled Portobellos	1.99	2.99

TS



GF



Top Seller Good 4 U Gluten Free Vegetarian



Hearty Tomato with Grilled Three Cheese

# JUST SOUP

*Choose your perfect size!*

**CUP** \$5.85  
(8 oz) with Fresh Baked Bread

**BOWL** \$6.59  
(12 oz) with Fresh Baked Bread

**LARGE BOWL** \$7.29  
(16 oz) with Fresh Baked Bread

**TAKE HOME** <sup>for</sup><sub>2</sub> \$8.99  
(24 oz) ADD Fresh Baked Bread .99c

**FAMILY SIZE** \$12.25  
(32 oz) ADD Fresh Baked Bread .99c

TS



GF



Top Seller Good 4 U Gluten Free Vegetarian



Summer Canteloupe Bisque

Any two!

# SOUP

salad or sandwich

## CHOOSE ANY TWO Combination

Try our signature soup with a fresh salad, sandwich, or wrap.



Tomato Bisque & Grilled 3 Cheese

# 8.29

**COMBO**  
\$8.69

w r a p s  
**and**  
sandwiches

## pick sides

for any sandwich or wrap.

Kettle Chips **TS**

Gluten Free Chick Pea &  
Black Sesame chips **GF TS**

Fresh Cut Fruit **V** **GF**

Brown Rice **GF**

