

adam's apple café menu

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adam's
apple
café

Breakfast to-go
Lunch
Healthy snacks
Take-home dinners
Daily specials

HOMEMADE SOUPS

- > Vegetable Soup
- > Egg Drop & Spinach

UNBE-LEAF-ABLE SALADS

- > Mixed Green Salad with seasonal vegetables in a balsamic lemon dressing
- > Caesar Salad with fresh baked croutons & dried prociutto chips
- > Grilled Chicken or Salmon in a fresh basil & thyme dressing

All salads available in take-out sizes small & large

SANDWICHES

Sandwiches come on your choice of white, or 12-grain bread, supplied by Art-is-in Bakery.

- > Tuna Melt with havarti cheese
- > Turkey Breast with old cheddar
- > Grilled Chicken Breast with provolone
- > Grilled Veggie Sandwich with eggplant, zucchini, roasted red pepper, balsamic mushroom & goat cheese

TAKE HOME FOOD

- > Lasagna :: hearty traditional Italian lasagna in a basil bechamel
- > Vegetarian Lasagna :: in a butternut squash bechamel, with roasted onions & balsamic mushrooms
- > Grilled Atlantic Salmon with salad
- > Fresh Pastas :: spaghetti, whole-wheat spaghetti, spinach fettuccini, ravioli (assorted)
- > Homemade Sauces :: tomato, bolognese, rosé, pesto

SNACKS

- > Muffins
- > Yogurt Parfaits with granola, wheat germ & fruit
- > Fresh Fruit Smoothies
- > Vegetable or cheese platters

FAMILY MEALS AVAILABLE WITH 24-HOUR NOTICE!