

LUNCH MENU

Good Food. Great Afternoon.

SALADS



Quinoa Salad - \$9.75

Fluffy quinoa tossed with crisp cucumber, sweet bell peppers, fresh parsley, and shallots, finished with a brigh maple cider vinaigrette.



Veggie Salad Bowl - \$9.75

A colorful bowl of diced bell peppers, ripe tomatoes, black beans, and chickpeas, brightened with fresh blueberries finished with maple cider vinaigrette.



Chicken Ceasar Salad - \$9.75

Crisp romaine lettuce with cherry tomatoes, Parmesan, and grilled chicken, tossed in creamy Caesar dressing



Spinach / Apple Salad - \$9.75

Baby spinach with crisp green apples, walnuts, and shallots, finished with our maple cider vinaigrette



Fruit Salad Cups - \$5.00

A refreshing cup of assorted fresh seasonal fruit

ADD-ONS

Pan Roasted Salmon - \$6.00

Grilled Shrimp - \$4.50

Grilled Chicken (breast / thighs) - \$4.50

SOUPS

Minestrone Soup - \$6.50

An Italian classic, simmered with a colorful array of garden vegetables in a savory tomato broth.

New England Clam Chowder - \$6.50

Tender clams and hearty potatoes in a rich, creamy broth, accented with onions, celery, and fresh parsley.

Tomato Basil Bisque - \$6.50

A smooth, velvety tomato soup finished with fresh basil and a touch of cream.

Lentil Soup - \$6.50

A hearty, warming soup of lentils and vegetables simmered in a seasoned broth

Mediterranean Minestrone Soup - \$6.50

A hearty, vegetable-forward Italian soup loaded with beans, leafy greens, and pasta.

Vegan Italian Wedding Soup - \$6.50

Tender vegetables, pasta pearls, and savory plant-based meatballs in a light, flavorful broth.

SANDWICHES AND WRAPS

All Sandwiches & Wraps Served with chips

Grilled Chicken Panini - \$12.25

Grilled chicken breast, crispy bacon, and melted Gouda with garlic aioli, pressed on rosemary sourdough



Grilled Shrimp Wrap Panini - \$12.25

Grilled shrimp, sautéed vegetables, and melted cheese with a creamy avocado dressing, wrapped in a warm tortilla



Grilled Steak Panini - \$13.75

Grilled ribeye steak, crispy bacon, and melted Swiss with garlic aioli, pressed on rosemary sourdough



Veggie Wrap - \$9.75

Crisp lettuce, fresh spinach, tomatoes, onions, and Gouda with garlic aioli in a soft tortilla



Suya Burger - \$14.75

Suya-spiced patties layered with melted Gouda, crispy bacon, sautéed onions, and our signature suya sauce on a toasted brioche bun



WEST AFRICAN SPECIALTIES

Jollof Rice - \$14.75

Our signature West African jollof rice served with bean stew and baked chicken drumsticks.

Egusi (Melon Seed) Soup - \$17.50

A rich West African soup of ground melon seeds, served with basmati rice and fried or baked chicken drumsticks.

Spinach & Melon Seeds - \$17.50

Tender spinach simmered with ground melon seeds, served with sweet fried plantains or roasted potatoes and fried or baked chicken drumsticks.

Puff-Puff & Bean Stew - \$12.75

Golden West African puff-puff (sweet fried dough) served with savory bean stew and fried or baked chicken drumsticks.

Koki Corn (Corn Pudding) - \$13.50

A traditional steamed pudding of sweet yellow corn and cornmeal, blended with baby spinach and red palm oil.

Suya Bowl - \$17.50

Spice-rubbed suya served over anise-infused garden fried rice with sautéed vegetables.



ENTREES

Served with your choice of two daily sides unless otherwise noted

Pan Roasted Salmon - \$17.50

Pan-roasted salmon finished with a bell pepper sauce

Roasted Barramundi - \$17.50

Tender, flaky barramundi, roasted and seasoned to perfection

Oven Roasted Chicken Leg Quarter - \$14.25

A juicy, seasoned chicken leg quarter roasted until golden

Braised Goat Stew - \$17.50

Tender goat slow-braised in a rich, seasoned stew, served over fried basmati

Grilled Chicken Thigh - \$13.75

Grilled chicken thigh smothered in a savory mushroom sauce

Grilled NY Strip Steak - \$17.50

Grilled New York strip topped with sautéed sweet onions and peppers

Braised Beef Short Ribs - \$17.50

Slow-braised beef short ribs served over basmati rice

Thai Curry Pasta - \$13.75

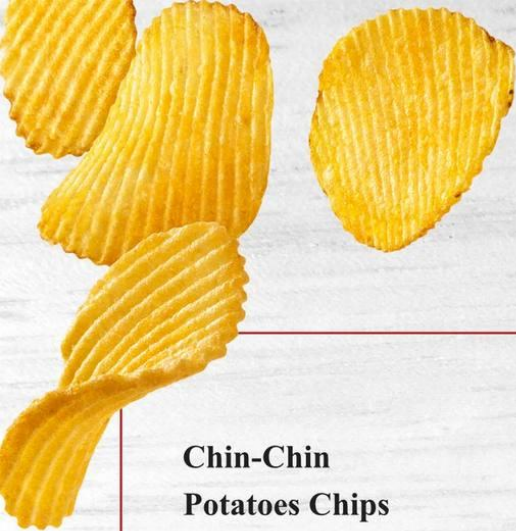
Tender shrimp and pasta tossed in a creamy coconut red curry sauce with bell peppers and finished with fresh basil.



SIDES

Puff-Puff (Beignets)	\$5.00	Quinoa	\$5.00	Roasted Sweet Potatoes	\$4.50
Garden Fried Rice	\$4.50	Cauliflower Rice	\$4.50	Veggie Medley	\$5.00
Jollof Rice	\$6.00	Sweet Fried Plantains	\$5.00	Sautéed Squash	\$4.50
Jambalaya Rice	\$6.00	Roasted Potatoes	\$4.50	Sauteed Beets	\$4.50
Roasted Veggies	\$5.00	Sauteed Spinach	\$5.00	Sauteed Cabbage	\$5.00
Sauteed Mixed Veggies	\$4.00	Spinach & Egusi (Mellon Seeds)	\$6.00		

Each entrée includes two sides at no additional charge. Additional sides are available at the listed price. Side selections change daily, and all menu items and prices are subject to change based on availability.



SNACKS

Chin-Chin	\$4.50
Potatoes Chips	\$2.50
Garden Salsa Sun Ships	\$2.50

French Onion Sun Chips	\$2.50
Harvest Cheddar Sun Chips	\$2.50
Original Sun Ships	\$2.50

BEVERAGES

Diet Coke 20 oz	\$2.35
Coca-Cola Cherry 20 oz	\$2.35
Coca-Cola Zero Sugar 20 oz	\$2.35
Coca-Cola 20 oz	\$2.35
Sprite 20 oz	\$2.35
Glaceau Smartwater 20 oz	\$3.00
Dasani 20 oz	\$1.75
Minute Maid Lemonade 20 oz	\$2.75
Fairlife Milk 2% Reduced Fat 14 oz	\$4.50
Fairlife Milk 2% Chocolate 14 oz	\$4.50
Gold Peak Sweetened Black Tea 18.5 oz	\$3.25
Powerade Mountain Berry Blast 20 oz	\$2.50
Powerade Fruit Punch 20 oz	\$2.50
Bodyarmor Superdrink Strawberry Banana 16 oz	\$2.60
Gold Peak Unsweetened Black Tea 18.5 oz	\$3.25
Java Monster Loca Moca 15 oz	\$4.00
Java Monster Mean Bean 15 oz	\$4.00
Core Power Protein Chocolate 26G 14 oz	\$4.00
Glaceau Vitamin water Zero Sugar Squeezed 20 oz	\$3.50

DESSERTS

Cheesecake (Slice) -	\$6.00
Brownie (Slice) -	\$4.25
Blondie (Slice) -	\$4.25
Chocolate Chip Cookie -	\$2.75
Danish -	\$3.50



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