

# sandwiches

**sandwiches include** lettuce, tomato, cucumber, red, yellow and orange sweet peppers, mushrooms, carrots, avocado, sprouts and red and green cabbage served on white or whole-wheat pita, multigrain bread or gluten free bread  
excludes (mozzarella caprese, organic peanut butter & sara's berry berry peanut butter sandwiches)

<b>white-meat albacore tuna salad</b> .....	\$12.95
<b>zero-fat tuna</b> .....	\$11.95
<b>tuna salad melt</b> .....	\$13.95
<b>with soy cheese</b> .....	\$14.95
<b>zero-fat tuna melt</b> .....	\$12.95
<b>with soy cheese</b> .....	\$13.95
<b>grilled chicken</b> .....	\$13.95
<b>kosher grilled chicken</b> .....	\$16.95
<b>chicken salad</b> .....	\$14.95
<b>chicken salad melt</b> .....	\$15.95
<b>with soy cheese</b> .....	\$16.95
<b>white turkey breast</b> .....	\$12.95
[98% fat-free smoked turkey breast]	
<b>mixed veggie</b> .....	\$8.95
<b>avocado</b> .....	\$11.95
<b>falafel</b> .....	\$10.95
<b>hummus</b> .....	\$9.95
<b>tabbouleh</b> .....	\$9.95
<b>falafel and hummus</b> .....	\$11.95
<b>falafel and tabbouleh</b> .....	\$11.95
<b>falafel, hummus and tabbouleh</b> .....	\$11.95
<b>hummus and tabbouleh</b> .....	\$9.95
<b>hummus and sun-dried tomatoes</b> .....	\$10.95
<b>monterey jack cheese</b> .....	\$9.95
<b>soy cheese</b> .....	\$11.95
<b>babaganoush [eggplant salad]</b> .....	\$10.95
<b>mozzarella caprese</b> .....	\$10.95
tomato, imported black and green olives, lettuce, basil, zahatar seasoning, organic olive oil and mozzarella cheese [some olives may have pits]	
<b>organic peanut butter</b> .....	\$11.95
banana, apple and honey served on organic seven-grain bread	
<b>sara's berry berry peanut butter sandwich</b> ....	\$16.95
organic peanut butter and almond butter with fresh berries on pita bread	

our chicken is 100% organic

all substitutions will be charged á la carte

A 20% gratuity will be added to all dine-in checks