### Sandwiches
- Sub gluten free bread option __1.5

**Pork**
7.5 - full / 6.5 - half
slow roasted pulled pork, provolone cheese, on ciabatta
choice of sweet apple cream or savory garlic sauce

**Roasted Italian**
7 - full / 5 - half
salsami, pepperoni, tapenade, red onion, pickled peppers, provolone, oil & vinegar, on ciabatta

**Sautéed Vegetable Mix (v)**
7 - full / 5 - half
diced squash, Brussels sprouts, carrots, onions, hummus, greens, on ciabatta

**Curry Tuna**
7 - full / 5 - half
tuna, celery, apple, shellots, mild yellow curry, greens
  * Choice of sourdough white or seeds/grain leaf

**Creamy Tomato Pesto* Chicken**
7 - full / 5 - half *contains walnuts*
roasted chicken, red pesto, mayo, grilled carrots, capers, greens
  * Choice of sourdough white or seeds/grain leaf

**Peanut & Apple Butter (v)**
5 - full / 4 - half
fresh ground peanut butter, vanilla apple butter
  * Choice of sourdough white or seeds/grain leaf

From 11am - 2pm
mac&cheese __7_
etbow macaroni, white sauce, cheese, mozzarella cheddar,

---

### Salads
- Served with sliced sourdough bread

#### Wilted Kale Salad (v,gl) __7_
Chopped kale, quinoa, red onion, dill cranberries, sourdough croutons, shaved Grana Padano, olive oil, white wine, honey

#### Chicken Sesame Salad
mixed greens, almonds, roasted chicken, red grapes, crispy pasta, sesame vinaigrette

#### House Salad (v,gl) __4 - full / 3.25 - half
mixed greens, diced apple, red onion, sunflower nuts, grated provolone, balsamic vinaigrette, or creamy parmesan & pepper
Add Curry Tuna or Creamy Chicken Pesto __3_

#### Simple Salad (v,gl) __4 - full / 3.25 - half
mixed greens, olive oil, balsamic vinegar, kosher salt & cracked black pepper
Add Curry Tuna or Creamy Chicken Pesto __3_

### Sides
- Potato Salad (v,gl) __2_

### Snacks
- to start the conversation

**The Conversation __12**
two bread spreads, cheese, bread

**Cheese Plate __14**
three of our current favorite cheeses and bread

**The Ploughman __8**
salami, fontina, bread and sliced apple

**Crudités __6**
fresh cut, raw carrots, celery, zucchini, jicama, dill sour cream dip (gf)

**Olive Bowl __4**
blend of marinated olives (gf)

**Mixed Nuts __4**
spiced blend of cashews, almonds, peanuts and walnuts (gf)

**Apple & Caramel __3**
sliced fresh apple, house made caramel dip (gf)

### Cup
- Soda __1.5_ Coke, Diet Coke, Dr Pepper, Sprite
- Bottled Coke __2_
- Abita Root Beer __2.25_
- Pomegranate Green Tea __4.25_
- Iced Tea __2.5_
- Hot Tea __2.5_
- French Press Coffee __3.5_
- Drip Coffee __2.25_ (with nettle)

### Dessert
- Dark Chocolate Bread Pudding __6_
  made with our day old cinnamon rolls
- Lemon Almond Ricotta Cake (gf) __8_
  almond flour eggs, butter, ricotta, vanilla bean
- Vanilla Bean Cheesecake __6_
  farm eggs, cream cheese, whole vanilla bean, graham cracker crust
- Dark Chocolate Mousse (gf) __4_
  64% cacao
- Featherlight Macaron (gf) __1.5_
  dehydrated meringue, chocolate ganache
- Butter Pecan Toffee (gf) __1.5_
- Cookies __1.5_
  chocolate chip or snickerdoodle

### Cookie Happy Hour
M-F 3pm - 4pm
Cookies 2 for 1
Adult Chocolate Milk __4_
(c'th shot of Irish Cream)

### Lunch
- Serving Monday - Friday 11am - 4pm

---

### Calculating Your Order

Calculating Taxes (2% Arena Tax & 7% Sales Tax)

Example: Meal is $10 + 2% arena tax (20¢) = $10.20

$10.20 x 7% sales tax (71¢) = $0.91

Total = $10.91 + Recommended Tip ($1-$2)