



**From the desk of Chef ToniAnn**  
**Available Daily in Our Dining Room**

Mixed Greens with a choice of 3 different dressings,  
Assortment of fresh raw seasonal vegetables,  
Sliced All Natural Nitrate-Free, Hormone and Antibiotic-Free Deli Meats,  
Sliced & Shredded Cheeses, Sliced Tomatoes,  
Organic Hard Boiled Eggs,  
Homemade [Safe Catch](#) Low-Mercury Sustainable Wild Tuna, Chicken or Organic Egg Salad,  
Organic Non-GMO Tofu, Assorted Beans & Lentils including Hummus & Other Bean Dips

Fresh Cut & Whole Seasonal Fruit, Organic Yogurt,  
All Natural Whole Grain Granola & Cereals, Raisins & Dried Fruits,  
Soy Butter & Assorted Jellies, Organic & Conventional Butter & Cheese  
Breads & Rolls include whole wheat, multi-grain and gluten-free.

Organic Milk

**Our Snack Program includes the following items:**

**Fresh Seasonal Fruit**

Please note our fruit is sourced locally as often as possible from  
*GrowNYC's Wholesale Greenmarket* and our partnership with *Baldor Foods*.

*Organic Valley String Cheese*  
*Back To Nature Crispy Wheat Crackers*  
*Back To Nature Honey Graham Sticks*  
*Back To Nature Crispy Cheddar Crackers*  
*Annie's Organic Whole Grain Bunnies*  
*Nature's Bakery Whole Wheat Fig Bars*  
All Natural Applesauce  
Non-GMO Popcorn  
Carrot Sticks

***Please Note:***

*The kitchen uses locally raised, antibiotic & hormone free meats.*

*Our organic canned beans are from BPA-free cans.*

*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.**