

Lunch

MENU

SHARE GOODNESS AND LOVE

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 over shredded lettuce with a side of tortilla chips and house-made salsa.
Half 9.95 **Whole** 13.60

Pick Three *Your choice;* small garden salad, Caesar salad, seasonal spinach salad, cup of citrus and spice caviar, pimento cheese, chicken salad, fresh fruit cup, cup of soup or hummus cup with veggie sticks. Served with garlic croutons or crackers. 10.45

Hummus Plate House-made hummus served with warm pita bread, carrots, celery, cucumbers, cherry tomatoes and olives. 11.50 

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. 9.95  + 2oz *Chicken* 2.50

Chicken Salad Plate Two scoops of our house-made chicken salad on fresh leaf lettuce. Served with carrots, cucumbers, a fresh fruit cup and garlic croutons. 9.95

Macho Nachos Tortilla chips with beans, three melted cheeses; topped with shredded lettuce, chopped tomato, and sliced avocado. Served with jalapeños, sour cream, and salsa upon request.
Half 8.75 + *Chicken* 2.50 + *Beef Taco Meat* 3.50
Whole 10.75 + *Chicken* 5.00 + *Beef Taco Meat* 7.00



WRAPS

served with Ruffles and pickle *or* tortilla chips and salsa
substitute fruit cup, cup of soup, hummus cup or side salad 3.85

Chicken Fajita Wrap Jalapeño fajita chicken, shredded lettuce, avocado, red onion, bell pepper, tomato, cheddar-jack cheese and avocado ranch dressing. 13.60

California Wrap Smoked turkey, bacon, avocado slices, tomato, lettuce, cheddar-jack cheese and peppercorn ranch dressing. 13.95

Club Wrap Smoked ham, smoked turkey, bacon, lettuce, tomato, cheddar-jack cheese and chipotle mayo. 12.55

Greek Wrap Fajita seasoned chicken breast, hummus, spinach, cucumbers, red onion, black olives, tomato and feta cheese. Served with balsalmic viniagarette. 12.55

Chicken Caesar Wrap Fajita chicken, romaine and leaf lettuce mix and shredded parmesan cheese. Served with house dressing 10.45

Citrus & Spice Caviar Wrap A blend of black beans, corn, garbanzo beans, crisp bell pepper, onion, jalapeño and feta, tossed in our house-made citrus spice dressing and wrapped with spinach. 10.45 



SIGNATURE SANDWICHES

***Available as Half Sandwich**
served with Ruffles and pickle *or* tortilla chips and salsa
substitute fruit cup, cup of soup, hummus cup or side salad 3.85

***Tex-Italian** Smoked ham, cheddar cheese, chipotle mayo on house-baked, toasted focaccia bread. 11.50

***Italian Gobbler** Smoked turkey, Swiss cheese and mayo on house-baked, toasted focaccia bread. 11.50

***Chicken Salad** Scoop of house-made chicken salad served on a flaky croissant with fresh lettuce and mayo. 10.95

***Laura’s Pimento Cheese** A scoop of Laura’s pimento cheese on house-baked, toasted jalapeño cheese bread. 9.95

***Grown-Up Grilled Cheese** *Your choice:* white, wheat or sourdough bread and up to 4 types of cheeses: cheddar, provolone, Swiss, pepper jack or American. 9.40

***Half Sandwich & Cup of Soup** Your choice of half of any of the above *sandwiches and a cup of soup. 10.95

BALT Bacon, sliced avocado, leaf lettuce, tomato on toasted wheat bread with house-made balsalmic mayonnaise. 11.50

Preacher Smoked turkey, Swiss cheese, ancho sauce, chipotle mayo, lettuce, and tomato on a ciabatta bun. 12.35
Make it a “Deacon” + Bacon .75 + Avocado .75

Chicken Ciabatta Chicken breast with fire-roasted bell peppers and onions, swiss cheese, sliced avocado and ancho sauce on a toasted ciabatta bun. 11.85 + *Lettuce & Tomato* 1.00

Beef Ciabatta Shredded braised beef with fire roasted bell peppers and onions, pepper jack cheese, sliced avocado and ancho sauce on a toasted ciabatta bun. 15.70 + *Lettuce & Tomato* 1.00

Madison Avenue Reuben Corned beef, Swiss cheese, sauerkraut and spicy mustard on toasted rye bread. 14.15

Royal Club Smoked turkey breast, smoked ham, bacon, swiss and cheddar cheese toasted on our croissant; topped with leaf lettuce, tomato, and honey mustard dressing. 15.70

Big Dipper Shredded braised beef topped with melted provolone and served on a toasted hoagie with a side of au jus. 15.70 + *BBQ Sauce* .60

Big Sassy Shredded braised beef, grilled pimento cheese, and crispy onion strings served on house-baked, toasted jalapeño cheese bread. 14.65 + *BBQ Sauce* .60

Garden Sandwich Avocado, provolone cheese, cucumbers, lettuce, tomato, red onions, and our garden party sauce on multigrain bread. 8.45 

Create Your Own Sandwich *(Whole Sandwich Only)*
Choice of meat, cheese, bread, veggies and spreads. 11.95
+ *Bacon* 2.00 • *Avocado* .75 • *Croissant* 1.00 • *Gluten Free Bread* 1.65

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

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

BREAD: whole wheat, white, marble rye, multigrain, focaccia, jalapeño cheese, sourdough

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

SPREADS: mustard, spicy mustard, honey mustard, mayo, chipotle mayo or any other dressing

HOUSEMADE DRESSINGS: *House (Creamy Garlic Parmesan), Ranch, Avocado Ranch, Blush Wine Vinaigrette, Balsamic Vinaigrette, Citrus Spice*
OTHER DRESSINGS: *Peppercorn Ranch, Honey Mustard, Thousand Island*
+ *Extra Dressing .50 ea*

SALADS & POWER BOWLS

served with house-made garlic croutons
+*Chicken Breast, Turkey, Ham - 2oz 2.50 4oz 5.00*
+ *Beef Taco Meat 2oz 3.50 4oz 7.00*

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 8.50 Entree 13.50**

Chef Salad Leaf lettuce, smoked turkey or ham, bacon, boiled egg, tomatoes, cucumbers, purple onion and mixed cheddar cheese with house dressing. **Cafe 7.45 Entree 10.95**

Taco Salad Tortilla chips topped with romaine and leaf lettuce, chopped tomatoes and cheddar-jack cheese topped with sliced avocado. Served with a side of sour cream and salsa upon request. **Beef Taco Meat 13.00 Jalapeño Chicken 11.00**

Seasonal Spinach Salad  **Cafe 7.50 Entree 9.50**
FALL/WINTER: Fresh spinach topped with mandarin oranges, walnuts, dried cranberries, and feta cheese. Served with sweet vidalia onion dressing.

SPRING/SUMMER: Fresh spinach topped with strawberries, pecan pieces and crumbled feta cheese. Served with house-made blush wine dressing.

Caesar Salad Fresh romaine and leaf lettuce, topped with parmesan and cracked pepper, served with house dressing. **Cafe 5.50 Entree 7.50**

Citrus & Spice Caviar Salad Fresh spinach topped with a blend of black beans, corn, garbanzo beans, crisp bell pepper, onion, jalapeño and feta, tossed in our house-made citrus spice dressing.  **Cafe 6.65 Entree 10.65**

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

Verde Power Bowl Fresh spinach topped with quinoa, pepper jack cheese and salsa verde; lightly toasted; finished with fresh avocado slices and a side of multigrain toast. 8.50 

Red Hot Power Bowl Fresh spinach topped with quinoa, chili pepper flakes, chicken tortilla soup, and pepperjack cheese; lightly toasted; finished with fresh avocado slices and a side of tortilla chips. 8.50

Mediterranean Power Bowl Fresh spinach, topped with quinoa, hummus, feta cheese, diced cucumbers, cherry tomatoes, red onion and black olives, drizzled with olive oil and finished with cracked black pepper and a side of multi-grain toast or pita bread. 9.00 

Southwest Power Bowl Fresh spinach with quinoa, black beans and corn, pepperjack cheese, lightly toasted and topped with your choice of mild salsa verde or spicy chilaquiles salsa; finished with avocado slices and a side of tortilla chips. 8.50

SOUP

served with house-made garlic croutons
Cup 4.35 • Bowl 8.95

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

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

Tomato Basil Creamy tomato with onion, garlic and fresh basil; topped with parmesan cheese.  **AVAILABLE M-W-F**

Broccoli Cheese Rich and cheesy broccoli soup lightly flavored with onions, celery and carrots; topped with cheddar cheese.  **AVAILABLE T-Th-Sat**



KIDS

CHILDREN 12 AND UNDER

Includes a kids drink and optional 50% off dessert

Just Meat & Cheese *Your choice:* Ham or turkey, with a slice of cheddar cheese, crackers and a pickle. 6.95

Half a Sandwich *Your choice:* Ham, Turkey or Grilled Cheese on wheat or white bread with potato chips and a pickle. 6.95

Mac N’ Cheese Bowl Our house-made mac-n-cheese served with a side of ham or turkey. 6.95

Kid’s Pizza *Your choice:* Cheese or Pepperoni 6.95



Daily Specials

Mon.

Luz’s Lasagna or Chicken Spaghetti with side salad and toasted house-baked focaccia bread. 13.30

Tues.

Hand-Held Chicken Pot Pie with side salad and mini potato soup for dipping or pouring. 13.30

Wedn.

Luz’s Lasagna with side salad and toasted house-baked focaccia bread. 13.30

Thur.

Loaded Mac N’ Cheese Our mac n’ cheese topped with BBQ pulled pork, cheddar cheese and bacon; served with side salad and toasted house-baked focaccia bread. 13.30

Fri.

Chicken Spaghetti House-made chicken spaghetti with side salad and toasted house-baked focaccia bread. 13.30

Value Specials

no substitutions please

served with Ruffles and pickle *or* tortilla chips and salsa
substitute fruit cup, cup of soup, hummus cup or side salad 3.85

Mon.

½ Reuben 9.95

½ Greek Wrap 8.65

Tues.

½ Preacher 7.30

½ Club Wrap 7.30

Wedn.

½ Royal Club 8.90

½ Chicken Fajita Wrap 8.35

Thur.

½ BALT 7.30

½ Chicken Caesar Wrap 6.95

Fri.

½ Big Sassy 9.40

½ California Wrap 8.35

 *Vegetarian July 2026 Menu*