



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 7.50

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. 8.50

Ginger Chicken Wrap

Roast chicken, ginger carrots, mixed greens, shredded cabbage, cukes & red onion with a black sesame scallion vinaigrette. \$9.50

Tuna Melt

Nance's tuna salad grilled with cheddar cheese. 8.50

Shorty Melt

Braised beef, red pepper jam, pickled onion and provolone grilled on our hearty white. 11.00

Croque Monsieur

A creamy french-style grilled ham and cheese with a hint of dijon on our hearty white. 10.50

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 ham: \$2.00 Add spinach or tomato: \$.50

Turkey Apple Brie

Roast turkey, apple compote and whipped brie grilled on our harvest whole grain. 9.50

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. 8.50

Pig & The Rooster

Roast chicken, black forest ham, cheddar cheese, red onion and spinach with a dijon mustard and herbed mayo grilled on our hearty white 9.50

½ Sandwich & Cup of Soup or Salad

Choice of following sandwiches and our daily soup or side salad.

½ Grilled Cheese \$7.50 ½ BLT \$8.25 ½ Tuna or Tuna Melt \$8.75 ½ Ham & Cheese \$8.75 ½ Chicken Salad \$8.75

To Order: Call 508-748-0042 Online www.KatesSimpleEats.com
Serving Lunch 11am-2:45 pm

#changeisgood!

SALADS & GRAIN BOWLS

Dressings: Rosemary Balsamic, Chunky Blue Cheese, Jalapeño Lime, Honey Mustard, Italian Vinaigrette & Black Sesame Scallion Vinaigrette

Garden Salad

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

Harvest Salad

Mixed greens, bacon, dried cranberries, sweet potato, toasted walnuts & feta with a balsamic glaze. 12.00

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 2.0

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

Short Rib Rice Bowl

Braised beef, roasted red peppers, cheddar & scallions with a balsamic beef reduction \$15.00

Ginger Chicken Rice Bowl

Diced chicken with ginger carrots, shredded cabbage and cucumber over a bed of rice with a black sesame scallion vinaigrette 12.00

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 \$2.00

Black Bean Rice Bowl

Black beans and rice, roasted red pepper, red onion, diced lettuce, tomato & cheddar with a jalapeno lime dressing. \$12.00

Mac & Cheese \$7.50

Daily Soup \$4.50 cup \$7.00 bowl

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

Bacon Apple Brie

Applewood smoked bacon, cheddar, apple compote, brie 14.00

Veggie

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

Garlicy Tomato Feta

Tomato, garlic, feta and cheddar. \$11.00

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

#changeisgood!