



## Lunch

<b>Sliced French Baguette</b>	
~with butter	1.50
~with garlic oil and cheese	2.50
<b>Gluten-Free Grilled Corn Muffin</b>	2.00
~with pepper jack cheese	3.25
<b>Curried Yam Soup</b>	3.50/5.00
<b>Soup du Jour</b>	4.00/6.00
<b>Vegetarian Black Bean Chili</b>	4.00/6.00
<b>House Salad</b>	3.50/ 6.00
Mixed greens with fresh grape tomatoes, carrots and choice of house-made dressing	

## Entrée Salads

<b>Jumbars' Signature Salad</b>	8.95
Mixed greens with hard cooked egg, grilled asparagus, cucumber, roasted sweet peppers and lemon dill dressing	
~with grilled tofu	10.95
~with grilled chicken	10.95
~with grilled salmon	11.95
~with grilled shrimp	12.95
<b>Salad Nicoise</b>	14.95
Ahi tuna grilled medium rare on a bed of mixed greens with olives, grilled potatoes, green beans and hard cooked egg with red wine vinaigrette	
<b>And The Beet Goes On</b>	9.50
Roasted beets on a bed of spinach with goat cheese, roasted walnuts, grilled red onion and red wine vinaigrette	
<b>Roasted Duck Breast</b>	15.95
Mixed greens with sliced pear, dried cranberries, roasted walnuts and balsamic vinaigrette	
<b>Blackened Salmon</b>	11.95
Mixed greens with grilled potatoes, roma tomato, cucumber, grilled red onion and herb buttermilk dressing	
<b>Mary's Salad</b>	10.95
Grilled chicken on mixed greens with hard-cooked egg, carrots, tomato, crisp Fuji apple, sharp cheddar and honey Dijon vinaigrette	
<b>Greek Salad</b>	8.95
Mixed greens with tomato, cucumber, olives, feta and red wine vinaigrette	
~with grilled chicken	10.95

## Beverages

<b>Monocacy Coffee Co. Fresh Brewed Coffee</b>	2.75	<b>Juice – small/large</b>	2.25/2.75
<b>Hot Tea</b>	2.75	(orange, cranberry, organic apple, grapefruit, vegetable)	
(additional tea bag)	.50	<b>Sunrise – small/large</b>	2.25/2.75
<b>Hot Chocolate</b>	2.75	(orange juice with a splash of cranberry juice)	
<b>Bottled Water</b>	2.50	<b>Seabreeze – small/large</b>	2.25/2.75
(still or sparkling)		(grapefruit juice with a splash of cranberry juice)	
<b>Soda</b>	2.25	<b>Unsweetened Iced Tea</b>	2.25

<b>House Made Quiche</b>	5.50
~Spinach, tomato, Swiss and farmer's cheese	
~Asparagus, mushroom and provolone	
~Quiche Lorraine with smoked bacon and caramelized onions	
~New England Quiche with house-made apple sage pork sausage, Granny Smith apples and cheddar cheese	

<b>Hummus Platter</b>	8.95
House-made hummus with tomatoes, olives and tabbouleh; served with flatbread	

## Combo Meal Deals

### Served with:

Cup of soup or salad	9.00
Bowl of soup	10.50
Fresh fruit	10.25

### Grilled Cheese

- ~with tomato on choice of bread
- ~add ham or bacon

### Half Meatloaf Sandwich

- Meatloaf prepared with pork and beef from Breakaway Farms, with tomato and dijonaise on choice of white or whole wheat
- ~Whole sandwich, add 3.00

### House Made Quiche

- ~Spinach, tomato, swiss and Farmer's Cheese
- ~Asparagus, mushroom and provolone
- ~Quiche Lorraine
- ~New England Quiche

### Hummus & Veggie Wrap

- with spinach, tomato and cucumber

## House-made Dressings

Balsamic Vinaigrette, Herb Buttermilk, Honey Dijon, Lemon Dill Raspberry Vinaigrette, Red Wine Vinaigrette (extra dressing, 1.00)



**Greenwich St. Special** 9.95  
 Turkey breast with Granny Smith apples cheddar cheese and dijonnaise; served open face on white toast with potatoes and house-made pickle

**Natural Beef Burger** 9.95  
 Natural beef burger from Breakaway Farms; served with lettuce and tomato on our house-made focaccia roll with potatoes and house-made pickle  
**Add:** American cheese, caramelized onions, provolone, tomatoes, farmer's cheese, pepper jack, mushrooms, Swiss, spinach, feta, cheddar, roasted peppers, bacon or goat cheese 1.00 each

**Chicken Crepes** 13.95  
 with broccoli, tomatoes and a light asiago cream sauce

**Hot Ham and Cheese** 9.95  
 Thinly sliced baked ham, grilled golden pineapple and farmer's cheese on our house-made grilled challah roll with potatoes and house-made pickle

**Pulled Pork Sandwich** 9.95  
 House-made tender, shredded pork from Breakaway Farms in a mild chili barbecue sauce served on our house-made grilled challah roll with potatoes and house-made pickle

**Whole Wheat Flatbread**  
 ~with zucchini, tomato, spinach, garlic olive oil, mozzarella and asiago cheese 8.95  
 ~with grilled chicken 10.95  
 ~with shrimp 12.95



## Cold Sandwiches

**Turkey and Apple Chutney** 9.95  
 Turkey breast with house-made apple-cranberry chutney on toasted cinnamon raisin bread

**Turkey Club** 10.95  
 Turkey breast with smoked bacon, lettuce, tomato and dijonnaise on our house-made whole wheat toast

**Italian Trio** 9.95  
 Sliced ham, hard salami, and hot capicola with lettuce, tomato, provolone and red wine vinaigrette served on our house-made focaccia roll

## Grilled Sandwiches

**Baby Bella** 10.95  
 Baby bella mushrooms, zucchini, fresh spinach, tomatoes, caramelized onions, garlic olive oil, mozzarella and provolone on house-made whole grain bread

**Lenore's** 10.95  
 Turkey breast, caramelized onions, dijonnaise, smoked bacon and provolone on house-made white bread

**Meatloaf Grilled Cheese** 10.95  
 Meatloaf prepared with pork and beef from Breakaway Farms, pepper jack cheese and sliced tomato served on choice of house-made white, whole grain or marble rye bread

Cold and grilled sandwiches are served with grilled potatoes and house-made pickle  
 Substitute house salad 1.95

Visit Our Counter for Today's Baked Goods, Jams by the Jar, Bread and Muffins. Also for sale is Jumbars Java—locally roasted by Monocacy Coffee Co.!

Consuming raw or under-cooked meats, poultry, seafood, shellfish or eggs may increase your risk of food-borne illness — especially if you have certain medical conditions.

Allergy Warning: Please know that despite taking every precaution, cross contact with peanuts, tree nuts, soy, milk, eggs, wheat, fish or crustacean shell fish can occur in our food production areas.

- We proudly support and source from these local farms and producers:
- Breakaway Farms, Mount Joy, PA
- Monocacy Coffee Co., Bethlehem, PA
- Padula's Potatoes, Bath, PA
- Scholl's Orchards, Bethlehem, PA
- We accept Visa, Mastercard, Discover and American Express. Please tell your server before ordering if you need separate checks.
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