



## Deli Sandwiches

<b>Deli Sandwich</b>	8.00
Select from our Meats and Cheeses and build your own sandwich. Includes Lettuce and Tomato	
<b>Deli Sub or Wrap</b>	9.00
<b>Italian Coldcut</b>	10.50
Cappicola, Prosciutto, Salami, Provolone, Lettuce, Tomato, Onion, Hots, & Dressing on an 8" Sub Roll	
<b>Turkey and Avocado</b>	11.00
Turkey, Bacon, Avocado, Muenster, & Honey Mustard Lettuce & Tomato on an 8" Sub Roll	
<b>Reuben</b>	9.00
Comed Beef on Rye with Swiss Cheese, Sauerkraut & Thousand Island Dressing	
<b>Rachel</b>	9.00
Turkey on Rye with Swiss Cheese, Coleslaw and Barbeque Sauce	
<b>Roast Beef</b>	9.50
...on Rye with Asiago Cheese, and Horseradish Mayo (Try it Grilled)	
<b>Ham Sandwich</b>	9.50
Ham on Sourdough with Mayo, Spicy Mustard, Lettuce, Tomato, Pickles and Cheddar Cheese	
<b>Greenhouse Tuna Salad</b>	8.00
Tuna Salad on Whole Grain with Lettuce, Tomato, Sprouts and Cusabi Mayo	
<b>Chicken Salad</b>	8.00
On your Choice of Bread with Lettuce and Tomato	
On a Sub Roll or Wrap	9.00
<b>Add to any Sandwich, Sub or Wrap:</b>	
<b>Veggies</b>	.50 ea
Pickles, Spinach, Sprouts, Cucumber, Onion	
<b>Avocado</b>	.75
<b>Peppers</b>	.50 ea
Hot Spread, Jalapenos, Sweet, Roasted Red	



## Vegetarian & Vegan Sandwiches

<b>Veggie Sandwich</b>	8.00
Sprouts, Cucumbers, Spinach, Lettuce, Roasted Red Peppers, Tomato, Onion & Hummus	
<b>Veggie Sub or Wrap</b>	9.00
<b>Black Bean Burger</b>	9.00
Spinach, Lettuce, Tomato, and Roasted Red Peppers	
<b>California Burger</b>	9.00
Veg it up or make it a traditional burger with Veganaise, Lettuce, Tomato, Onion and Pickles	
<b>Tofu Scramble</b>	7.00
The perfect Vegan Breakfast! Tofu scrambled with Spinach, Tomatoes and Peppers	



## Drinks

<b>Coffee</b>	
Small (12oz)	1.25
Medium (16oz)	2.00
Large (20oz)	2.50
<b>Fresh Brewed Teas 16 oz.</b>	2.00
<b>Fresh Squeezed Lemonade 16 oz.</b>	3.50
<b>Bottled Selections Include:</b>	
<b>Herbal Mist Iced Tea</b>	
Small Glass Coke, Coke de Mexico, Fanta Orange de Mexico, Coke, Diet Coke, Sprite, Sunkist, Gingerale, Root Beer, Gatorade, Power Aid, Sparkling Ice, Vita Coco and Water	



## Bread Options

**Bread Selections:** Sourdough, Wheat, Marbled Rye, Rye, Whole Grain, & 8" Sub Roll

**Gluten Free Options:** Bagel, Whole Grain Bread, White Bread, & Baguette Sub Roll

**Wraps:** Sundried Tomato (V), Spinach (V) Wheat (V) Garlic Pesto & Jalapeno Cheddar



## Fresh Salads

<b>Caesar Salad</b>	7.00
Fresh Romaine, Cranberries, Croutons	
<b>Garden Salad</b>	7.00
Fresh Romaine, Mixed Greens, Tomatoes, Cucumbers, Peppers, Croutons	
<b>Everything Salad</b>	9.00
Fresh Romaine, Sundried Tomatoes, Hearts of Palm, Pistachios, Dried Edamame, Chick Peas, Avocado, Croutons	
<b>Spinach Salad</b>	9.00
Fresh Spinach, Apples, Walnuts, and Cranberries	
<b>Kale Salad</b>	9.00
Massaged Kale, Cranberries, Almonds, Apples, and Green Beans	
<b>Dressings</b>	
Home Made Seasoned Avocado, Ranch, Blue Cheese, Raspberry Vinaigrette, Oil & Vinegar, French, Thousand Island, Creamy Italian	
Extra Dressing	.75
<b>Chicken Salad, Tuna Salad or Deli Meat</b>	4.00
Added to any salad	



## Sides/Salads to Go

	6 oz/ 8 oz/ 12 oz/ 16 oz
Coleslaw /Pasta /Potato Salads	2.00/3.00/4.00/6.00
Shrimp Macaroni Salad	3.00/4.00/6.00/8.00
Tortellini Salad	3.00/4.00/6.00/8.00
Grain or Raw Salads	3.00/4.00/6.00/8.00
Chicken Salad	4.00/5.00/8.00/10.00





## Morning Goods

<b>Bagel -Daily Selections Available</b>	2.50
<b>Toast</b>	1.50
<b>Add Cheese</b>	1.00
Cream Cheese, American, Swiss, Cheddar, Muenster, Provolone, Chipotle Gouda, Three Pepper Colby , Asiago	
<b>2 Eggs</b>	2.00
<b>Meat</b>	2.00
Bacon, Sausage, Ham, Turkey, Veg Sausage	
<b>Smoked Salmon</b>	4.00
<b>Veggies</b>	.50 ea
<b>Avocado</b>	.75
<b>Yogurt and Granola</b>	5.00
Honey infused yogurt with homemade granola	
Add Fresh Fruit (as available)	1.50
<b>Oatmeal</b>	3.00
Add Fresh Fruit and Walnuts or Granola	



## Smoothies

6.00 SM/ 7.50 LG

### Smoothies are Made To Order With 3 Ingredients of Your Choice

Berries, Banana, Spinach, Apple, Mango, Grapefruit, Orange, Pineapple, Peanut Butter (PB2) or Chocolate PB2

Wheat Grass, Hemp Protein or Chia Seeds .50 ea



## Fresh Juices

6.00 SM/7.50 LG

Juices are Made to Order With Ingredients of Your Choice, Or Follow One of Our Suggestions

### Green Juice

Spinach, Carrots, Celery, Cucumber, Ginger, Orange and Apple

### Tomato Juice

Tomatoes, Carrots, Celery, Cucumber, Radish, Cilantro and Apple

### Beet, Carrot and Orange

### Grapefruit and Apple

Fresh Orange, Grapefruit, or Pineapple Juice



*A fresh alternative*

Proudly featuring  
Boars Head Brand  
Meats and Cheeses

Check our Facebook and daily for  
specials and other items.

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At The Greenhouse,  
everything is prepared fresh  
with the best ingredients.

Check in daily for our  
fresh goods and specials.

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*Serving Breakfast, Lunch  
and Dinner*

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