

Uncork & Unwind Lunch Menu

Lunch Served from 11 a.m. to 1:30 p.m.

Small Plate ~ \$8

Artichoke Dip – (GF) Artichoke Parmesan Dip w/Sweet Potato Chips
Hummus Dip – (GF) Hummus & Fresh Veggies

Salads ~ \$8

Insalata Antipasta – Spinach, Chopped Artichokes, Sweet Peppers, Olives, Salami & Feta Cheese
Beet – Mixed Greens, Beets, Tomatoes, Cilantro & Goat Cheese
Mixed Green – Mixed Greens, Pears, Cashews & Gorgonzola Cheese
Spinach – Spinach, Strawberries, Pecans & Feta Cheese
Balsamic Vinaigrette, Blush Wine Vinaigrette, or Blue Cheese Dressing
Add Sliced Roasted Chicken, Salami or Salmon to any salad \$3.

Sandwiches ~ \$9

Sandwiches served with a Bean Salad

Gluten Free bread available for substitution.

Turkey Cuban – Ham, Turkey, Mayo, Mustard, Swiss, cranberry sauce, dill pickle grilled on Hawaiian Bread.
Roast Beef – Roast Beef, Cheddar, Horseradish, Mayo, Lettuce & Tomato on Multigrain Bread.
Egg Salad – Eggs, Mayo & Mustard on Multigrain Bread.
Mediterranean Veggie – Roasted Red Peppers, Spinach, Cucumber, Tomato & Tzatziki Sauce in a Pita.
Grilled Cheese – Fresh Blueberries, Raspberry Jam & Havarti on Sourdough Bread.

Combos

Cup of Soup & 1/2 Sandwich	\$8
Cup of Soup & 1/2 Salad	\$8
1/2 Sandwich & 1/2 Salad	\$8
Bowl of Soup & 1/2 Sandwich	\$10
Bowl of Soup & 1/2 Salad	\$9
Full Sandwich & Cup of Soup	\$11
Full Sandwich & 1/2 Salad	\$11
Full Salad & 1/2 Sandwich	\$11
Full Salad & cup of Soup	\$11
1/2 Sandwich, 1/2 Salad & Cup of Soup	\$12

Soups

Cup of Soup (6 oz)	\$4
Bowl of Soup (16 oz)	\$7

Daily soup selection is on the back of the menu.

Non-Alcoholic Beverages – \$2

Soda: Pepsi, Diet Pepsi, Sprite, Root Beer.

Coffee: Decaf or Regular

Tea: Iced, Sweetened or Hot

Other: Sparkling Water

Gluten Free = GF; Vegetarian = V; Vegan = VG

5% Cash Discount ~ %15 Military Discount

Internet Password: 3609439463

~ July 2017 ~

Tue	Wed	Thu	Fri
4 CLOSED	5 Moroccan Carrot – GF/VG Or Wicked Thai Chicken - GF	6 Thai Peanut Soup – GF/VG Or Jalapeno Bacon Chowder – GF	7 White Bean & Mushroom – GF/VG Or Coconut Lime Chicken - GF
11 Tomato Basil – V Or Beef Noodle	12 Garlic White Bean – GF/VG Or Split Pea & Ham	13 Jalapeno Corn Chowder – GF/V Or Italian Wedding	14 Mushroom Soup – GF/VG Or Chicken Soup - GF
18 Sweet Potato Curry Lentil – GF/VG Or Tuscan Sausage & White Bean - GF	19 Cheddar Broccoli – GF/V Or Chicken Lime Avocado - GF	20 Moroccan Stew – GF/VG Or Thai Red Chicken Curry - GF	21 African Peanut – GF/VG Or Potato Sausage
25 Carrot Ginger – GF/V Or Chicken Garlic Orzo	26 Potato Leek – GF/V Or Green Chickpea & Chicken Curry - GF	27 Sweet Potato – GF/VG Or Buffalo Chicken - GF	28 Red Lentil Coconut – GF/VG Or Chicken Tortellini

F – Gluten Free; V – Vegetarian; VG - Vegan

5% Cash Discount ~ %15 Military Discount ~ Red Wine Club Member Discounts
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