



NF = Nut-Free

GF = Gluten-Free

VG = Vegetarian

V = Vegan

Chicken Caesar Salad (NF) – \$12

Lemon herb grilled chicken breast, homemade herb croutons, and creamy Caesar dressing over crisp romaine lettuce.

Chicken Garden Salad (GF, NF) – \$12

A fresh mix of romaine, shredded carrots, and red cabbage, topped with grilled chicken, cucumbers, red onions, and grape tomatoes. Finished with honey-spiced sunflower seeds and served with Honey Red Wine Vinaigrette.

Caesar Salad (NF) – \$10.50

A classic Caesar salad featuring crisp romaine, homemade herb croutons, and creamy Caesar dressing.

Garden Salad (VG, GF) – \$10.50

A vibrant mix of romaine, shredded carrots, and red cabbage, combined with cucumbers, red onions, and grape tomatoes. Topped with honey-spiced sunflower seeds and served with Honey Red Wine Vinaigrette.

Chicken Salad Sandwich – \$11

Tender poached chicken mixed with raisins, apples, toasted almonds, celery, and a creamy mayo dressing for a perfect balance of sweet and nutty flavors. Served on our freshly baked in-house Challah Roll.

Grilled Chicken Sandwich (NF) – \$11

Lemon herb grilled chicken paired with roasted red peppers, tomatoes, arugula, and roasted garlic mayonnaise, served on a Sunflower Bakery Challah Roll.

Butternut Squash Bisque (GF, V) – \$6

A comforting fall favorite with warm notes of cinnamon, ginger, nutmeg, and apples, creating a rich and aromatic blend to awaken your senses.

Chicken Wild Rice Soup (NF) – \$6

Made from scratch with homemade chicken stock, hearty vegetables, tender chicken, wild rice, and potatoes, seasoned with herbs de Provence and a hint of Dijon mustard for a flavorful finish.