

Autumn & Winter 2017

Tuesday - Friday: 7am to 4pm

Saturday Brunch: 9am to 4pm

Closed Sundays & Mondays



Check out the deli case and soup menu board for even more lunch deliciousness

Hot Offerings

Any main below can be served as:

Pita Sandwich: mini 6.00 / full 12.00

Beautiful Salad: small 9.00 / large 14.00

Lunch Rice Bowl: 11.00 / add an egg 13.00

Fresh gluten-free bread available for \$1.5 a slice

Asian Chicken - marinated and grilled chicken thigh, organic greens, sprouts, slaw, cilantro, and peanut sauce

Falafel - shallow fried chickpea croquettes, organic greens, Lebanese salsa, Kalamata tapenade, and tahini sauce

Black & Tan - black bean, brown rice and lentil burger croquettes served with lettuce, tomato, onion, and our house garlic aioli

Chicken Kebabs - grilled chicken breast marinated in lemon, onion, and garlic, grilled and served with hummus

LUNCHmade Dressings & Sauces

House: olive oil, lemon juice, garlic, dijon mustard, salt, pepper

Greek Vinaigrette: olive oil, vinegar, oregano, garlic, salt, pepper

Ranch: sunflower and mustard seed, cashew and rice milks, canola and coconut oil, worcestershire, garlic, lemon

Peanut: coconut cream, peanut butter, lime juice, agave, garlic, Sriracha, Bragg's, cider vinegar

Aioli: cashew, garlic, olive oil, cider vinegar, lemon juice, salt, pepper

Tahini: sesame seeds, sesame oil, cider vinegar, lime juice, garlic, cayenne

Specialty Salads

House Green - organic mixed greens, tomato, cucumber, onion, carrot, olives and sprouts served with an Alaska barley pita roll small 6.00 / large 9.00

Namaste Quinoa - marinated portobellos, tomato, onion, and a scoop of curried quinoa on a bed of organic greens, house dressing small 9.00 / large 14.00

Uber Salad - marinated portabello mushroom, avocado, organic greens, tomato, onion, sprouts, and cucumber, house dressing small 9.00 / large 14.00

Sarah's Special - marinated and grilled chicken thigh, avocado, marinated portobello, organic greens, tomato, cucumber, onion, honey mustard small 9.00 / large 14.00

The menu at LUNCH has been created to nourish and delight! All of our dishes are LUNCHmade with whole foods and a strong preference for organic and local ingredients. LUNCH is a small place, our kitchen and bakery space is shared by both gluten-free and conventional items.