

Laura's MENU

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SPECIALTIES



Stuffed Avocado

Avocado half with sautéed onions and bell peppers, crispy bacon, your choice of chicken breast or beef taco meat, topped with cheddar cheese and drizzled with peppercorn ranch. Served with tortilla chips and house-made salsa. Half 9.45 Whole 12.95

Hummus Plate

House-made hummus served with warm pita bread, carrots, celery, cucumbers, cherry tomatoes and olives. 10.95

Avocado Toast Plate

Toasted multigrain bread, spread with fresh avocado; topped with tomatoes, feta cheese and cracked pepper. Served with your choice of side salad, cup of soup, or fruit cup. 9.65 +2oz Chicken 2.50

Pick Three Your choice of three: small garden salad, Caesar salad, seasonal spinach salad, pimento cheese, chicken salad, fresh fruit cup, cup of soup or hummus cup with veggie sticks. Served with garlic croutons 9.95

Chicken Salad Plate

Two scoops of our homemade chicken salad on fresh leaf lettuce. Served with carrots and cucumbers, a fresh fruit cup and homemade garlic croutons. 9.45

Jefferey's Verde Power Bowl

Fresh spinach topped with jalapeno fajita chicken or beef taco meat, quinoa, pepper jack cheese and salsa verde; lightly toasted until cheese melts; finished with fresh avocado slices and multigrain toast. 12.45 +2oz Chicken or Beef Taco Meat 2.50 +4oz Chicken or Beef Taco Meat 5.00

Jefferey's Red Hot Power Bowl

Fresh spinach topped with beef taco meat or jalapeno fajita chicken, quinoa, pepper jack cheese, chili pepper flakes and chicken tortilla soup; lightly toasted until cheese melts; finished with fresh avocado slices and tortilla chips. 13.95 +2oz Chicken or Beef Taco Meat 2.50 +4oz Chicken or Beef Taco Meat 5.00

Macho Nachos

Tortilla chips topped with house-made charro beans, three types of melted cheese and your choice of jalapeno fajita chicken or beef taco meat; topped with shredded lettuce, chopped tomato, and sliced avocado. Served with sides of jalapenos, sour cream, and salsa. Half 11.65 Whole 15.95

WRAPS



substitute cup of fruit, cup of soup, or side salad 3.15

Chicken Fajita Wrap

Jalapeno fajita chicken, shredded lettuce, avocado, red onion, bell pepper, tomato, cheddar cheese and avocado ranch dressing. Served with tortilla chips and choice of salsa verde or salsa roja. 12.95

California Wrap

Smoked turkey, bacon, avocado slices, tomato, lettuce, cheddar-jack cheese and peppercorn ranch dressing. Served with tortilla chips and choice of salsa verde or salsa roja. 12.95

Greek Wrap

Fajita seasoned chicken breast, hummus, spinach, cucumbers, red onion, black olives, tomato and feta cheese. Served with a side of balsamic vinaigrette, potato chips and a pickle. 11.95

Chicken Caesar Wrap

Fajita chicken, romaine and leaf lettuce mix and shredded parmesan cheese. Served with a side of house dressing, potato chips and a pickle. 9.45

Club Wrap Smoked ham, smoked turkey, bacon, lettuce, tomato, cheddar cheese and chipotle mayo. Served with potato chips and a pickle. 11.95

Create Your Own Veggie Wrap

Your choice of Cheese, Beans, Veggies and Spreads. 11.95 +Chicken, Turkey or Ham 2oz 2.50 4oz 5.00

CHEESE: Swiss, cheddar, American, pepper jack or provolone BEANS: black beans or hummus
VEGGIES: lettuce, spinach, avocado, tomato, onion, cucumbers, bell peppers, black olives or jalapenos
SPREADS: mustard, spicy mustard, honey mustard, mayo, chipotle mayo or any of our salad dressings

SOUP



All soups include our homemade garlic croutons.
Cup 3.95 • Bowl 8.95

Chicken Tortilla Available Daily
A spicy tomato-based soup with shredded chicken; topped with crispy tortilla chips, queso fresco, cilantro, and fresh avocado.

Creamy Potato Available Daily
A creamy combination of potatoes, carrots, celery, and onions; topped with cheddar cheese and bacon pieces.

Tomato Basil Available Monday, Wednesday & Friday
Creamy tomato soup made with onion, garlic and fresh basil; topped with parmesan cheese.

Broccoli Cheese Available Tuesday, Thursday & Saturday
Rich and cheesy broccoli soup lightly flavored with onions and carrots; topped with cheddar cheese.

KID'S MENU Children 12 and Under

served with kid's drink and 50% off dessert of choice • add a cup of fruit or cup of soup 3.15

Just Meat & Cheese

Ham or turkey, cheddar cheese slice, and a pickle. 5.95

Half a Sandwich

Ham, Turkey or Grilled Cheese on wheat or white bread with potato chips and pickle. 5.95

Mac n' Cheese Bowl

Our house-made mac-n-cheese served with side of ham or turkey. 5.95

SALADS



All salads include our homemade garlic croutons.

Housemade Dressings: House (Creamy Garlic Parmesan), Ranch, Avocado Ranch, Balsamic Vinaigrette, Blush Wine Vinaigrette **Other Dressings:** Peppercorn Ranch, Honey Mustard, Thousand Island, Light Ranch
Add Chicken, Turkey, Ham or Beef Taco Meat - 2oz 2.50 4oz 5.00 Extra Dressing .35 ea

Laura's Cobb Salad

Fresh romaine and leaf lettuce, hard-boiled egg, cucumber, avocado, crispy bacon, cherry tomatoes, and feta cheese. Served with house-made avocado ranch dressing. Cafe 7.50 Entree 10.95

Laura's House Salad

Fresh romaine and leaf lettuce, hard-boiled egg, sliced almonds and shredded parmesan cheese. Served with house dressing. Cafe 6.95 Entree 9.95

Seasonal Spinach Salad

Fall/Winter: Fresh spinach topped with mandarin oranges, dried cranberries, walnuts, and feta cheese. Served with sweet vidalia onion dressing. Cafe 7.50 Entree 9.95

Spring/Summer: Fresh spinach topped with strawberries, pecan pieces and crumbled feta cheese. Served with house-made blush wine dressing. Cafe 7.50 Entree 9.95

Caesar Salad Fresh romaine and leaf lettuce with parmesan cheese and sprinkled with fresh cracked pepper. Served with house dressing. Cafe 6.50 Entree 8.50

Garden Salad Fresh romaine and leaf lettuce, shredded cheddar cheese, grape tomatoes, red onion, cucumber, and carrots. Cafe 6.50 Entree 8.50

Laura's Bowl *Create Your Own Salad*

Create your own salad with your favorite choices of greens, veggies, proteins, carbs and more. Pickup a Laura's Bowl card to start your order. 10.95

SIGNATURE SANDWICHES



served with chips and a pickle
substitute cup of fruit, cup of soup, or side salad 3.15
*AVAILABLE AS HALF SANDWICH

*Tex-Italian

Smoked ham, cheddar cheese, chipotle mayo toasted on focaccia bread. 10.95

*Italian Gobbler

Smoked turkey, Swiss cheese and mayo toasted on focaccia bread. 10.95

*Chicken Salad

A scoop of house-made chicken salad served on a flaky croissant with fresh lettuce and mayo. 10.45

*Laura's Pimento Cheese

A scoop of house-made pimento cheese on jalapeno cheese bread. 9.45

*Grown-Up Grilled Cheese

Your choice of white, wheat or sourdough bread and up to 4 types of cheeses: cheddar, provolone, Swiss, pepper jack or American. 8.95

*Half Sandwich & Cup of Soup

Your choice of half of any of the above * sandwiches and a cup of soup. 10.45

BALT Bacon, sliced avocado, leaf lettuce, tomato on toasted wheat bread with our house-made balsamic mayonnaise. 10.95

Madison Avenue Reuben

Corned beef, Swiss cheese, sauerkraut and spicy mustard on toasted rye bread. 13.45

Preacher

Smoked turkey, Swiss cheese, ancho sauce, chipotle mayo, lettuce, and tomato on a ciabatta bun. 11.75
Make it a "Deacon" +Bacon .75 +Avocado .75

Big Dipper

Our signature blend of shredded braised beef topped with melted provolone and served on a toasted hoagie with a side of au jus for dipping. 14.95 +BBQ Sauce .60

Big Sassy

Our signature blend of shredded braised beef, grilled pimento cheese, and crispy onion strings served on jalapeno cheese bread. 13.95 +BBQ Sauce .60

Royal Club

Smoked turkey breast, smoked ham, bacon, swiss and cheddar cheese toasted on our croissant; topped with leafy lettuce, tomato, and honey mustard dressing. 14.95

Garden Sandwich

Avocado, provolone cheese, cucumbers, lettuce, tomato, red onions, and our garden party sauce on multigrain bread. 8.95

Create Your Own Sandwich (Whole Sandwich Only)

Choice of meat, cheese, bread, veggies and spreads. 10.95
+ Bacon 2.00 + Avocado 1.00 + Croissant 1.00 + Gluten Free Bread 1.65

MEAT: smoked ham, smoked turkey, chicken salad, or pimento cheese

CHEESE: Swiss, cheddar, American, pepper jack or provolone

BREAD: whole wheat, white, marble rye, multigrain, jalapeno cheese

VEGGIES: lettuce, spinach, tomato, onion, cucumbers, bell peppers

SPREADS: mustard, spicy mustard, honey mustard, mayo, chipotle mayo or any of our dressings.



DAILY SPECIALS

No Substitutions Please



Monday TACO SALAD

Authentic tortilla chips topped with romaine and leaf lettuce, 4oz of beef taco meat or jalapeno chicken, chopped tomatoes and cheddar cheese topped with sliced avocado. Served with a side of sour cream and salsa. 12.65

Value specials

1/2 Reuben

with Ruffles and pickle. 9.45

1/2 Greek Wrap

with Ruffles and pickle. 8.25



Tuesday HAND-HELD CHICKEN POT PIE

with side salad and mini potato soup for dipping or pouring. 12.65

Value specials

1/2 Preacher

with Ruffles and pickle. 6.95

1/2 Club Wrap

with Ruffles and pickle. 6.95



Wednesday LUZ'S LASAGNA

House-made lasagna with a Caesar or side salad and garlic bread. 12.65

Value specials

1/2 Royal Club

with Ruffles and pickle. 8.45

1/2 Chicken Fajita Wrap

with chips and salsa. 7.95



Thursday LOADED MAC N' CHEESE

Our mac n' cheese topped with BBQ pulled pork, cheddar cheese and bacon; served with green beans and a roll. 12.65

Value specials

1/2 BALT

with Ruffles and pickle. 6.95

1/2 Chicken Caesar Wrap

with Ruffles and pickle. 6.95



Friday CHICKEN SPAGHETTI

House-made chicken spaghetti with a side salad and garlic bread. 12.65

Value specials

1/2 Big Sassy

with Ruffles and pickle. 8.95

1/2 California Wrap

with chips and salsa. 7.95