



Entrée Salad

Half

Full

Spinach Salad <i>with toasted pecans, cherry tomatoes and orange segments in a citrus vinaigrette.....</i>	6.50	10.50
Organic Greens <i>with cucumbers, grated carrots, cherry tomatoes and feta cheese in a sherry shallot vinaigrette.....</i>	6.50	9.50
Caesar Salad <i>with traditional dressing and focaccia croutons.....</i>	6.50	9.50
Baby Arugula <i>with mozzarella cheese, extra virgin olive oil and balsamic vinegar.....</i>	6.50	10.50
Soba Noodle Salad <i>with Asian slaw, pea sprouts, carrots and soy scallion vinaigrette.....</i>	6.50	10.50

Hot Sandwich Board

Chicken and Vermont Cheddar Wrap <i>with smoked pepper relish on a spinach wrap</i>		11.50
Turkey Burger <i>with lettuce, cranberry apple relish and herbed mayo on a Kaiser roll</i>		11.50
Roasted Sesame Salmon Wrap <i>with Asian slaw and soy scallion vinaigrette on a black bean wrap</i>		12.50
Carolina Pulled Pork <i>with black-coffee barbecue sauce and vinegar slaw on pane rustic</i>		11.50
Turkey Bacon and Brie <i>with green tomato marmalade in a sun-dried tomato wrap (also available as a salad)</i>		11.00
Hangar Steak Sandwich <i>with caramelized onions, Vermont cheddar and chipotle lime aioli on baguette.....</i>		12.50
Grilled Vegetable Wrap <i>with seasonal vegetables and lime hummus in a whole wheat wrap</i>		10.00
Buffalo Chicken Wrap <i>with romaine, blue cheese and celery on a spinach wrap.....</i>		11.50
Turkey Club <i>with bacon, lettuce, tomato and herb mayo on multigrain toast</i>		11.50
Chicken Caesar Wrap <i>with romaine, Caesar dressing, parmesan and grilled chicken in a spinach wrap</i>		12.50
Beef Burger <i>with lettuce and tomato on a Kaiser roll, add cheese \$1</i>		13.00

Entrées

Cheese Omelette <i>with cheddar, fresh spinach and choice of toast</i>	12.00
Burrito Bowl <i>with grilled chicken, black beans, onions, tomato and feta cheese</i>	12.50
Chicken Black Bean Ravioli <i>with extra virgin olive oil, garlic, tomatoes and basil</i>	13.50
BLT Tacos <i>with pico de gallo and chipotle sauce in a flour tortilla</i>	11.00
Egg Linguine <i>with mixed vegetables in a tomato sauce with herbs</i>	11.00
Bacon and Caramelized Onion Quiche <i>with a side organic greens</i>	10.50

Design-Your-Own Sandwich or Panini **Half** **Full**
with field greens and tomato, spinach and tomato if hot

Roasted Turkey Breast	6.50	10.00
Roast Beef	6.50	10.50
Smoked Ham	6.50	9.50
Turkey Bacon	6.50	10.00
California Tuna (also available as an open-faced melt).....	6.50	9.50
Tarragon Chicken Salad	6.50	9.50

Pick-2-Combo: 12.00

| **Combo Options:** *soup & 1/2 salad, soup & 1/2 sand, or 1/2 sand & 1/2 salad* |

| Choose a sandwich from the sandwich board or design your own with choices below |

| **Bread** |

| baguette • pane rustico • multigrain • rye • housemade focaccia |

| **Condiments** |

| dijon • smoked pepper relish • herbed mayo • tomato chutney • red onion confit |

| • lemon feta aioli • sun-dried tomato pesto • apple cranberry relish • honey mustard |

| **Cheese (add \$1)** |

| brie • gruyere swiss • Vermont cheddar • mozzarella • crumbled blue |

Desserts *made fresh in house*

Cookies <i>chocolate chip, oatmeal raisin, cowboy, peanut butter</i>	2.00
Bars <i>fudge brownie, apple crumb, blondie, pecan diamond, lemon diamond, raspberry, cappuccino brownie, key lime</i>	3.25
Biscotti <i>chocolate or almond</i>	1.75

Dessert Beverages *small world coffee*

Coffee or Hot Tea	2.75
Cappuccino or Latte	4.50
Espresso	3.00



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