

STARTERS

Eat Well Roasted Red Pepper Hummus (v) ♦ 8

Crisp vegetables, grilled pita

Eat Well Faroe Island Salmon Tacos ♦ 8

Shredded cabbage and cilantro slaw, avocado with fresh lime, served with flour tortillas

Featured Flatbread ♦ 12

Today's Soup ♦ 6

SALADS

Add to any salad: Chicken ♦ 6 / Salmon ♦ 6 / Chilled Jumbo Shrimp ♦ 8

Fork and Knife Caesar ♦ 12

Crispy pita shards, cured tomato, shaved parmesan

Eat Well Mesclun & Almond Salad (v) ♦ 12

Green beans, artisanal tomatoes, shaved radish, balsamic and extra virgin olive oil

Eat Well Blueberry and Feta Salad (v) ♦ 12

Sunflower & Hemp seeds, cranberry, cucumber, arugula, dressed with blueberry pomegranate vinaigrette

HANDHELDS

Served with your choice of: Garden Salad / Caesar Salad / Kettle Chips / Thick Cut Fries

♦ **Featured Sandwich** ♦ 12

♦ **Black and Blue Burger** ♦ 15

Thick sliced peppered bacon, sliced stella blue cheese

Eat Well Sweet Potato & Quinoa "Burger" ♦ 15

Slaw, spicy ketchup, heirloom tomatoes

Pastrami on Rye ♦ 15

Spicy pickles, sauerkraut, melted swiss, whole grain mustard

The C-Bus Chicken Stack ♦ 15

Spicy crispy goodness, spicy slaw, spicy pickles

Boar's Head Turkey Club ♦ 15

Boar's Head turkey, peppered bacon, arugula, creole aioli served with toasted True Grains Seed'licious bread

SIDES

♦ 5

Thick Cut Seasoned Fries ♦ Garden Salad ♦ Caesar Salad ♦ Kettle Chips ♦ Diced Seasonal Fruit
♦ Red Himalayan Rice ♦ Smashed Potatoes ♦ Sweet Potato Wedges ♦ Mushrooms and Spinach
♦ Asparagus ♦ Broccoli

Beverages

♦ 3

Pepsi ♦ Diet Pepsi ♦ Mountain Dew ♦ Sierra Mist ♦ Starbucks Coffee ♦ Tazo Teas ♦
Orange Juice ♦ Apple Juice

♦ May be cooked to order. The Board of Health suggests that raw or undercooked meats or seafood may increase your risk of foodborne illnesses, especially if you have certain medical conditions.

Eat Well

We believe that feeling good starts with eating well. We empower choice by crafting a variety of food and beverage offerings to suit your individual preferences. We strive to source ethical, sustainable and organic produce wherever possible. We are passionate about providing options that refuel and energize the body, mind and soul.

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