

Kate's Simple Eats

Summer 2022 Menu

SANDWICHES

Hearty White, Multigrain, White Wrap, Wheat Wrap, GF Bread +\$1.75, GF Wrap +\$1.75

All sandwiches are served with a crisp dill pickle!

Super Food Wrap: Black beans, avocado, quinoa, spinach, tomato, red onion, and sweet potato with a jalapeño lime dressing in a whole wheat wrap \$9.50 (Vegan, DF)

Greek Veggie Wrap: Mixed greens, quinoa, roasted red peppers, cucumber, tomato, red onion, and feta with a cucumber yogurt dressing \$9.25 add chicken \$3 (V)

Garden Turkey Wrap: Turkey, feta, cucumber, mixed greens, and tomato with an herbed lemon aioli in a wheat wrap \$10.00

Chicken Salad Wrap: Our tarragon chicken salad, mixed greens, and toasted almonds \$10.00

Nance's Tuna: Light albacore tuna salad with mixed greens, tomato, and red onion in a wrap or on bread \$9.75 (V, DF)

Chicken Bacon Blue Wrap: Roasted chicken, Applewood smoked bacon, shredded lettuce, red onion, tomato, and a chunky blue cheese dressing. 10.50

Buffalo Chicken Wrap: Chicken, shredded lettuce, diced tomato & American cheese topped with blue cheese dressing and buffalo hot sauce. 9.75

Turkey Club: Roasted turkey, applewood smoked bacon, shredded lettuce, tomato & mayo \$10.50 (DF)

Old School BLT: Applewood smoked bacon, shredded lettuce, tomato & mayo \$9.00 (DF)

The Pig & Rooster Wrap: Chicken, ham, provolone, red onion, and spinach with a spicy cherry pepper aioli. Served cold or grilled in a white or wheat wrap. \$10.50

Grilled Cheese: A combination of provolone and American cheeses grilled to buttery perfection on our hearty white \$7.00. Add bacon \$2 add avocado \$2 add spinach or tomato \$.50 add ham or chicken \$3

Black Bean Wrap: Black beans, cheddar, roasted red peppers, spinach, tomato, red onion, and sour cream hit with a blast of Sriracha hot sauce... Delicious warm or cold \$9.25. Add chicken \$3 (V)

Tuna Melt: Nance's tuna salad grilled with cheddar cheese. \$9.75 Add bacon \$2 (V)

Sesame Chicken Wrap: Roasted chicken, shredded carrot, scallion, cucumber, shredded cabbage, and mixed greens with our sesame soy dressing. \$10.00 (DF)

Ham & Cheese: Black Forest Ham, cheddar, shredded lettuce, tomato, and red onion with mayo and a hit of cherry pepper aioli on your choice of bread or in a wrap. \$9.75

BBQ Chicken Wrap: BBQ diced chicken, cheddar, spinach, red onion, tomato, and sour cream grilled in a white or wheat wrap. \$10.00

Before placing your order, please inform your server if a person in your party has a food allergy.

SALADS & GRAIN BOWLS

Dressings: Rosemary Balsamic, Chunky Blue Cheese, Jalapeño Lime, Honey Mustard, French Vinaigrette, Tzatziki, Italian, Ranch, Red Wine & Olive Oil

Garden Salad: A bed of mixed greens topped with cucumbers, tomato & red onion. Full \$9.25 Side \$5.50
Add diced chicken \$3 Add avocado \$2

Super Food Salad Bowl: Baby spinach topped with avocado, black beans, quinoa, sweet potato, red onion, tomato, and toasted almonds with a jalapeño lime dressing \$12.25 Add Diced Chicken \$3

Tuna on Greens: Nance's Tuna served over mixed greens with tomato & red onion \$12.00

Chicken Salad on Greens: Our tarragon chicken salad over mixed greens, with tomato & toasted almonds \$12.00

Mediterranean Quinoa Bowl: Quinoa, feta, avocado, red onion, cucumber, crunchy roasted chickpeas on a bed of mixed greens with a cucumber yogurt sauce & simple vinaigrette \$12.25 Add chicken \$3

BLT Chop Salad: Chopped Iceberg, tomato, cucumber, pickled onion, and crumbled bacon with a blue cheese dressing. \$10.50

Toasts

Hearty White or Multigrain

Avocado Toast: Your choice of bread topped with smashed avocado, olive oil and cracked pepper. 7.00
Add bacon or ham \$2 Add veggie .50

Greek Avocado Toast: Topped with feta, red onion, and cucumber 8.75

Kickin' Avocado Toast: Topped with roasted red peppers and Sriracha hot sauce 7.50

BLT Avocado Toast: Topped with bacon, lettuce, tomato. \$8.75

Don't forget to check out our Instagram, Facebook and online ordering pages for daily additions to the menu

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Prices and availability subject to change without notice. We are very sorry about increases in prices and if things are sold out. We're dealing with limited, changing and more expensive costs from our suppliers. Trust me, I hate doing this, but we need to survive in this economy. Thanks for your understanding. -Kate