

Kate's Simple Eats

LUNCH MENU summer 2023

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.

Superfood Wrap \$9.50 Black beans, avocado, quinoa, spinach, tomato, red onion, and sweet potato with a jalapeño lime dressing in a whole wheat wrap (Vegan, DF)	Nance's Tuna \$9.75 Light albacore tuna salad with mixed greens, tomato, and red onion in a wrap or on bread (V, DF)	Turkey Club \$12.00 Roasted turkey, applewood smoked bacon, shredded lettuce, tomato & mayo. (DF)
Greek Veggie Wrap \$9.25 Mixed greens, quinoa, roasted red peppers, cucumber, tomato, red onion, and feta with a cucumber yogurt dressing Add chicken \$3 (V)	Chicken Bacon Blue Wrap \$10.50 Roasted chicken, Applewood smoked bacon, shredded lettuce, red onion, tomato, and a chunky blue cheese dressing.	Old School BLT \$9.00 Applewood smoked bacon, shredded lettuce, tomato & mayo. (DF)
Garden Turkey Wrap \$10.50 Turkey, feta, cucumber, mixed greens, and tomato with an herbed lemon aioli in a wheat wrap.	Buffalo Chicken Wrap \$9.75 Chicken, shredded lettuce, diced tomato & American cheese topped with blue cheese dressing and buffalo hot sauce.	Sesame Chicken Wrap \$10.00 Roasted chicken, shredded carrot, scallion, cucumber, shredded cabbage, and mixed greens with our sesame soy dressing. (DF)
Chicken Salad Wrap \$10.00 Our tarragon chicken salad, mixed greens, and toasted almonds.	Grilled Cheese \$7.00 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	The Italian 12.00 Black Forest ham, salami, provolone, roasted red peppers, shredded lettuce, tomato, mayo and Italian dressing.
The Pig & The Rooster \$11.00 Chicken, ham, provolone, red onion, and spinach with a spicy cherry pepper aioli. Served cold or grilled in a white or wheat wrap.	Tuna Melt \$9.75 Nance's tuna salad grilled with cheddar cheese. Add bacon \$2 (V)	Black Bean Wrap \$9.25 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)
BBQ Chicken Wrap \$10.00 BBQ Chicken Wrap: BBQ diced chicken, cheddar, spinach, red onion, tomato, and sour cream grilled in a white or wheat wrap.		Tzatziki Chicken Wrap \$11.00 Lemon herb marinated chicken, avocado, feta, spinach, cucumber, red onion and tzatziki yogurt sauce

Salads

Dressings: Rosemary Balsamic, Chunky Blue Cheese, Jalapeño Lime, Honey Mustard, French Vinaigrette, Tzatziki,

Italian, Ranch, Red Wine & Olive Oil, Sesame

Garden Salad Side \$5.50 Full \$9.50 A bed of mixed greens topped with cucumbers, tomato & red onion. Your choice of dressing. Add diced chicken \$3 Add avocado \$2	Tuna on Greens \$12.00 A scoop of Nance's Tuna served over mixed greens with tomato & red onion with your choice of dressing.	Mediterranean Quinoa Bowl \$12.50 Quinoa, feta, avocado, red onion, cucumber, crunchy roasted chickpeas on a bed of mixed greens with a cucumber yogurt sauce & simple vinaigrette. Add chicken \$3
Superfood Salad Bowl \$12.25 Baby spinach topped with avocado, black beans, quinoa, sweet potato, red onion, tomato, and toasted almonds with a jalapeño lime dressing. Add Diced Chicken \$3	Chicken Salad on Greens \$12.00 Our tarragon chicken salad over mixed greens, with tomato & toasted almonds. Your choice of dressing.	Asian Chicken Salad \$12.50 Mixed greens, cabbage, cucumber, carrot, scallions and toasted almonds with a sesame soy dressing.

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