

SPOONFUL 570-409-4911

SOUPS (12oz)

Hungarian Mushroom Our signature soup made with 3 varieties of local mushrooms (cremini, Shiitake, portabella), cream, paprika and dill (vegetable stock)

Butternut Sweet Potato Butternut squash, sweet potatoes, apples and spices; toasted pumpkin seeds on side (vegetable stock) /V/GF

Chicken Orzo Our rich stock with diced chicken and orzo pasta (chicken stock)

Chili Our signature spiced stew made with ground beef, beans, peppers, veggies & spices (beef stock) /GF

SANDWICHES & PANINIS (Gluten Free bread available on some varieties)

Green Egg (Vegan Friendly!) Avocado, hummus, lettuce, tomato and onions; chips on the side

Mamma Mia Fresh mozzarella, fresh basil & roasted peppers; balsamic vinaigrette & chips on the side

Havana Panini Braised pork, smoked ham, Swiss cheese, mustard & pickles

Turkey Lurky Panini Roasted turkey, bacon, sautéed spinach, mozzarella, chipotle-mayo spread

Triple Decker Grilled Cheese made with sharp cheddar & bacon jam; macaroni salad, chips & pickle on side

Smoked Ham with Sharp Cheddar on a Buttery Croissant

WRAPS

GARLIC HERB WRAP Grilled chicken, mozzarella, light basil pesto (no nuts), freshly chopped Romaine lettuce side of sweet pickles)

VEGAN WRAP Grilled eggplant, creamy hummus, sliced peppers, freshly chopped Romaine lettuce & red onion, with a balsamic drizzle in a sun-dried tomato wrap (side fruit)

GrainBOWLS

Chicken Scratch Grilled chicken, black bean salsa & sweet corn layered over quinoa, and topped with avocado cream, toasted pumpkin seeds and a lime wedge /GF

Tofu Tale Grilled tofu, avocado slices, black beans & sweet corn over quinoa topped with a balsamic glaze, toasted pumpkin seeds and a lime wedge V/GF

Macho Nacho Chili, fresh avocado slices cheddar cheese over corn tortilla chips. Topped with sour cream & diced jalapenos /GF

Fiesta Bowl Marinated grilled chicken, baked plantains, avocado slices and black beans over seasoned rice; topped with house chipotle sauce /GF

SALADS can add chicken

Opa (Greek salad)/GF

California Dreamin' (spinach, goat cheese, berries) /GF

SWEETS v=vegan gf=gluten free

Chocolate chip cookies, v

Black bean Brownies, gf

Blondies, v

Blueberry coffee cake, v/gf

Mud pies (peanut butter crust with chocolate pudding) v