

# Menu

## SOUPS & SALADS

### Daily Soup or Salad

Each day Joy prepares a special soup and salad for you to enjoy.

Cup _____	\$3.50
Bowl _____	\$6.95
Soup & Salad _____	\$7.95
Caesar Salad _____	\$6.95
Chicken Caesar _____	\$7.95
Cobb Salad _____	\$8.95
Garden Salad _____	\$6.95

*Chicken Curry or Tuna add \$2.00*

Organic garden veggies on a bed of mixed greens. Try it with Joy's fresh basil or tahini dressing.

## SPINACH PESTO PIZZA

Organic spinach, feta cheese, pesto, sun-dried tomatoes, and Kalamata olives on sprouted-wheat crust.

Slice _____	\$3.95
Whole _____	\$19.95

Call-in orders are appreciated when ordering a whole pizza.



**360.740.8944 - Orders to Go**

## HOT SANDWICHES \_\_ \$7.95

**Bountiful Beef:** house-roasted beef, grilled onions, apple horseradish and provolone on a sourdough roll.

**Meatloaf Panini:** meatloaf, marinara sauce, pesto, grilled onions, mayo and havarti on rustic bread.

**Reuben:** house-corned beef, sauerkraut, 1000 dressing and Swiss on marbled rye.

**Turkey Artichoke Panini:** house-roasted turkey breast, artichoke tapenade and Swiss on rustic bread.

**Rustic Italian:** roasted Roma tomatoes, red peppers, onions, pesto and provolone on focaccia. Turkey or Chicken add \$1.00

**Muffalata:** Italian dry salami, olive tapenade and provolone on ciabatta.

**Tuna Melt:** tuna salad, tomato and Swiss on two sprouted-wheat English muffins.

**Ham & Swiss:** juicy ham, Swiss cheese, and apricot-dill mustard on ciabatta.

**The Club:** roasted turkey breast, bacon, tomato, spinach, and honey Dijon mustard on focaccia.

## Eat ~ Shop ~ Relax

We carry delicious Organic Soup Mixes, Maya Chai Tea, Republic of Tea, Grains by the Pound, and an assortment of kitchen items.

## COLD SANDWICHES \_\_ \$7.95

Cold sandwiches are served on rye, whole wheat, sourdough, seeded whole grain.

**Turkey Cranberry:** roasted turkey breast, cream cheese, and apple-cranberry chutney.

**Chicken Curry:** chicken breast infused with exotic Indian spices- a Joy original.

**BLT:** bacon or soy bacon bits, avocado, tomato, onion, and lettuce.

**Veggie:** avocado, cucumber, pepper, tomato, red onion, lettuce and choice of basil or tahini dressing.

**Kid's Lunch:** ½ organic peanut butter and jelly or ham & cheese sandwich with fruit and apple juice \_\_\_\_\_ \$4.95

## SANDWICH & SOUP OR SALAD \_\_\_\_\_ \$7.95

1/2 sandwich (hot or cold) and choice of cup of soup or salad.

## SMOOTHIES

16 oz \_\_\_\_\_ \$3.50

Made with organic apple juice and your choice of two fruits:

Banana	Strawberry	
Blueberry	Mixed Berry	
Peach	Pineapple	Tropical
<b>Healthy Additions _____ 50¢ each</b>		
Flax	Protein Powder	
Vitamin C	Nutritional Yeast	
Bee Pollen		

Joy's Power Booster \_\_\_\_\_ \$4.50  
Smoothie with all healthy additions