

Check out our Daily Specials!

Open Tues-Sat 9:00am-2:45pm  
(508) 748-0042

Order online: [www.KatesSimpleEats.com](http://www.KatesSimpleEats.com)

CLOSED SUNDAYS & MONDAYS

## Kate's Simple Eats

### Spring 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

**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

**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, mixed greens, tomato and red onion in a wrap or on bread \$9.75

**Chicken Bacon Blue Wrap:** Roasted chicken, Applewood smoked bacon, diced 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

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

**The Weathervane:** Chicken, ham, provolone, red onion and spinach with a spicy cherry pepper aioli. Grilled on your choice of bread or in a wrap \$10.50

**The Soprano Wrap:** Ham, salami, fresh mozzarella, shredded lettuce, tomato and red onion with a parmesan aioli and Italian dressing in a wheat wrap. \$11.00

**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

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

**Caprese Melt:** Fresh mozzarella & tomato with nut-free pesto and a drizzle of balsamic glaze. \$9.25 Add chicken or ham \$3

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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

**Tex Mex Salad:** Mixed greens topped with black beans, cheddar, diced tomato, red onion, roasted red peppers and crunched tortillas with a spicy sour cream and jalapeno lime dressing. 11.00 Add chicken \$3 Add avocado \$2

## Toasts

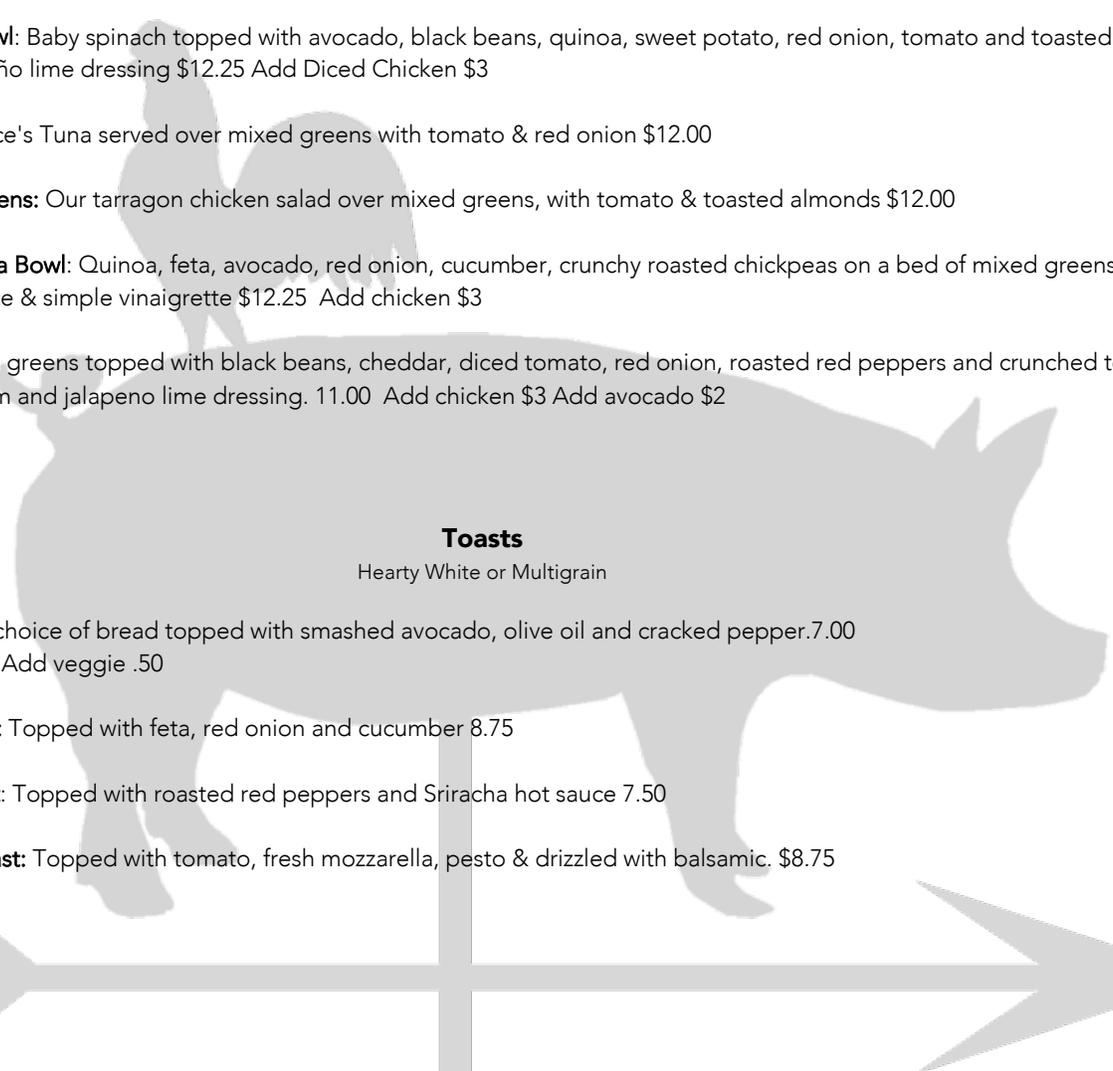
Hearty White or Multigrain

**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

**Caprese Avocado Toast:** Topped with tomato, fresh mozzarella, pesto & drizzled with balsamic. \$8.75



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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 having to do this, but must in order to stay open. Thanks for your understanding. -Kate*