

## SANDWICHES

PLEASE FEEL FREE TO SUBSTITUTE FOR AN ORGANIC BREAD OF YOUR CHOICE

**HOMEMADE FOCCACIA, WHEAT, SOURDOUGH,  
ROLL EZEKIAL SPROUTED GRAIN, CIABATTA.**

**ALL SANDWICHES COME W/HOMEMADE CHIPS**

**SUBSTITUTE SALAD or F.F. for CHIPS 3**

To add condiments to your sandwich, please refer to the toppings in the SLAB Section.

SANDWICHES WITH A LONGER PREPARATION TIME ARE INDICATED WITH AN \*

**ALL SANDWICHES ARE AVAILABLE PLATED**

<b>Cheebo Supreme *</b> .....	15
all natural flank steak rolled with prosciutto, genoa salami, mortadella, provolone, basil sliced, cheddar, chopped on foccacia w/ spicy mayo	
<b>Duckwich</b> .....	15
house duck confit with roasted red pepper, swiss & arrugula	
<b>Brisketwich * All Natural</b> .....	14
roasted onion, oven-dried tomatoes and dijon mustard on ciabatta	
<b>Chickwich or Steakwich</b> .....	15
free range/all natural w/cheddar, nitrate freebacon, tarragon mayo, arrugula and tomato on foccacia	
<b>Tunawich</b> .....	13
light tuna salad, cucumber, lemon mayo, red onion, mixed greens tomato on wheat bread	
<b>CHEE -B.L.T.A.</b> (nitrate free bacon) .....	12
b.l.t with mayo and avocado on sourdough add two organic over-medium eggs .....	3
<b>All Natural Turkeywich</b> .....	14
b.l.t.a with home roasted organic turkey breast on sourdough	
<b>Eggwich</b> (Add Bacon \$1.75) .....	13
homemade egg salad with sundried tomato, mixed greens on sourdough	
<b>All Natural Porkwich *</b> .....	14
slow-roasted all natural pork, pickles, roasted onion, swiss cheese, tarragon mayo on ciabatta	
<b>All Natural Chicken Salad Sandwich</b> .....	14
organic free range roast chicken salad, arrugula, tomato and lemon mayo on foccacia	
<b>Capresewich</b> .....	14
mozzarella, tomato, basil, avocado, olive, tapenade, burrata, extra virgin olive oil, on foccacia roll.	

## SANDWICHES

<b>Cheebo Burger</b> .....	15
(1/2 lb. of 4 cuts of ground all natural, piedmontese beef or all natural turkey with our secret sauce	
add nitrate free bacon .....	2
sub <b>Salmon No cheese</b> .....	2
<b>Home made bbq garden burger, fries</b> .....	15
<b>Fishwich</b> .....	14
Grilled daily catch with avocado,cabbage & pico de gallo, tarragon mayo on foccacia	
<b>Pressed Ham n Cheese</b> .....	12
served with roasted onions & dijon on foccacia	
<b>Vegwich grilled veg n goat cheese</b> .....	13
served on foccacia roll	
<b>Frescawich</b> .....	14
prosciutto, basil aioli, mortadella, mozzarella, tomato, provolone, extra virgin olive oil on foccacia roll	

## OTHER DELECTABLES

### VEG N SIDES N JUNK (EACH)

Free range organic egg or ciabatta .....	2
turkey bacon, nitrate free bacon, ham, sausage, chicken link, quinoa, couscous .....	3
chee-bread .....	4
yogurt, cottage cheese, mushrooms, braised cabbage, eggplant, squash, zucchini, avocado, fries, mashed potatoes, hashbrowns, sweet potato mash, cannellini beans, black beans, jr mac the cheese, organic garden patty, or home marinated olives .....	5
grilled raddiccio, lemon spinach, broccoli, du-puy lentils or escarole .....	6
organic green salad, light tuna salad, fruit salad, organic egg salad, organic chicken salad, green beans, asparagus, home smoked salmon, ny strip, turkey patty or organic chicken breast .....	7
fish of the day, organically fanned scottish salmon, ahi ori/2lb 4 cuts of free range piedmontese beef patty .....	8
five shrimp .....	9
home made duck leg confit .....	12

## OTHER DELECTABLES

### APPETIZERS

<b>Cheebread Wet Or Dry</b> .....	4
<b>Vegan Lentil Soup</b> .....	8
<b>Soup O da day</b> .....	8
<b>Chicken Vegetable Soup</b> .....	8
<b>Mediterranean plate</b> .....	14
Greek salad Tabouli ,hummus & pita bread	
<b>Salmon tartar</b> .....	14

## OTHER DELECTABLES

### APPETIZERS

<b>Fried Calamari with romesco and remoulade sauces</b> ...	11
<b>Millefeuille of eggplant and burrata</b> .....	13
<b>Cheebo Beignet with honey or marinara</b> .....	4
<b>Steamed Gamberetti Carpaccio with White &amp; Green Beans, Potato &amp;Avocado Salad</b> .....	16
<b>Artichoke Steamed then Grilled with Basil Aioli or Choice of Salad Dressing</b> .....	11
<b>Seasonal Bruschetta</b> .....	12
<b>Home Smoked Wild Salmon Plate</b> .....	14
<b>Polenta Tots</b> .....	9
<b>Bouchot Mussels</b> .....	12

### PASTA

<b>Spaghetti Con Gamberetti</b> .....	14
<b>Penne Arrabbiata (spicy) anchovie in sauce</b> .....	13
<b>Spaghetti Pomodoro</b> .....	13
<b>Homemade Lasagna (With meat)</b> .....	15
<b>Rigatoni With Sausage N Mushroom (cream sauce)</b> .....	16
<b>Pappardelle Primavera</b> .....	14
<b>Rigatoni Bolognese</b> .....	16
<b>Mack the Cheese</b> .....	12

### ENTREES

<b>Organic Veggie Plate</b> .....	19
grilled or steamed season veg with couscous	
<b>Cedar Plank Grilled Wild Catch</b> .....	24
Spinach N mash	
<b>Shrimp N Mussel Cassoulet</b> .....	19
<b>Grilled Pinwheel</b> .....	23
All Natural beef rolled with prosciutto, genoa salami, mortadella, provolone n basil served with white beans	
<b>Grilled Free Range Half Chicken</b> .....	21
Spinach n Mash	
<b>Piedmontese Steak Frites</b> .....	22
Flat Iron all natural, and free range	
<b>Slow-Roasted Organic Pork Shoulder</b> .....	21
Served with braised cabbage, roast fennel, apple compote	
<b>Home Smoked Brisket with escarole, mash</b> .....	19
Served with roasted onions, overdried tomatoes, horseradish	
<b>All Natural Baby Back Ribs</b> .....	23
with mash & b.b.q. sauce	
<b>Duck Confit</b> .....	19.00
..... (one leg) .....	..... (two legs) .....
pommes sarladaises and frisee	
<b>Tagine of Artichoke hearts and peas</b> .....	23
<b>Tagine De Poisson</b> .....	23
<b>Tagine of Lamb with Prunes and Almonds</b> .....	24

## DESSERTS

**A LI'L SOMETHIN' SOMETHIN'?  
ALL DESSERTS ARE HOME MADE**

<b>Pot O' Gold</b> .....	8
<b>Creme Brulee</b> .....	8
<b>Tiramisu</b> .....	8
<b>Flourless Chocolate Cake</b> .....	8
<b>Chocolate Walnut N Caramel Tarte</b> .....	8
<b>Tarte Fine Aux Pommes</b> .....	8
<b>Homebaked Cookies</b> .....	8
<b>Chee-Begniers N Honey</b> .....	8
<b>Fruit Of The Moment</b> .....	8
<b>Ice Cream Sundaes &amp; Floats</b> .....	8
<b>Gelato. Or Sorbet With Dessert</b> .....	1
<b>Scoop Of Gelato Or Sorbet</b> .....	3 Ea.

## BEVS

<b>Sodas</b> .....	2
<b>Flat or Sparkling Water</b> .....	4
<b>Ice Tea [Fresh Brewed]</b> .....	3
<b>Lemonade [Organic Homesqueezed ]</b> .....	4
<b>Arnold Palmer</b> .....	3
<b>Home Squeezed Organic OJ</b> .....	6

## COFFEE AND TEA

<b>Coffee</b> .....	2
<b>Espresso</b> .....	3
<b>Doppio</b> .....	5
<b>Cappuccino</b> .....	4
<b>Macchiato</b> .....	4
<b>Americano</b> .....	4
<b>Latte</b> .....	3
<b>Mocha</b> .....	4

\*Ask about our organic loose teas.

**WHEN POSSIBLE EVERYTHING IS ORGANIC.**

**OUR CHICKEN & EGGS ARE FREE RANGE.**

**Order Breakfast Sandwiches on your way to work!**

**8am -3pm EVERY DAY**

\$3.50 Delivery CHARGE \$5.00 OUTSIDE OF DELIVERY AREA. (SEE BACK PANEL FOR DELIVERY AREAS)

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