

- LUNCH -

Served Daily: 11am-4pm

PANINIS

Choose your bread:

Multigrain

Parm Foccacia

Torpedo

Sourdough

Italian Chicken

Goosey mozzarella cheese, roasted red pepper, shredded chicken, garlicky pesto.....12

Pesto Panini

Toasted buttery panini, basil pesto, melted fresh mozzarella, juicy tomatoes.....11

Chicken Cutlet

Crispy chicken, honey garlic sauce, Gouda, red onion, bacon.....13

Cauliflower Grilled Cheese

Roasted Parmesan cauliflower, white cheddar, arugula.....12

New Englander

Sliced turkey breast, smoked bacon, Gruyere cheese, sliced apples, walnut mayo, arugula.....12

Roast Beef

Layers of rare roast beef, provolone cheese, fresh spinach, roasted red peppers, garlic-Gorgonzola mayo spread.....13

Chicken Parm

Crispy chicken, marinara, mozzarella.....12

Spicy Vegetable

Roasted vegetables with mushrooms, goat cheese, arugula, spicy aioli.....11

Turkey Cranberry

Free range turkey breast, whole berry cranberry sauce, white cheddar, honey mayo.....13

The Classic Cutlet

Cold breaded cutlet, sea salt, black-pepper mayo, hand-cut American cheese, chopped lettuce, juicy tomato.....13

ABJ

Crunchy almond butter, house-made blackberry jam.....11

**Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness. Please inform a manager or server of an allergy.*

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+1 Side:

Simple Salad

Hand-cut Chips

Buckwheat Noodle Salad

Pasta Salad

Apple

Cheesy Breadstick

Tortellini/Artichoke Salad.

Bowls

Power

Farro, feta, carrot, jicama, lime, chickpeas, almonds, hard boiled egg, wild arugula, spicy honey-lime vinaigrette.....12

Protein

Roasted sweet potato, sliced sirloin steak, chickpeas, crushed hard boiled egg, red onion quinoa, green goddess dressing.....16

Spicy Chicken

Pulled chicken, black beans, avocado, red cabbage, almonds, arugula, hot honey dressing.....13

Harvest Bowl

Toasted barley, apples, pistachios, gorgonzola, roasted brussels sprouts, cranberries, and arugula with our house-made balsamic vinaigrette dressing.....11

Noodle

Chilled buckwheat noodle, caramelized broccoli, chopped Calabrian peppers, edamame, crushed peanuts, baby carrots, garlic soy vinaigrette.....13

ABL T

Avocado, smoked bacon, romaine, chopped heirloom tomato, Gorgonzola dressing garlic soy vinaigrette.....13

Hummus

Baby Kale, red pepper hummus, red onion, feta, kalamata olives, spiced walnuts, cherry tomato.....13

Nero

Blackened salmon, arugula, pine nuts, creamy lemon tahini, goat cheese, red onion.....16