



# lunch



## soup & bread

all bowls of soup served with fire grilled baguette  
add artisan bread with your cup of soup

			2
<b>dip it!!!</b>	we couldn't decide on one, so we change it daily. ask your server for details. served with warm artisan breads		8
<b>cheese bread</b>	baguette covered with a blend of cheeses and baked, served with warm marinara dipping sauce		7
<b>market soup</b>	freshly made market soup	cup	4
		bowl	6
<b>broccoli cheese</b>	customer favourite, baked with cheese	cup	4
		bowl	6
<b>seafood chowder</b>	hearty and delicious cream based seafood chowder made with fresh local seafood	cup	5
		bowl	8
<b>soup &amp; sandwich</b>	cup of market soup, served with chef's sandwich of the day		9
<b>soup &amp; salad</b>	cup of market soup, choice of essential greens, caesar or greek		9



## salads

all meal sized salads served with fire grilled baguette

<b>essential greens</b>	essential greens with tomato, onion, & cucumber. served with choice of dressing: zesty thai, pomegranate ginger, chipotle lime, ranch, blue cheese, raspberry vinaigrette, honey yogurt dill, white balsamic olive oil	full	8
		half	5
<b>caesar</b>	crisp romaine, house made caesar dressing and croutons, cured bacon and parmesan	full	10
		half	7
<b>greek</b>	a traditional salad with kalamata olives and feta	full	13
		half	9
<b>sante fe chicken</b>	essential greens, cajun chicken, black beans, bbq corn, & feta cheese in a chipotle lime vinaigrette		13
<b>hot spinach</b>	spinach, roasted peppers, sautéed mushrooms tossed in a maple cider vinaigrette, roasted root vegetables, topped with goat cheese and pancetta crisps		13
<b>ahi tuna avocado</b>	sesame crusted ahi tuna, medium rare, seasonal greens, salsa of mandarin oranges, sundried tomatoes, red onion, cucumber, served with pickled ginger, guacamole		14
<b>"full monty"</b>	an explosion of fresh and dried fruit, baby spinach, crisp romaine, smoked almonds, kalamata olives, garden favorites, goat cheese		14