



MENU

Gluten Free

Vegetarian

Local Quality Ingredients

House-Made Salad Dressings

Fresh Bakery Breads

We proudly serve "Baker's Table" fresh baked breads from the Santa Ynez Valley

Hot! SANDWICHES

N.Y. Bagel Reuben Sandwich \$8.95
Thinly Sliced Corned Beef, Sauerkraut, Melted Swiss Cheese and Russian Dressing on Toasted Everything Bagel

Warm & Toasty Chicken Goat Cheese \$9.25
Chicken Breast, Caramelized Onion and Red Bell, French Goat Cheese, Arugula, Balsamic Reduction

Hungry Planet Veggie "Burger" \$8.75
(Non-GMO) Garden Tomatoes, Sprouts, Dill Pickles, Crisp Romaine, 1000 Island dressing, Toasted Wheat Bun

Chicken Pesto Panini \$8.95
Arugula Pesto, Chicken Breast, Jack Cheese with our Garlic Aioli on Grilled Honey Wheat Bread

Philly Cheese Steak Sandwich \$9.25
Caramelized Sweet Bells & Onion on Ciabatta

Turkey Artichoke Sandwich \$8.75
Fresh Spinach, Jack Cheese, Pepperoncini, Toasted Honey Whole Wheat Bun

The Ultimate Grilled Cheese \$7.50
Grilled Swiss, Jack, Cheddar & Parmesan with Tomato

Brie and Turkey Sandwich \$8.95
Fresh Spinach, Jack Cheese, Pepperoncini, Toasted Honey Whole Wheat Bun

Roast Beef and Swiss \$9.25
Thinly Sliced Top Sirloin, Swiss Cheese, Red Onion, Pepperoncini, Tomato & Zesty Dijon Sauce on a toasted Wheat Long Roll

Hungry Planet Patty Melt \$8.95
Non-GMO Vegan "Burger", Roasted Bell, Caramelized Onions, Smokey BBQ Sauce, Whole Grain Mustard and Swiss Cheese on toasted Honey Whole Wheat

Roasted Pulled Chicken Burrito ~or~

Simmered Pork Chili Verde Burrito \$9.25
Jack Cheese, Pinto and Black Bean Medley, Spanish Rice. Served with Roasted Molcajete Salsa

Bean, Rice and Cheese Burrito \$8.75
Try it smothered in Ranchero Sauce!

Tuna Salad Wrap \$7.95 *with a Side of Toasted Almonds*
Albacore Tuna Salad, Dried Cranberries, Pepperoncini, Sun Dried Tomato Wrap

Walnut Chicken Wrap \$7.95 *with a side of Toasted Walnuts*
Chicken Breast, Celery & Red Grapes and Whole Grain Dijon in a Whole Wheat Wrap

Classic Egg Salad Sandwich \$7.95
Cucumber, Fresh Spinach on Wheat Toast

SALADS

Green Apple, Quinoa & Walnut Salad \$8.95
Crumbled Blue Cheese, Maple Vinaigrette

Classic Chicken Caesar Salad \$8.75
Crisp Romaine, Chicken Breast, Garlic Croutons, Shredded Parmesan, Caesar Dressing

Greek Salad \$8.95
Feta Cheese, Kalamata Olives, Sliced Pepperoncini, Cool Cucumber, Diced Tomato, Lemon Vinaigrette

Cobb Salad \$8.95
Bacon, Chicken Breast, Blue Cheese, Hard Boiled Egg, Diced Tomato, Herbed Apple Cider Vinaigrette

Berry Goat Cheese Chicken Salad \$8.95
Chicken Breast, Goat Cheese, Blueberries, Strawberries, Red Onion, Toasted Almonds, Herbed Croutons, Balsamic Vinaigrette

SOUP

Fire Roasted Tomato, Cannellini Bean & Basil \$4.75
with Shredded Parmesan and Balsamic Reduction

Farmer's Market Soup \$4.95
Creamy Butternut Squash Quinoa Chowder

Moroccan Lentil Soup \$4.75
with aromatic seasonings and Fresh Spinach

Cold! SANDWICHES

Turkey Club Sandwich \$8.95
Sliced Turkey, Smoked Bacon, Avocado, Lettuce, Tomato & Mayo on Toasted Honey Wheat

Chef B's Veggie Sandwich \$8.25
Basil Cream Cheese, Turmeric Hummus, Arugula, Spinach, Cucumber, Sprouts, Lemon Pepper and Red Onion on Toasted Honey Whole Wheat