



"Celebrating life, one morsel at a time."

Melissa @ (716)-860-1031

Organic Wraps & Sandwiches

100% Organic Wraps made with natural ingredients

Chicken Salad Wrap

Organic romaine lettuce, free range chicken, lightly mixed with mayonnaise, celery, & red grapes 8.50

Buffalo Chicken Wrap

Organic romaine lettuce, free range chicken marinated with Frank's Hot Sauce, topped with chopped celery, carrots & light blue cheese 8.50

Albacore Tuna Wrap

Albacore tuna, wild caught, mixed with either light mayonnaise or Italian style on a bed of crisp Romaine lettuce 8.00

Beet, Pecan, and Goat Cheese

Fresh roasted beets, toasted pecans, creamy goat cheese, field greens 8.00

Athens Greek Tofu Wrap

Field greens, baked & breaded tofu topped with an olive, artichoke, tomato, feta, lemon & oil dressing 8.00

Salads

Local ingredients, with fresh homemade dressing: Lemon Italian, Maple balsamic

Green Goddess Salad

Organic field greens, baby spinach, sprouts, cucumber, tomato, beans, egg, homemade light lemon dressing \$8.00

- Add free range chicken, \$1.00 extra
- Add avocado slices .50 extra

Salon Salad

Organic field greens, toasted pecans, Mandarin oranges, goat cheese, homemade maple balsamic dressing \$8.50

Beet Salad

Organic spinach with roasted beets, toasted pecans, fresh goat cheese, balsamic dressing \$8.50

***ask about weekly salad specials**

L.O.V.E. Sandwich

Lots Of Veggies and Egg salad perfectly seasoned and spread on homemade honey whole-wheat bread with chips or apple \$7.00

Turkey Pesto Ciabatta

Plainville turkey, spinach, tomato, roasted red peppers, Trugole cheese with a light pesto-mayo, chips or apple \$7.00

Dessert

A well balanced approach to sweets, that combine rich flavor and healthy nutrients

Homemade Cookies

An oatmeal blend cookie with dark chocolate and dried cherries
3 for \$2.50

Energy Bar

Homemade blend of oats, coconut, almonds, cherries, pumpkin seeds. Perfect pick me/ recovery food for sore muscles \$2.50
\$3.50 with organic dark chocolate pieces