

Herbed Ciabatta Panini

Special homemade sauces, organic baby spinach, caramelized onions, basil tomatoes, and cheese tops your choice of filling. For the vegetarian, choose our homemade eggplant caponata or Hot Mama's hummus.

Vegetarian ... \$5.39

Turkey ... \$5.49

Chicken ... \$5.59

Italian Meats ... \$6.39

Salmon ... \$7.40

Asian Slaw with Grilled Alaskan Salmon ... \$9.50

Six ounces of marinated salmon nestled on a bed of finely shredded cabbage, carrots, sweet onion and dried fruit, tossed in a honey sesame and rice vinegar dressing and toasted almonds. Served with a warm herbed roll.

Premium Summer Salad ... \$6.50

Tender organic baby greens, dried cranberries, gorgonzola cheese, spiced nuts, raspberry walnut vinaigrette. Accompanied by a warm herbed roll.

Add warm chunks of herbed chicken... \$1.00

Add grilled salmon... \$2.00

Asian Dinner Salad ... \$7.50

Organic spinach and baby greens with edamame, thin slices of red onion and mandarin oranges. Your choice of mozzarella or smoked tofu. Our homemade Ginger Sesame dressing tops it off. Served with a warm herbed roll.

Add warm chunks of herbed chicken... \$1.00

Add grilled salmon... \$2.00

Boozies ... \$6.50

Decadent Smoothies made with fruit and yogurt, and just the right blast of booze.

with

Chocolate & Strawberry (Vodka)

Cappuccino (Coffee Liqueur)

Strawberry Banana (Rum)

Banana Colada (Rum)

Strawberry Lemonade (Vodka)

(With milk, yogurt or soymilk. We recommend the yogurt. Yes, we have an assortment of non-alcoholic smoothies too: Posters on the wall).

Urban Eats House Wines

Shiraz ... \$3.50

Sauvignon blanc ... \$3.50

Riesling ... \$4.25

Beer

Bud Light ... \$3.00

Bud Select ... \$3.00

(more wine and beer choices to come)