

# TUCKER & BEVVY

////////// PICNIC FOOD

## LUNCH / DINNER PANINI

PESTO CHICKEN mozzarella, tomato.....	9.85
TURKEY CLUB bacon, tomato, Swiss cheese, spinach, green goddess on sourdough.....	9.85
VEGGIE STACK eggplant, sweet potato, zucchini, peppers, provolone, basil pesto on organic sprouted grain *w-nuts.....	9.85
HAM +SWISS on baguette.....	9.85
CAPRESE roasted tomato, fresh mozzarella, basil pesto on baguette.....	9.85

## HOT MEALS *\*We will heat it for you or it is available cold for you take home*

<b>Chicken Parmigiana</b> .....	16.99
<b>Chicken Cordon Bleu</b> .....	16.99
<b>Veggie Lasagna</b> .....	14.99
<b>Eggplant Parmigiana</b> .....	14.99
<b>Today's Soup -Veggie Chili</b> .....	6.50

## SANDWICHES & COLD WRAPS

CHICKEN BLT SANDWICH with mayonnaise + celery, apple wood bacon, tomato, organic greens.....	8.99
CURRIED CHICKEN SANDWICH with mayo, raisins + almonds, carrot, organic greens *with-nuts.....	8.99
TURKEY CRANBERRY SANDWICH with organic greens.....	8.99
TURKEY PESTO SANDWICH with mozzarella, tomato.....	8.99
EGG SALAD SANDWICH with mayonnaise, organic greens.....	8.99
HAM + EGG SALAD SANDWICH.....	8.99
TUNA SALAD SANDWICH with organic greens, tomato.....	8.99
TURKEY + GREENS WRAP turkey, organic greens, avocado green goddess.....	7.99
BUTTERNUT + HUMMUS WRAP with pistachio dukkah, roasted red peppers, organic greens *w-nuts.....	7.99

## GREEN SALADS (*Gluten-Free, Organic Greens*)

ALMOND CHICKEN SALAD fresh mint, carrot, grape tomatoes, cucumber, red cabbage, sesame, Asian dressing *w-nuts.....	10.99
CHICKEN CHOPPED SALAD bacon, egg, grape tomatoes, cucumber, blue cheese dressing.....	10.99
KALE SQUASH SALAD roasted butternut, quinoa, French lentils, tamari seeds, lemon dressing ( <i>Vegan</i> ).....	10.99
BEET FETA WALNUT SALAD carrots, cucumber, grape tomatoes, red cabbage, orange-ginger vinaigrette *w-nuts.....	10.99
MEDITERRANEAN CHICKEN SALAD chicken shawarma, cucumber, tomato, quinoa tabbouleh, feta, lemon-tahini dressing.....	10.99
GREEK SALAD with falafel chickpeas, organic greens, quinoa tabbouleh, feta, red onion, tomato, cucumber, Kalamata olives, lemon dressing.....	10.99
TUNA SALAD with falafel chickpeas, organic greens, tomato, cucumber, vinaigrette.....	10.99

## SIDE SALADS

ASIAN RICE NOODLES chicken, fresh mint, carrot, cucumber, tomato, peanuts, sesame, Asian dressing *w-nuts ( <i>Gluten-Free</i> ).....	8.99
BUCKWHEAT SOBA, organic tofu, miso roasted broccoli, edamame, sesame, scallions, ponzu dressing ( <i>Vegan</i> ).....	8.99
ORGANIC PASTA + Basil pesto, fresh mozzarella, grape tomatoes.....	8.99
LENTILS + GRAIN BOWL Quinoa, lentils, farro salad with kale, red cabbage, carrot, almonds, raisins, green onions, orange-ginger vinaigrette.....	8.99

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## BREAKFAST SANDWICHES and WRAPS .....eggs are cage free

BACON EGG + CHEDDAR on Sourdough .....	7.50
HAM EGG + SWISS on Sourdough .....	7.50
ORGANIC SPINACH EGGS+ PROVOLONE on organic sprouted grain .....	7.50
BIG BREKKIE WRAP smoked bacon, chicken sausage, scrambled eggs, potatoes, cheese, spinach, salsa.....	9.50
BREAKFAST BURRITO veggie chili, scrambled eggs, potatoes, cheese, spinach, salsa .....	9.50
KEIKI GRILLED CHEESE- mozzarella + cheddar on Japanese wheat .....	4.00
SMOKED SALMON BAGEL- Cream Cheese, Capers, Lemon ( <i>organic sprouted grain by request</i> ) .....	11.00
SMASHED AVOCADO TOAST Local Avocado, T & B pistachio dukkah on organic sprouted grain w-lemon .....	9.50

## HEALTH BOWLS \*w-nuts

ORGANIC ACAI with Fresh Fruit, House Made Organic Granola + Chia Haupia.....	10.50
GREEN BANANA ( <i>Organic Kale + Spinach</i> ) with Fresh Fruit, House Made Organic Granola + Chia Haupia.....	10.50

## BAKED BY US...

Banana Bread with Chocolate Chunks .....	4.50
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## COLD PRESSED JUICES 16oz bottle

<b>Lean Green</b> Pineapple, kale, spinach, parsley, cucumber, celery, ginger .....	8.50
<b>Getcha Greens</b> Romaine, kale, spinach, parsley, cucumber, celery, ginger, lemon.....	8.50
<b>Pineapple</b> Just Hawaiian Pineapple .....	8.50
<b>Watermelon</b> Just Hawaiian Watermelon.....	8.50

## REAL FRUIT SMOOTHIES 12oz

<b>Green Paradise</b> banana, organic spinach + kale, coconut milk, apple juice.....	5.95
<b>Tropical Storm</b> mango, pineapple, banana, pineapple juice .....	5.95
<b>Berry Berry</b> strawberry, blueberry, raspberry, apple juice .....	5.95
<b>Pina Colada</b> pineapple, banana, coconut milk, pineapple juice .....	5.95
<b>Sunset</b> papaya, strawberry, mango, apple juice .....	5.95
<b>Triple Banana</b> banana, banana, banana, apple juice .....	5.95