

Welcome to our café, where every last item is made from 100% organic ingredients. We use as many local ingredients as we can, and make most of our items from scratch. We make each guest's ticket to order. To enable you to enjoy our fare on your terms and within your time constraints, we have organized our menu by the time it takes to prepare each item.

Enjoy your visit!

EVERYDAY ORGANIC

Light & Fast

Create a Platter

Choose from any of our sides and salads to create your own masterpiece. List below on right.

2 for \$7 ~ 3 for \$10 ~ 4 for \$12

Pimento Cheese Plate

Our made from scratch gourmet pimento cheese, served with celery, carrots, and crackers

Small \$5.50 ~ Large \$7.50

Caesar Salad

Romaine lettuce, parmesan cheese, croutons, and Caesar salad dressing

\$5.75

Create a Salad

Choose a base of either leaf lettuce, spring greens, or spinach, and top it with a scoop of any sides or salads.

1 for \$5.75 ~ 2 for \$6.75 ~ 3 for \$7.75

Chicken Salad Salad

Roasted in house, filled with apples, walnuts, cranberries, and celery. Served on a bed of greens with a side of fruit salad and crackers.

\$7.75

Mixed Greens Salad

Mixed baby greens with goat cheese crumbles, dried cranberries, and walnuts finished with our house balsamic dressing

\$5.75

Greek Salad

Crunchy green leaf lettuce, fresh tomatoes, cucumbers, feta, croutons, carrots, and olives finished with our light Greek vinaigrette

\$5.75

Quick & Delicious

PBJ/ABJ \$4.00

Egg Salad Sandwich \$4.50

BLT/TLT (best in town!) \$4.50

Pimento Cheese Sandwich \$4.50

Includes choice of one side:

Chicken Salad Sandwich \$6.75

Our homemade chicken salad on your choice of bread with lettuce, tomato, & onion

Ham, Turkey or Roast Beef \$7.75

Comes with choice of bread and toppings, including tomato, lettuce, onion, cheese, mayonnaise, and mustard.

Ham and Turkey are roast and sliced in house!

Paula Club 7.50

Toasted whole wheat bread smeared with our homemade hummus, layered with cucumbers, carrots, sprouts, tomatoes, and bell peppers.

Cherrydale Turkey \$8.75

Turkey breast roast and sliced in house with fresh spring greens, goat cheese, mayonnaise and green apple slices.

Veggie Wrap \$6.75

Choice of dressing with sunflower seeds, sprouts, olives, tomatoes, lettuce, carrots, and cheese.

Substitute avocado for cheese \$7.75

Caesar Salad Wrap \$6.50

Romaine lettuce, croutons, parmesan cheese, and caesar dressing.

Add chicken \$8.50

Turkey Pesto Wrap 8.00

Turkey breast roast and sliced in house with sundried tomatoes, pesto, baby spinach, and mozzarella.

Breads

Country White

Whole Wheat

Spelt

Multigrain Wrap

On the Side

\$3.50

Fruit Salad
Veggies w/Ranch
Guacamole w/ Chips
Salsa with Chips
Hummus w/ Pita
Bean Salad
Quinoa Salad

Pesto Pasta Salad
Penne pasta tossed in a pesto cream sauce with spinach and green peas

Tabbouleh Salad
Bulgar wheat with olive oil, lemon, fresh herbs and spices

French Potato Salad
Olive oil based lemon garlic herb vinaigrette

Everyday Potato Salad
Classic mayo mustard onion and celery, but on the lighter side

Greek Pasta Salad
Bowtie Pasta in a vinegar based Greek dressing with diced tomatoes, parsley, red onions, olives, and feta

Small Side Salad
Green leaf lettuce with tomatoes, carrots, and onions, served with house balsamic vinaigrette

~ \$1 extra ~

Served with crackers.

Pimento Cheese
Chicken Salad
Egg Salad

Soup of the Day

Cup 3.50

Sub for a side - \$1 extra

Bowl 5.50