



**From the desk of Chef Amra**

**Available Daily  
On a Rotating Basis  
in Our Dining Room**

Mixed Greens with Organic & Homemade dressings, two specialty salads, wraps or sandwiches, Raw seasonal vegetables, Organic, non-GMO Tofu, Anti-biotic Free Chicken, Organic Hard Boiled Eggs, [Safe Catch](#) Low-Mercury Sustainable Wild Tuna, Homemade Chicken or Organic Egg Salad, Assorted Organic Cheeses & Nitrite and Antibiotic-free Deli Meats

Fresh Seasonal Fruit, Organic Low-fat Yogurt, Homemade Granola, Raisins, Sunflower Butter & Assorted Natural Jellies, Organic Butter & Cream Cheese.

Local Hormone & Antibiotic-Free Milk  
Naturally Flavored Water

**Sandwich Makings**

On a Rotating Basis: Antibiotic-Free, Nitrite-Free Oven-Roasted Turkey, Ham, Organic Egg Salad, *Safe Catch* Tuna Salad, Antibiotic-Free Chicken Salad, Assorted Cheeses and Roasted Vegetables..

Assorted Breads & Rolls include whole wheat, multi-grain and white.  
Gluten-free available upon request.

***Please Note:***

*The kitchen uses only antibiotic & hormone free meats.*

*The beef we prepare is grass-fed.*

*The tofu we prepare is organic and non-GMO.*

*Organic vegetables and fruits are used when possible.*

*All canned tomato products are local NJ summer tomatoes.*

**See hyperlinks on select menu items for more information.**