daily specials

Starting at \$7.50 | Lunch served: 11 a.m. - 3 p.m. Daily specials are served in a two week rotation.

	LUNCH WEEK 1	LUNCH WEEK 2
MONDAY	The "Meatball" Plate with 50/50 Beef and Mushroom Meatballs or Lentil Mushroom "Meatballs"	Adobo Braised Shredded Beef & Peruvian Bean Chili Baked Potato Portobello Pressed Sandwich
TUESDAY	Mexican Cuisine Build Your Own Bowl	Eggplant Milanese Sandwich Chicken Pita Wrap
WEDNESDAY	Build Your Own Curry	Mediterranean Plate with Beef Shawarma or Chickpea Falafel
THURSDAY	Sausage & Pepper Smash Burger Vegetarian Muffaletta Wrap	Asian Cuisine Build Your Own Bowl
FRIDAY	Carne Asada Tacos or Veggie Nachos	Santa Maria Style BBQ Tri-Tip or Cauliflower Steak Plate



805-879-8534

SMOOTHIES

\$6.50

Tropical Green

Strawberry Banana

Green Piña Colada

Chocolate Peanut Butter

Banana

Berry Blast

Choco-Berry

Peanut Butter and Jelly

SAVORY PASTRIES

\$3.50

Ham and Gruyère Bundle

Spanish Chorizo

Bundle

Prosciutto and Asparagus

Bundle

Tomato Basil Tart

Roasted Vegetable

Tart

SANDWICHES AND WRAPS

Turkey Cranberry Sandwich

\$8.00 whole

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\$4.50 half

Chickpea Wrap

\$6.00 whole

\$3.50 half

Chicken Curry Wrap

\$7.00 whole

\$4.00 half

Tofu Sushi Sandwich

\$5.50 whole

\$3.00 half

Pesto Chicken Sandwich

\$5.75

SALADS

Side **\$3.00**

Entrée \$6.00

Three Salad Combo **\$6.00**

(Choice of two salads and one protein)

Cottage Caesar

Berry Citrus Salad

Miso Mandarin Salad

Fresh Fruit Salad

Mixed Greens Salad -Choice of Dressings

French Vegetable Salad

PROTEIN OPTIONS:

Chicken **\$2.50**

Tuna **\$2.50**

Hard Boiled Egg **\$1.25**