



Order Online:  
**KatesSimpleEats.com**  
Phone Orders:  
**508.748.0042**  
Open Monday-Saturday 9am-3pm  
(kitchen closes at 2:45)

### ***Welcome to Kate's!***

*We are now open for takeout, patio and indoor seating. Please enter through the front door and exit out the back. Online orders will be available for pickup inside. Please make sure you wear your mask until seated, maintain social distancing and please don't move the tables as they are spaced 6ft apart. Tables and chairs will be sanitized between each use – please wait until the table has the sanitized sign on it. We'll all get through this and thank you so much for working with us!*

### **SANDWICHES**

Hearty White, Harvest Whole Grain, Gluten Free (add \$1), White Wrap, Wheat Wrap  
All sandwiches are served with a crisp dill pickle!

#### **Super Food Wrap**

Black beans, avocado, quinoa, spinach, tomato, red onion and sweet potato with a jalapeño lime dressing in a whole wheat wrap. 9.50

#### **Greek Veggie Wrap**

Mixed greens, quinoa, roasted red peppers, cucumber, tomato, red onion and feta with a cucumber yogurt dressing. 8.50 Add chicken 2

#### **Turkey Club**

Roasted turkey, applewood smoked bacon, crisp lettuce, tomato & mayo 9.50

#### **Old School BLT**

Applewood smoked bacon, crisp iceberg lettuce, tomato & mayo 8.25

#### **Chicken Salad Wrap**

Our tarragon chicken salad, mixed greens and toasted almonds 9.50

#### **Nance's Tuna**

Albacore tuna (that isn't made with gobs of mayo), crisp lettuce, tomato and red onion. 8.75

#### **Tuna Melt**

Nance's tuna salad grilled with cheddar cheese. 8.75

#### **Grilled Cheese**

A combination of provolone and cheddar cheeses grilled to perfection on our hearty white. 6.50  
Add bacon: 1.50 Add avocado: 1.50 Add spinach or tomato: .50

#### **Turkey Apple Cheddar**

Roast turkey, sliced apples and cheddar grilled on our harvest whole grain. 9.25

#### **Black Bean Wrap**

Black beans, cheddar, roasted red peppers, spinach, tomato, red onion and sour cream hit with a blast of Sriracha hot sauce... Delicious warm or cold. 8.75

#### **Chicken Bacon Blue Wrap**

Roasted chicken, Applewood smoked bacon, diced lettuce, red onion, tomato and a chunky blue cheese dressing. 9.25

### **QUESADILLAS**

Gluten Free Quesadillas - Add \$1

Pick your dipping sauce! Sour Cream, Sriracha, Buffalo, Blue Cheese (.50 each)

#### **Chicken & Black Bean**

Chicken, black beans, cheddar, spinach and red onion 12.00

#### **Buffalo Chicken**

Buffalo chicken, blue cheese dressing and cheddar cheese 12.00

#### **Plain Jane**

That's it... lots of cheddar cheese! Let us know if you want us to throw anything else in it 9.00

#### **Veggie**

Spinach, avocado, red onion, tomato, roasted red peppers and cheddar cheese. 12.00

### **SALADS & GRAIN BOWLS**

Dressings: Rosemary Balsamic, Chunky Blue Cheese, Jalapeño Lime, Honey Mustard, Italian Vinaigrette & Creamy Greek

**Garden Salad**

A bed of mixed greens topped with cucumbers, tomato & red onion. 8.00

**Super Food Salad Bowl**

Baby spinach topped with avocado, black beans, quinoa, sweet potato, red onion, tomato and toasted almonds with a jalapeño lime dressing. 12.00 Add Diced Chicken 2

**Tuna on Greens**

Nance's Tuna served over field greens with tomato & red onion. 9.50

**Chicken Salad on Greens**

Our tarragon chicken salad over mixed greens, with tomato & toasted almonds. 9.75

**Mediterranean Quinoa Bowl**

Baby spinach, feta, avocado, pickled red onion, cucumber, crunchy roasted chick peas on a bed of quinoa with a cucumber yogurt sauce 12.00 Add chicken 2

**Southwestern Chopped Salad**

Diced Iceberg, black beans, shredded cheddar, diced tomato and fresh avocado drizzled with a Cholula spicy crema and jalapeno lime dressing on the side. 11.00

## BREAKFAST

**Bagel or Toast**

Assorted flavors each day, toasted. 1.75 Add cream cheese .75

**Breakfast Sandwich**

Egg & cheese toasted on a bagel. 5.25 Add bacon, ham or turkey sausage 1.50 Add veggie .25 Add Avocado 1.50

**Avocado Toast**

Choice of bread topped with smashed avocado, olive oil and cracked pepper. 5.00 Add bacon, ham or turkey sausage 1.50 Add veggie .50

**Greek Avocado Toast**

Topped with feta, red onion and cucumber 6.50

**Kickin Avocado Toast**

Topped with roasted red peppers and Sriracha hot sauce 5.75

**Breakfast Burrito**

A hearty burrito filled with egg, cheddar, black beans, roasted red peppers, red onion, tomato and spinach with sour cream and a shot of Sriracha hot sauce. 8.25 Add bacon, ham or turkey sausage 1.50 Add avocado 1.50

## DAILY & SEASONAL SPECIALS

**Daily Soup**

Offered seasonally, and when we feel inspired on hot days! Cup 4.50 Bowl 7.25 Quart 13.00

**Specials:**

Delicious sandwiches, salads and more based on the inspiration we're having at the moment! Check them out on our online ordering page, Instagram and on Kate's Specials Board.

***Before placing your order, please inform your server if a person in your party has a food allergy.***