

Kate's Simple Eats

LUNCH MENU cold season

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

Soups

Daily Soup Selections Cup: \$4.75 Bowl: 7.50 Quart to go: \$14.99

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 A scoop of Nance's Tuna served over mixed greens with tomato & red onion with your choice of dressing.	\$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. Add chicken \$3	\$12.25
Superfood Salad Bowl 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 Our tarragon chicken salad over mixed greens, with tomato & toasted almonds. Your choice of dressing.	\$12.00	Asian Chicken Salad Mixed greens, cabbage, cucumber, carrot, scallions and toasted almonds with a sesame soy dressing.	\$12.50

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