



SUGGESTED STIR-FRY OPTIONS

SPICY GARLIC

freshly made egg white noodles, roasted FreeBird 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, Creekstone Farms beef, mushrooms, broccoli, scallions, sesame seeds

SWEET SOY FIVE SPICE

brown rice, togarashi spiced turkey, green beans, red onions, sesame seeds (sauce contains shellfish)

RED COCONUT CURRY (V) (GF)

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

NY PASTRAMI (regional)

freshly made egg white noodles, mustard-rye broth, pastrami, peppers, onions, sauerkraut, green beans, pickled cucumbers, pastrami spice

SUGGESTED SALAD OPTIONS

WALNUT ST. NOODLE

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

WHITE BEAN TUNA

red wine-dijon vinaigrette, romaine, arugula, tuna, pickled peppers, onion, tomato, herbed white beans, hard-boiled egg

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

SPRING THAI'M, our seasonal Spring salad

lime-chili vinaigrette, romaine, shrimp, mint, snap peas, shredded carrots, raw scallions, fried shallots

HONEYBAR

FRUITS

strawberries, blueberries, pineapples, apples, bananas, seasonal fruits

TOPPINGS

coconut shavings, dark chocolate chips, granola, local plain yogurt +extra

HONEYS

wildflower, buckwheat or clover and maple syrup

HOUSEMADE WHIPPED CREAM

hgJuices : cold-pressed : no sugar added : 100% juice

GREEN IS GOOD

apple, spinach, cucumber, lemon, basil

BETTER OFF RED

watermelon, beet, lemon, raspberry

ORANGE YOU THIRSTY

orange, carrot, lemon, ginger