



Grab and Go Menu

Sandwiches:	\$4.75	Edamame (fresh)	\$2.00
Ham	Roast beef	Celery Sticks / dip	\$2.50
Turkey	Pastrami	Carrots Sticks / dip	\$2.50
Salami	Roast beef	Cucumber / dip	\$2.50
Tuna Salad	Egg Salad	Boiled Egg	\$1.00
Chicken Salad		Annie Chun's Seaweed	\$2.50
Wraps:	\$5.00	Organic Yogurt	\$1.75
Chicken Breast		Cottage Cheese	\$2.50
Ham/Turkey		Hummus with pretzels	\$3.25
Hummus		Mini Babybel Cheese	\$.75
Salads: Large	\$4.75	Organic String Cheese	\$1.00
Chicken Caesar		Organic Bunny Bars	\$2.00
Asian		Bobo's Oat Bars	\$2.50
Seasonal		Frutabu	\$1.25
Greek		Powerbars	\$2.75
Salads: Small	\$3.25	Roasted Edamame	\$2.50
Caesar	Chicken Caesar	Yogurt Pretzels	\$2.00
Garden Salad	Egg Salad	Assorted Cereals	\$2.00
Tuna Salad	Chicken Salad	Bagel/Cream Cheese	\$2.50
Chicken Breast w/Lettuce		Croissants	\$2.50
Fresh Fruit Cup:	\$3.00	Muffins	\$1.50
Water Melon	Pineapple	Whole Fruit	\$.75
Grapes	Honeydew	Banana	
Blue Berries	Strawberries	Apple	
Mini Fruit Salads:	\$1.25	Orange	
Soup:	\$2.50	Apple Juice	\$2.25
Chicken Noodle		Soy Milk	\$1.75
Clam Chowder		Large Bottled Spring Water	\$1.00
Spinach w/Black Beans		Small Bottled Spring Water	\$.75
Cream of Mushroom		Organic Milk	\$1.00
Pasta: Large	\$5.00	Reduced Fat Milk	\$.75
Pesto		Fresh Smoothies	\$3.00
Asian		Yogurt Parfait	\$3.00
Plain		Mini Parfait	\$1.50
Pasta: Small	\$3.50	Fresh Lemonade	\$2.00
		Fresh Lemon Ice Tea	\$2.00
		Calistoga Water	\$1.75
		Purity Organic Juice	\$2.50
		Coconut Water	\$2.00