

lunch

served daily 12:00pm-3:30pm

homemade soups

cup \$4.50 bowl \$5.50 comes with bread

- Chicken, Orzo + Fresh Herbs
- Light Creamy Tomato + Basil served with grilled cheese croutons
- Special Soup of the Day
- Vegan Butternut Squash

pasta

create your own pasta \$10.95

choice of spaghetti, penne or orecchiette + sauce + veggie toppings

sides

caramelized squash \$5.50

steamed broccoli \$4.50

sautéed haricot verts \$5.00

roasted brussels sprout \$5.50

brown rice \$3.00

french fries \$4.00

smashed potatoes \$4.00

harrisa roasted cauliflower \$5.00

side salad \$4.00

sweet potato fries \$5.00

lunch combos

¹/₂ Sandwich with Small Soup or Side Salad \$9.95
soup with choice of caprese, club or egg salad,
california, turkey + humus sandwich, or soup with
a caesar or plain side salad

make your own entree

your choice of protein, any two sides,
& sauce (lemon brown butter, preserved lemon
vinaigrette or warm sherry vinaigrette)

Roasted Tofu \$10.50 • Seared Atlantic Salmon \$13.50 ^^^

Herb Marinated Chicken Breast \$11.99

Garlic Sautéed Shrimp \$13.50

VEGETARIAN TRIO \$9.99

your combination of three of our delicious sides

hot sandwiches

EET Burger \$10.75 ^^^

american cheese, lettuce, tomato & sliced
raw onions (fries or side salad)

Turkey Burger \$10.75

organic turkey burger, pepper jack, lettuce, tomato
& onions on wheat flats (fries or side salad)

Buffalo Chicken \$11.25

panko crusted chicken breast, spicy buffalo sauce,
bleu cheese, lettuce + tomato (fries or side salad)

Grilled Marinated Chicken \$10.99

tomato, lettuce & chipotle aioli (fries or side salad)

Tuna Melt \$10.50 ***

tuna salad & american cheese on brioche
(whole fruit or chips)

Caprese Flatbread \$6.95 ***

mozzarella, sliced tomato & fresh basil
(add chicken / \$2, add shrimp / \$5)

Studio Wrap \$10.95 ***

grilled chicken, turkey bacon, fresh mozzarella,
roasted peppers & baby arugula in spinach wrap



*** items that can't be changed
^^^ a cooking temp is required

daily specials

see attached list of specials

DAILY SOUP

DAILY SALAD

DAILY SANDWICH

DAILY PASTA

MARKET MENU



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1.1.17

grab & go



Chicken Milanese \$12.50

chicken cutlet, organic baby spinach, fresh mozzarella, red onions, tomatoes + balsamic vinaigrette

Kale Chicken Caesar Salad \$10.95

organic kale, grilled chicken, shaved parmesan, butternut squash croutons + caesar dressing

EET Salad (*Staff Favorite) \$10.95

chopped tricolor salad with chicken, goat cheese, green apple, sun dried cranberries + balsamic vinaigrette

Make Your Own Salad \$7.95

your choice of lettuce, five toppings + dressing

Club Sandwich \$9.50

home-roasted turkey, bacon, avocado, lettuce, tomato & mayo on wheat (chips, salad or fruit)

Chicken Caesar Wrap \$8.95

romaine, chicken, croutons, parmesan + caesar dressing (chips, salad or fruit)

Ham + Muenster \$8.75

with whole grain mustard on pretzel baguette

California Sandwich \$8.75

avocado, pepper jack, baby arugula + ranch on Balthazar's whole wheat bread

Egg Salad + Baltahzar's Multi Grain \$7.50

egg salad, lettuce + tomato on multi grain (chips, salad or fruit)

Caprese Sandwich \$8.95

mozzarella, tomato & pesto on ciabatta (chips, salad or fruit)

Roasted Chicken Salad \$4.25

Tuna Salad with Lemon + Dill \$4.50

Egg Salad with Tarragon + Sundried Tomatoes \$3.95

Southwestern Quinoa Bowl \$8.95 quinoa, lentils, black beans, roasted Long Island corn, cajun chicken, avocado cilantro + cumin lime dressing

