

*fair with flair*  
food with distinction

525-0194

48 Maple St. East Longmeadow

## **VEGETARIAN LUNCHEON MENU**

**EAT HERE HEALTHY & LIGHT OR TO GO**

**SERVED FROM 11:30 AM TO 2 PM**

**Call ahead early & your order will be waiting for you!**

### **VEGETABLE JUICES**

**"FRESH JUICED" TO ORDER 8 OZ**

**CARROT JUICE... \$3.25 TOMATO BLEND... \$ 3.75**

**VEGETABLE MEDLEY... \$4.25 SEASON SPECIALS**

### **HOMEMADE SOUPS**

**12 OZ CUP... \$3.25 OR 16 OZ BOWL... \$4.25 (Soup offered hot or cold)**

**VEGETARIAN MINESTRONE ~~ LENTIL ~~ BLACK BEAN ~~ POTATO CHOWDER**

**EGGPLANT CHILI SOUP ~~ (WE ALSO SERVE CHICKEN NOODLE AND BEEF VEGETABLE)**

### **FRESH CRISP SALADS**

**ALL INCLUDE .... ROMAINE LETTUCE, TOMATO, CUCUMBER, CELERY, CARROT & ONIONS  
DRESSINGS... ITALIAN, NON-MAYO FRENCH, BALSAMIC VINAIGRETTE, OIL & VINEGAR**

**GARDEN SALAD..... \$3.75 SPINACH SALAD..... \$4.75 CEASAR SALAD..... \$4.95**

**CALIFORNIA SALAD..... \$4.75 GREEK SALAD.... \$4.95 SYRIAN SALAD..... \$3.95**

**VEGETARIAN ANTIPASTO SALAD..... \$5.95 SALADE NIÇOISE..... \$5.25**

### **SANDWICH WRAPS**

**~ PLAIN ~ WHEAT ~ SPINACH ~ CAJUN SPICED.~**

**ALL INCLUDE.... ROMAINE LETTUCE, TOMATO, CUCUMBER, CELERY, CARROT & ONION**

**CALIFORNIAN (avocado, peppers, olives, balsamic vinaigrette)..... \$5.95**

**MEDITERRANEAN (humus, scallions, olives, mint, lemon-garlic oil)..... \$5.95**

**ITALIAN (zucchini, olives, artichokes, mushrooms, parmesan cheese)..... \$5.95**

**TEX-MEX (peppers, scallions, black beans, HOT tomato dressing )..... \$5.50**

**THE GARDEN (spinach, peppers, radish, mushrooms, choice of dressings)..... \$4.50**

**ALSO CHICKEN SALAD OR TUNA SALAD (lettuce, tomato, celery, onion)..... \$5.50**

### **EXTRA FIXINS**

**ALL CAN BE REQUESTED WITH ANY SALAD OR WRAP**

#### **CHEESES**

**BLUE CHEESE..... 95¢**

**CHEDDAR CHEESE..... 75¢**

**PARMESAN CHEESE..... 50¢**

**MOZZARELLA CHEESE..... 75¢**

#### **NUTS AND FRUITS**

**WALNUTS..... 95¢ ALMONDS..... 95¢**

**PINE NUTS... \$1.25 SUNFLOWER SEEDS... 95¢**

**DRIED APRICOTS... 75¢ PEARS... 95¢ GRAPES... 75¢**

**APPLE... 75¢ SUN DRIED TOMATO... 75¢**

PRICES AND MENU ITEMS SUBJECT TO CHANGES WITHOUT NOTICE.

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