



## GRAIN BOWLS

DIY > Gourmet, nutrition, and variety never tasted this good! Build your own bowl by choosing one of our organic grains to match your protein, and finally, top it off with one of our custom crafted sauces. If that does not suit you, our classic vegetarian is always a favorite. Try all 90 combinations and get a great checkup at your next doctors visit.

**Classic Vegetarian** > Classic stir fried tofu ..... \$ 9.75

**Build a Bowl** > Choose 1 from each column:

Grain	Sauce	Protein	
QUINOA	BACON SOY CARAMEL	SALMON .....	\$ 15.50
BROWN RICE	MISO MUSHROOM BROTH	FLANK STEAK .....	\$ 16.50
LENTILS	TRUFFLE HONEY	PORK LOIN .....	\$ 14.50
	COCONUT CURRY BROTH	CHICKEN .....	\$ 14.50
	LEMON-PARSLEY PESTO	SHRIMP .....	\$ 15.50

## SANDWICHES

**B.L.A.S.T.** > Bacon, lettuce, avocado, grilled salmon and tomato on ciabatta roll ..... \$ 12.95

**Hand Cut Pastrami Reuben** > Slow cooked pastrami, kraut, Swiss, and 1,000 island on thick cut seeded rye ..... \$ 12.50

**Roasted Turkey** > With sage cheddar cheese, cranberry-mayo chutney, mixed greens, and walnuts ..... \$ 10.95

**Ribeye Steak** > On ciabatta roll with provolone, caramelized onions, mushrooms and horsey mayo ..... \$ 13.95

**Chicken & Waffle Sandwich** > Southern fried chicken on house-made waffles with Jack Daniels maple syrup & pepper jack ..... \$ 10.50

**PETA Pita** > Roasted eggplant, squash, and zucchini with goat cheese and basil pesto in a whole wheat pita ..... \$ 10.50

## SIDES

CHIPS & DIP	FRENCH FRIES	SWEET SPUD FRIES	DELAWARE 'SLAW	VEG of the DAY
\$2.75	\$3.00	\$3.75	\$2.50	\$2.50

## BURGERS

OUR BURGERS ARE HALF POUND HOUSE-GROUND USDA CHOICE CHUCK

**Classic** > Our famous burger topped with lettuce, tomato and red onion ..... \$ 9.50

**Pretzelweck** > Half pound burger on a pretzel roll with horseradish mayo, caramelized onions and pepper jack ..... \$ 10.75

**Seared Salmon Burger** > Seared salmon fillet topped with pickled red onion, cucumber slaw, greens and sliced tomato ..... \$ 12.50

**The Ton I Wanna Burger** > Topped with hickory-pulled pork, smoked bacon, melted cheddar and Delaware sauce ..... \$ 11.75

**Black Bean Veggie Burger** > Spicy black bean patty topped with avocado and corn relish ..... \$ 11.00

## ENTREES

**Chicken Paillard** > Thinly pounded and sautéed in olive oil finished with white wine, lemon, tomato and basil ..... \$ 15.75

**Smoked Gouda Mac & Cheese** > Spirals baked with diced tomatoes, smoked gouda cream sauce, & breadcrumb topping ..... \$ 12.25

MAC AND ANDOUILLE SAUSAGE ..... \$ 14.75

MAC AND CHICKEN ..... \$ 15.75

MAC AND PULLED PORK ..... \$ 14.75

**Grilled Pork Chop** > 10 oz center cut with blue cheese spaetzle and bacon-soy caramel glaze ..... \$ 17.50

**Grilled Cauliflower Steak** > Eggplant caponata, arugula, and roasted garlic sauce ..... \$ 14.00

**Grilled Salmon** > Julienned vegetable stir fried brown rice and honey lime glaze ..... \$ 19.50

**Shrimp Rigatoni** > Arugula-pistachio pesto, sundried tomatoes, cauliflower and asiago ..... \$ 16.50

**Gorgonzola Chicken** > Sautéed chicken cutlets crusted with roasted garlic, gorgonzola and balsamic sauce ..... \$ 16.50

**Meatloaf** > Freshly ground pork, veal, & beef wrapped in bacon with buttered mashed potatoes and fried tobacco onions..... \$ 14.00

**Ribs** > Half rack of slow braised fall-off-the-bone baby back ribs with choice of sauce served with fries and slaw

CHOOSE FROM: HICKORY BBQ or CHIPOTLE ..... \$ 15.75

**Flank Steak** > Marinated, grilled, then sliced and drizzled with lemon-parsley pesto served with mashed potatoes ..... \$ 19.50

**Grilled 14oz Ribeye** > Topped with roasted garlic-gorgonzola truffle butter, served with steak fries ..... \$ 24.50