

Sampling of our Winter Menu

Our menu is inspired by simple, great ingredients.

Lunches are fully custom, choose your main item and then your fruit, veggie and treat

Small (Ages 3-7) \$6.00 Medium (Ages 8-10) +\$1.00 Large (Ages 11 & up) +\$1.50



Wheat-Free



Vegetarian



Dairy-Free



Seasonal



Oodles of Noodles

Soba Noodles & Veggie Chick Mix:



Buckwheat Soba Noodles Tossed with Organic Chicken, Local Carrots and Peas.

Pasta Mix Up



Whole Wheat Cork Screw Pasta with Organic Roasted Chicken and Peas.



Chopp'd

Chopp'd Spring Mix:



Organic Mixed Lettuces with Organic Roasted Chicken, Clementine Pieces, House-Made Croutons and In-House Balsamic Dressing

Make vegetarian with extra peas



A Lil' Different

Pumpkin Whole Grain Pancakes:



Pumpkin Whole Grain Pancakes with Cinnamon and Nutmeg Spices, Vermont Maple Syrup and Chicken Breakfast Sausage

Skip the sausage to make vegetarian

Sammies

Seasonal and year round selection of sandwiches. Served on Iggy's crustless whole wheat or country white bread

Have as a snack with bread sticks or rice crackers

Genoa Salami with Cabot Cheddar



Oven Roasted Turkey with Cabot Cheddar



Sun Butter and Strawberry Fruit Spread



Dippers

Seasonal and year round selection of dippers. Served with House-Made Whole Wheat and Country White Dippers Made from Iggy's Bread.

Make wheat free with rice crackers

Cream Cheese Bowl



Vanilla Spice Sun Butter Bowl



Creamy Lemon Hummus Bowl



Veggies

Local Carrots
Red Peppers
Veggie Mix

Fruit

Apple Slices
Clementine Pieces
Organic Strawberry Banana Smoothie

Mini-Treat

Chocolate Chip Bite
Choco-Craison Mix
Oatmeal Craison Bite
No Thanks Extra Fruit!