



STIR-FRY

SPICY GARLIC

freshly made egg white noodles, roasted all-natural chicken, bell peppers, broccoli, red onions, pineapples, parsley

SOUR CHERRY BBQ

freshly made egg white noodles, roast pork, bell peppers, green beans, red onions, fried shallots

SESAME GARLIC

freshly made whole wheat noodles, naturally raised beef, mushrooms, broccoli, scallions, sesame seeds

SWEET SOY FIVE SPICE

brown rice, togarashi spiced turkey, green beans, red onions, sesame

RED COCONUT CURRY (V) (GF)

rice noodles, organic roasted spicy tofu, pineapples, jalapeños, bean sprouts, scallions, cilantro

[Chicago only]

THE CAPONE

freshly made egg white noodles, tomato-basil sauce, Italian sausage, roasted red peppers, organic baby spinach, red onions, grape tomatoes, fresh mozzarella, parmesan

CREATE YOUR OWN stir-fry

SALADS

WALNUT ST. NOODLE SALAD

walnut lemon dressing, freshly made whole wheat noodles, organic arugula, mushrooms, raw cauliflower, roasted walnuts, parmesan crisps

WHITE BEAN TUNA (GF)

red wine dijon vinaigrette, romaine, organic arugula, yellowfin tuna, hard-boiled egg, herbed white beans, grape tomatoes, pickled peppers, red onions

VEGAN KALE (V)

mustard soy vinaigrette, green kale, organic roasted spicy tofu, apples, carrots, roasted beets, red onions, radishes

COBB (GF)

white balsamic vinaigrette, chopped romaine, roasted FreeBird chicken, hard boiled egg, crispy bacon, apples, grape tomatoes, avocado, crumbled blue cheese

MAKE IT GRAIN

orange sherry vinaigrette, wheat berries, red quinoa, organic arugula, grapes, roasted carrots, feta, roasted cashews

VERANO (GF) (seasonal)

creamy lime dressing, chopped romaine, black beans, grape tomatoes, roasted corn, red onions, cotija cheese, avocado

CREATE YOUR OWN SALAD**HONEYBAR****SELECT 3 FRUITS:**

- Pineapple
- Bananas
- Apples
- Seasonal fruits

SELECT 2 TOPPINGS:

- Local plain yogurt
- Granola
- Coconut shavings
- Dark chocolate chips
- Housemade whipped cream

SELECT 1 HONEY OR MAPLE SYRUP:

- Wildflower honey
- Buckwheat honey
- Clover honey
- Maple syrup (V)

COLD-PRESS JUICES

GLUTEN-FREE and NO SUGAR ADDED

BETTER OFF RED

Watermelon, beet, lemon, raspberry

GREEN IS GOOD

Apple, spinach, cucumber, lemon, basil

ORANGE YOU THIRSTY

Orange, carrot, lemon, ginger

LOCAL LIST

Maine Lobster - Ipswich Shellfish Company

Romaine Hearts - Pleasant Valley - Methuen, MA

Organic + Non-GMO Tofu - Soyboy - Rochester, NY

Cage-Free Eggs - Maine Family Farms, Portland, ME

Goat Cheese - Vermont Butter & Cheese Creamery, Websterville, VT

Feta Cheese - Euphrates, Inc - Johnstown, NY

Mozzarella - Calabro Cheese - East Haven, CT

Wildflower Honey - Carlisle Farms - Tyngsboro, MA

Green Kale - Wards Farm - Sharon, MA

Cauliflower - Plainville Farm - Hadley, MA

Maple Syrup - Dwight Miller Orchards - Drummerston, VT

Plain Yogurt - Stonyfield - Londonderry, NH

Bean Sprouts - Jonathan's Sprouts - Rochester, MA

Boston Lettuce - Spring Works - Lisbon, ME

Roasted Corn - Czajkowski Farm - Hadley, MA