

Entrées

<i>Includes One Side Dish</i>	<i>One Additional Side</i>	2.25
Grilled Atlantic Salmon with Mustard Shallot Sauce		13.95
Crab Cakes		13.95
Turkey Cutlet of the Day		12.95
Turkey Patty with Capers & Parsley		7.95
Chicken Breast Grilled with Herbs of Provence		9.95
Grilled B-B-Q Half Chicken		9.95
Sliced Sirloin Tips		13.50
Grilled Hamburger Steak with Cheddar		9.95
Southwestern Cumin-Spiced Meatloaf		8.95
Pasta of the Day		8.95

Hot Side Dishes

<i>One Side Dish A La Carte</i>	3.95
<i>Plate of Three Side Dishes</i>	10.50
Baked Macaroni & Sharp Cheddar with Jalapeños	
Herbed Mashed Potatoes	
Caramelized Sweet Potatoes	
Sautéed Greens	
Broccoli	
Grilled Zucchini or Eggplant	
Green Beans with Shallots & Almonds	

Cold Side Dishes

<i>One Side Dish A La Carte</i>	3.95
<i>Plate of Three Side Dishes</i>	10.50
New Potato Salad with Mustard Dill Vinaigrette	
Baby Greens with Tomato & Red Onion	
Beets with Raspberry Vinaigrette	
Bean or Grain Salad of the Day	
Pasta Salad of the Day	
Sesame Noodles	
Artichoke Vinaigrette	
Greek Salad with Cucumbers, Tomato, Feta & Olives	

Salad Entrées

<i>Includes One Side Dish</i>	<i>One Additional Side</i>	2.25
Curried Chicken Salad with Apples & Raisins		7.95
Special Chicken Salad of the Day		7.95
Tuna Salad with Celery, Onion & Mayonnaise		7.95
Salmon Salad with Dill, Cucumber & Yogurt		8.95
Curried Shrimp Salad with Chutney Mayonnaise		8.95
Seafood Salad with Shrimp & Calamari		8.95
Egg Salad		5.95

Salads – a rotating daily selection

Cobb Salad: Grilled Chicken, Bacon, Avocado, Hard Boiled Egg, Tomato & Greens with Blue Cheese Dressing	9.25
Grilled Chicken Caesar Salad: Romaine, Croutons & Parmesan with Caesar Dressing	8.50
Greek Salad: Grilled Chicken, Cucumber, Tomato, Feta, Black Olives, Chickpeas & Greens with Lemon Oregano Vinaigrette	9.25
Chinese Chicken Salad: Roast Chicken, Bean Sprouts, Cucumbers, Carrots, Peanuts & Baby Spinach on Sesame Noodles	9.25
Smoked Turkey Salad: Smoked Turkey, Brie, Sun Dried Tomato & Arugula with Honey Mustard Dressing	9.25
Niçoise Salad: Tuna, Green Beans, Beets, Potato, Tomato, Egg, Olives, Anchovy & Greens with Lemon Oregano Vinaigrette	9.25
Atlantic Salad: Grilled Salmon, Baby Spinach, Hard Boiled Egg, Goat Cheese, Onions & Walnuts with Curried Yogurt Dressing	10.25
Madras Salad: Curried Shrimp, Avocado, Orange & Greens with Curried Yogurt Dressing	9.50
Seafood Avocado Salad: Shrimp, Calamari, Avocado & Greens with Lemon Vinaigrette	9.50
Thai Steak Salad: Thai-Spiced Beef, Cucumbers, Tomato & Shredded Carrots on a Bed of Rice Noodles	10.25
Grilled Vegetable Salad: Grilled Zucchini, Eggplant, Roasted Red Pepper, Olives, Hummus & Greens with Red Wine Vinaigrette	8.50
Lemongrass Shrimp Salad: Shrimp, Shredded Daikon, Beets Plantain Chips & Hearts of Palm with Lemongrass Dressing	9.50

Sandwiches – lunchtime

Herb Roasted Turkey with Arugula & Cranberry Dressing on Pumpernickel	7.25
Smoked Turkey & Munster with Chutney Mayonnaise on Sourdough	7.25
Turkey Club with Bacon, Lettuce & Tomato on Rye	7.25
Grilled Chicken Breast with Arugula & Roasted Red Pepper on Baguette	7.25
Roast Chicken Breast with Alfalfa Sprouts, Sliced Apples & Brie Chutney on 8-Grain Bread	7.25
Tuna Salad with Greens on Onion Brioche Roll	7.25
Roast Beef with Slaw & Russian Dressing on Rye	7.25
Black Forest Ham & Brie with Honey Mustard on Sourdough	7.25
Genoa Salami, Prosciutto, Provolone & Roasted Red Pepper on Ciabatta	7.25
Mortadella, Prosciutto & Mozzarella with Tomato & Basil on Whole Wheat Baguette	7.25
Smoked Mozzarella & Tomato with Pesto on Ciabatta	7.25

Wraps – lunchtime

Curried Chicken Salad in Spinach Wrap	7.25
Caesar Chicken Salad in Caesar Wrap	7.25
Roast Turkey, Black Bean, Roasted Red Pepper, Cheddar & Shredded Romaine with Chipotle Mayonnaise in Red Pepper Wrap	7.25
Avocado, Black Bean, Roasted Red Pepper & Cheddar with Chiptole Mayonnaise in Black Bean Wrap	7.25

Soups & Chili

Soup of the Day	4.25
Gazpacho	4.25
Turkey Chili with Cheddar & Sour Cream	7.95

See daily specials at www.readytoeat.net

Desserts

Homemade Cookies	1.50
Old Fashioned Brownie	3.00
Raspberry Cheese Bar or Lemon Bar	3.00
Lemon Pound Cake	2.50
Cake: Carrot, Chocolate or Cheesecake	4.50
Chocolate Mousse	4.00
Individual Tart: Apple or Pear	4.50
Individual Pie: Rotating Seasonal Selection	4.50

Beverages

Orange Juice	Medium	2.25	Large	3.25
Coffee	Medium	1.55	Large	1.75
Decaf	Medium	1.55	Large	1.75
Espresso	Single	2.25	Double	3.50
Cappuccino or Latte	Single	3.25	Double	4.50
Tea	Medium	1.35	Large	1.55
Iced Tea or Iced Coffee				2.00
Coke, Diet Coke, Sprite, Dr. Pepper or Ginger Ale				1.50
Evian, San Pellegrino or Poland Spring				1.50
Homemade Lemonade				2.25
Pom (Pomegranate)				2.50
Pom Green Tea				3.50

Breakfast - weekdays

Granola Parfait w/Yogurt & Fruit	Small	3.50	Large	4.25
Fruit Salad				3.95
Quiche				5.00
Egg Salad				3.95
Mini-Bagel with Butter				1.00
Mini-Bagel with Jam or Cream Cheese				1.50
Mini-Bagel with Smoked Salmon & Cream Cheese				3.95
Mini-Bagel with Egg Salad				2.75
Muffin				1.90
Western Egg Wrap with Ham, Onions & Peppers				3.75
Eggwhite Wrap with Onions & Peppers				3.75
Bacon & Egg Wrap				3.75

Store Hours:

Monday - Thursday	8:00 – 10:00
Friday	8:00 – 9:00
Saturday	10:00 – 6:00
Sunday	12:00 – 8:30 ²⁰¹⁰



READY TO EAT 
Catering & Take Away

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