



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, sandwiches makings, 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, Organic Grass-Fed Cheddar & Nitrite and Antibiotic-free Applegate Farms & Boars Head 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 ground 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.