

eat well.



do good.

MENU

OUR MISSION IS TO EMPOWER ADULTS WITH INTELLECTUAL DISABILITIES BY PROVIDING JOBS AND JOB TRAINING TO HELP THEM LEAD FULFILLING LIVES WITHIN OUR COMMUNITY, AND TO INCREASE AWARENESS OF THEIR POTENTIAL.



SANDWICHES

(Served with coleslaw and pickles. Can be made over greens)

- P.J.C. TURKEY (in honor of Patrick J. Cusick)\$14.00
Roasted turkey with stuffing, cherry sauce and arugula on toasted sourdough bread, served with a side of gravy
- CALI ROAST BEEF\$13.00
Roast beef with monterey jack cheese, tomato, arugula and horseradish aioli on ciabatta roll
- STEAK SANDWICH\$15.00
Grilled steak with crumbled blue cheese, caramelized onions and arugula served on a baguette
- BUFFALO CHICKEN WRAP\$12.00
Poached buffalo chicken salad served with shredded carrots and lettuce served in a whole wheat wrap
- THE AMERI-KEN HERO (In honor of Officer Ken Tietjen)\$13.00
Ham (nitrite-free), cheddar cheese and homemade apple butter on pressed sourdough bread
- TUNA FISH SANDWICH\$12.00
Tuna fish served with arugula and thinly sliced cucumbers on a whole wheat roll
- THE RALLY CAP (In honor of Rally Cap Sports)\$14.00
Grilled chicken with roasted peppers, fresh mozzarella, arugula, basil puree and a balsamic glaze on a ciabatta roll
- NLC BURGER\$14.00
Served with American cheese, lettuce, tomato and NLC sauce
- TURKEY CLUB\$14.00
Turkey served on toasted sourdough bread with bacon, lettuce, tomatoes and mayo
- JOHNNY MARK BLT WITH A TWIST (In honor of John Migton)\$13.00
Bacon, lettuce, tomatoes, avocado and herb aioli served on sourdough bread
- PRESSED CUBAN SANDWICH\$13.00
Fresh roasted pork, ham, swiss cheese, homemade Pickles, and dijon mustard on sourdough bread
- RUEBEN SANDWICH\$15.00
Corned beef with swiss cheese, sauerkraut, and thousand island dressing on rye bread
- TURKEY RUEBEN SANDWICH\$13.00
Turkey with swiss cheese, coleslaw, and thousand island dressing on sourdough bread

GRILLED CHEESE FAVORITES

- THE DOUBLE PIG..... \$13.00
Smoked ham, bacon, cheddar and honey mustard served on sourdough bread
- CAPRESE GRILLED CHEESE \$12.00
Mozzarella, roasted peppers, arugula, basil puree, balsamic glaze, served on sourdough bread
- BIG COUNTRY 235 GRILLED CHEESE (in honor of Officer Bill Kennelly)..... \$13.00
Roast beef with monterey jack, caramelized onions, arugula, herb aioli on sourdough bread

BUILD YOUR OWN GRILLED CHEESE

BREAD (CHOOSE 1)

- Gluten-free • Sourdough • Marbled Rye

CHEESE (CHOOSE UP TO 2)

More than 2 - \$1 each additional

- Monterey Jack • Sliced Mozzarella
- Cheddar • Goat Cheese • Swiss
- Vegan Cheddar

ADD INS (CHOOSE 3)

More than 3 - \$1 each additional item

- Tomato • Roasted Peppers • Pickles
- Arugula • Caramelized Onions • Bacon
- Sliced Apples • Coleslaw • Avocado

SAUCE IT UP (CHOOSE 1)

Additional Sauce - \$1 each

- Mayo • Buffalo Sauce • Herb Aioli
- Apple Butter • Basil Puree • Balsamic Glaze • Avocado Crema • Fig Jam • Honey Mustard • Sour Cherry Jam • Blue Cheese Dressing • Ranch Dressing • Bacon Jam
- Thousand Island Dressing

PROTEIN (CHOOSE 1)

Additional Protein - \$2 each

- Turkey Breast • Buffalo Chicken Salad
- Apple • Smoked Ham • Tuna Salad
- Roast Beef



SOUPS • BOWLS

- CREAMY TOMATO SOUP\$10.00
served with Blake's homemade croutons
- BUTTERNUT SQUASH SOUP\$10.00
served with sunflower seeds, cranberries and Blake's homemade croutons
- CHICKEN TORTILLA SOUP\$10.00
served with tortilla chips
- HOUSE BOWL - CHICKEN CHIMICHURRI\$15.00
(substitute Salmon or Steak +\$4.00)
Served over quinoa, with roasted vegetables, mixed greens and a cilantro-avocado crema
- CHILIS - Turkey Chili • Steak Chili • Vegetable Chili\$12.00
- SALAD - The Chubby Upsy\$14.00
Grilled Chicken breast with romaine hearts, parmesan crisps, homemade croutons and Caesar Dressing

BUILD YOUR OWN BOWL/SALAD

PICK YOUR BASE, PROTEIN, ADD INS, TOPPERS AND DRESSING

BASE (CHOOSE 1)

- Mixed Greens • Quinoa • Brown Rice • Cauliflower Rice

PROTEIN (CHOOSE 1)

- Buffalo Chicken Salad • Grilled Salmon (add \$4.00) • Tuna Salad
- Grilled Steak (add \$4.00) • Grilled Chicken

ADD INS (CHOOSE 3) More than 3 - \$1 each additional item

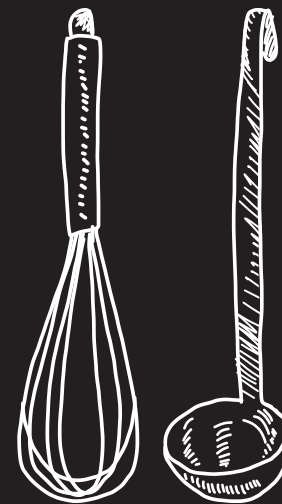
- Sliced Mozzarella • Diced Beets • Chopped Tomatoes • Crumbled Blue Cheese • Caramelized Onions
- Sliced Cucumber • Parmesan Crisps • Roasted Seasonal Vegetables

TOPPERS (CHOOSE 3) More than 3 - \$.75 each additional item

- Tortilla Chips • Avocado • Homemade Croutons • Dried Cranberries • Sunflower Seeds

DRESSING (CHOOSE 1) Additional Dressing - \$.75 each

- Ranch • Balsamic Vinaigrette • Lemon-Honey • Avocado Crema • Buttermilk Blue Cheese



KIDS MENU

- CHICKEN FINGERS
(Served with a choice of tater tots or chips) \$10.00
- GLUTEN-FREE CHICKEN FINGERS
(Served with potato chips)..... \$10.00
- GRILLED CHEESE
(Served with choice of tater tots or chips) \$10.00
- Kids Drinks..... \$1.00

DRINKS

- COFFEE, TEA, ICED TEA, CHOCOLATE MILK \$2.50
- FOUNTAIN DRINKS..... \$2.50
Pepsi, Diet, Pepsi, Lemonade, Sierra Mist, Orange Soda, Seltzer, Apple Juice
- BOYLAN BOTTLED SODA \$2.50
Root Beer, Diet Root Beer, Creme Soda, Diet Cream Soda, Ginger Ale



WE OFFER CATERING!
PRIVATE PARTIES AND EVENTS, BUSINESS MEETINGS, SALES REP ORDERS