

Lunch...

DAILY SOUP SPECIALS \$3.99

KIDZ STUFF \$4.50

Everything comes with your choice of chips or sliced apple & pickle spear.

TURKEY SANDWICH - turkey, lettuce, tomato on a roll.

GRILLED CHEESE on sourdough

PB & J on wheat or sourdough

TOASTED FLUFFERNUTTER...Retro Classic

HAM & CHEESE-lettuce & tomato with American cheese on roll.

The 50/50 SPLIT \$6.50

Mix & Match

Any soup, salad or sandwich

The Greenhouse

House made Dressings: Blue Ribbon Blue Cheese, Balsamic, Buttermilk Ranch, 7-Grain Honey Mustard, Caesar, Poppy Seed, 1000 Island.

CLASSIC CAESAR SALAD \$4.99

W/CHICKEN \$6.99

Zesty classic Caesar salad topped with house made croutons.

GREEN HOUSE \$4.99

Tossed greens, English cucumbers, shredded carrots, red cabbage & red onions, croutons & garbanzo beans.

NACHO GRANDE \$6.99

Seasoned beef, salsa, black olives, jalapenos, shredded cheese & southwest sauce with tortillas.

DELI SALAD \$6.99

Ham, turkey, swiss & provolone cheese on greenhouse salad.

VENICE NIGHT \$6.99

Romaine, spinach, tomato, fresh mozzarella, red onion & balsamic dressing.

CAJUN CAESAR SALAD \$6.99

Zesty classic Caesar salad topped with house made croutons & blackened chicken.

SUNFLOWER SALAD \$6.99

Sunflower seeds, grilled thin sliced chicken, dried cranberries, feta & garbanzo beans.

ASIAN ORANGE \$6.99

Toasted coconut, peanuts, curry chicken, crispy noodles, diced tomato, red onions & garbanzo beans.

APPLE & CHEESE FEST \$6.99

Fresh sliced apples, feta, red onion, dried cherries, walnuts, spinach & romaine.

WRAPS AND SANDWICHES \$6.99

(All served with apples or chips & pickle spear)

EGG

EGG & WHEAT

Egg salad on wheat berry bread with lettuce & tomato.

EGG SALAD CROISSANT

Egg salad, Swiss, olives, lettuce, tomato on a grilled buttery croissant.

TUNA

BACON TUNA WRAP

Tuna, smoked bacon, provolone cheese, lettuce & tomato.

NEW YORK TUNA MELT

Tuna on open faced grilled bagel with tomato & provolone cheese.

Ham

STUFFED HAM

Apple & ham salad, lettuce, tomato & provolone in a spinach wrap.

*MELTED HAM & SWISS

Smoked ham, lettuce, tomato on grilled sourdough with 7-grain honey mustard & Swiss.

Turkey

*TOASTED TURKEY

Roasted turkey breast, thick tomato, lettuce, salt & pepper on toasted wheatberry bread.

SPINACH TURKEY

Sundried tomato mayo, spinach, baked turkey, Swiss cheese & tomato.

TURKEY CROISSANT

Roasted turkey, basil mayo, provolone cheese, lettuce, tomato, roasted red pepper on a grilled croissant.

SHAVED TURKEY WRAP

Basil mayo, lettuce, tomato, red onion & provolone cheese.

beef

*STEAK & MUSHROOM WRAP

Pulled angus steak sautéed mushrooms, Swiss cheese, basil mayo in a roasted red pepper wrap.

*FIRECRACKER

Pulled steak, jalapenos, santa fe sauce, red onions & salsa.

COLD EGG WRAP

Egg salad, spinach, lettuce, tomato, onion in a spinach wrap.

TUNA ON RYE

Tuna salad, lettuce, tomato, Swiss cheese on marbled rye.

OCEANSIDE

Tuna salad, garlic chive cream cheese, lettuce, tomato on grilled croissant.

HIGH HAM

Thin sliced ham, basil mayo, lettuce, tomato, onion on soft amoroso roll.

MANHATTAN HAM MELT

Smoked ham, caramelized onions, garlic chive cream cheese, lettuce, tomato on a open faced bagel with Swiss cheese.

*TUSCAN TURKEY BACON

Grilled turkey, bacon, sundried tomato mayo, lettuce, tomato on sourdough.

TURKEY RUEBEN

Sliced turkey, Swiss cheese, sauerkraut, 1000 island on marble rye.

TURKEY BACON WRAP

7-grain honey mustard dressing, bacon, lettuce, tomato & Swiss cheese.

TACO WRAP

Seasoned beef, black olives, salsa, jalapenos, romaine, cheddar jack cheese & santa fe sauce.

*STEAK & ONIONS

Juicy steak & caramelized onions on grilled butter sourdough.

Bacon

B.B.L.T

Bacon, lettuce, tomato, basil mayo on grilled sourdough.

CHICKEN

CHICKEN BLT

Thin sliced chicken, sundried tomato mayo, romaine, bacon & tomato on sourdough.

BASIL CHICKEN

Chicken, roasted red pepper, basil mayo, fresh mozzarella on French baguette.

CAESAR WRAP

Garlic Caesar dressing, romaine & thin sliced chicken in a roasted red pepper wrap.

CHICKEN FIRECRACKER

Grilled chicken, santa fe sauce, red onion, romaine, jalapenos, salsa & melted cheddar jack cheese.

Vegetarian

FRENCHIEE

Balsamic glaze, provolone cheese, hummus, roasted red peppers, English cucumber & spinach on toasted French baguette.

*VEGETABLE QUESADILLA

Hummus, feta, spinach, salsa, sautéed squash/zucchini & red onions.

*SOUTHERN ITALY

Fresh mozzarella, thick tomato, red onion & balsamic glaze on French baguette.

Cheese Steaks \$6.99

(All served on soft baked amoroso roll)

TEX

Barbeque sauce, sautéed onions, red onions, coleslaw & cheddar jack cheese.

PITTSBURG

Grilled potatoes, eggs, coleslaw & onions with swiss cheese.

RUEBEN STEAK

1000 island, sauerkraut & Swiss cheese.

BLT & S

Bacon, lettuce, tomato, American cheese, basil mayo & steak.

*SOHO

Cranberry chicken salad, spinach & tomato on wheatberry bread.

CHICKEN MODENA

Thin chicken, spinach, feta, balsamic glaze & red onion.

CHIVIN' CHICKEN

Grilled chicken, garlic chive cream cheese, sautéed onions, spinach on a french baguette.

*CHICKEN QUESADILLA

Grilled chicken, salsa, cheddar jack cheese, baked & served with a side of sour cream.

SOHO BAGEL

Cranberry chicken salad, walnuts, romaine, tomato on a sundried tomato bagel.

*OLD COUNTRY

Fresh mozzarella, roasted red peppers, spinach, basil pesto, salt & pepper.

*THE GREEK

Thick tomato, salt, pepper, red onion, romaine, feta & balsamic glaze on French baguette.

*JOLLY GREEN

Thick tomato, English cucumber, romaine, hummus, roasted red peppers, feta, basil pesto & red onions on rye.

STEAK & EGGS

Steak, eggs & cheese

*THE FIREHOUSE

Jalapenos, grilled potatoes, sautéed onions & mushrooms with cheddar jack cheese.

CLASSIC PHILLY

Mushrooms, onions, red peppers, American cheese

Heart Healthy

House All-Stars