

SANDWICHES \$10.75

BLT smoked bacon, tomato, garlic aioli, crisp lettuce, whole wheat bread

PMA Cafe Chicken Salad spiced pecans, red grapes, celery, mayo, lettuce, tomato, whole wheat bread

Turkey & Brie smoked turkey, brie, granny smith apples, chipotle mayo, ciabatta

Chicken Caesar Wrap grilled chicken, romaine lettuce, parmesan cheese, creamy caesar dressing

BUILD YOUR OWN SANDWICH \$10.75

choose (1) meat, (1) cheese, veggies, bread and condiments

Meat Options turkey, ham, tuna salad, chicken salad, bacon

Cheese swiss, cheddar, provolone, brie, goat

Veggies greens, romaine, spinach, tomato, carrot, onion, red pepper, cucumber, hummus

Bread whole wheat, rye, white, ciabatta, whole wheat wrap, spinach wrap, GF wrap**

** (+\$2.00 extra)

Condiments mayo, garlic aioli, chipotle aioli, yellow mustard, dijon mustard, olive oil, balsamic

SANDWICH SPECIAL COMBOS \$8.75

Half Sandwich & Cup of Soup, Chowder or Chili

SOUPS, CHOWDERS & CHILI

served with biscuit, corn muffin, baguette or ciabatta

Cup \$5.00

Bowl \$7.00

please ask about flavors of the day

SEASONAL ITEMS

Quiche \$12.75

served with demi salad or cup of soup
please ask about our quiche flavors of the day

Hand Pie \$12.75

served with demi salad or cup of soup

SALADS & GRAIN BOWLS \$11.50

served with biscuit, corn bread, focaccia, or baguette

Mixed Green Salad apple, dried cranberries, pepitas, maple cider vinaigrette

Classic Cobb Salad bacon, avocado, blue cheese, egg, tomato, grilled chicken

Classic Caesar romaine, parmesan cheese, croutons

Orange Ginger Noodle Bowl dressed gluten-free noodles, crisp cucumbers, shaved carrots, red bell peppers, pickled onions, chopped peanuts, white and black sesame seeds over a bed of greens

*make it hot by adding house ginger mushroom broth in place of the bed of greens

Southwest Grain Bowl jalapeno avocado, black bean corn salad, pepitas, sour cream, tortilla, quinoa, lime, chipotle lime dressing

Harvest Grain Bowl seasonal root vegetables, spiced pecans, red onion and quinoa dressed with maple cider vinaigrette

Add grilled chicken to any salad or bowl \$2.00

SMALL PLATES \$14.50

Charcuterie two smoked or cured meats, two cheeses, specialty spread, dried fruits, nuts, bread or crackers

FOR KIDS

PB&J \$5.00

Mac N' Cheese \$6.00

Kid's Kit - cheese, fruit, meat, bread \$6.00

Beverages

Coffee By Design coffee, espresso drinks, Coca-Cola products, Spindrift, bottled water, house brewed iced tea, Harney & Sons hot tea

ALCOHOLIC BEVERAGES

specialty cocktails, local craft beer, hard cider, white and rose wine