

Sandwiches

The Arnette \$7.99

chicken or tuna salad, house-made mango relish, lettuce, tomato

The Vegan Arnette \$7.99

un-chicken salad, house-made mango relish, lettuce, tomato

vegan

The Gerard \$7.99

bacon, avocado, baby spinach, marinated roasted tomatoes, chipotle mayo

The Vegan Gerard \$7.99

house-made vegan turkey, avocado, baby spinach, marinated roasted tomatoes, vegan chipotle mayo

vegan

The Erwin \$8.99

turkey, provolone, avocado, apple, carrot, tomato, bacon, sprouts, honey mustard

The Vegan Erwin \$7.99

hummus, avocado, apple, carrot, tomato, sprouts, honey mustard

vegan

The Club \$8.99

roasted turkey, provolone, bacon, lettuce, marinated roasted tomatoes & pesto mayo

The Brewster \$8.99

roast beef, swiss, sauerkraut, dijon mustard

The Kent \$8.99

Black Forest ham, salami, provolone, lettuce, onion, tomato, kalamata mayo

The Gattis \$8.99

roast beef, cheddar, lettuce, tomato, onion, horseradish mayo

The Morehead \$8.99

prosciutto, goat cheese, fig jam, baby spinach

The Yancey \$7.99

Black Forest ham, apple, cheddar, honey mustard

Breads and Extras

Bread Options

seven grain
sourdough

focaccia
whole wheat

spinach wrap
gluten free bread

Extra Meat or Cheese 99¢

Vegan options available for
turkey and mayo

Order any sandwich as a salad

\$5 Lunch Special

order here • TODAY'S MENU • 11 - 2pm

Toasts

	single	sandwich		single	sandwich
The Second Mouse toasted just melted cheese on toast	\$1.99	\$3.99	The Tasty toasted tuna salad, melted swiss	\$3.99	\$7.99
The Advocate avocado, salt & pepper	\$2.99	\$4.99	The Scoville toasted spicy pepper jelly & melted cheddar	\$2.99	\$5.99
The Herman toasted black forest ham & melted munster	\$2.99	\$5.99	The Toboggan toasted fig onion jam, melted provolone	\$2.99	\$5.99
The Great Garbanzo hummus, tomatoes, cucumbers & sprouts	\$2.99	\$4.99	bread options		
			seven grain	sourdough	whole wheat

Bagels

The Schmear tasted with your choice of spread	\$1.99
The Veggie schmear, any 4 veggies of choice, salt & pepper	\$3.99
The Elvis peanut butter, banana, bacon	\$4.99
The Up-Stream schmear, smoked salmon, capers, any 3 veggies of choice	\$7.99

Toppings

cheeses & spreads extra \$1

cream cheese	vegan cream cheese	peanut butter
herb cream cheese	hummus	

veggies extra 50¢

tomato	cucumber	spinach
onion	sprouts	capers

other

avocado \$1	hard-boiled egg \$1	meat \$2
banana \$1	smoked salmon \$5	bacon, turkey, ham, roast beef