



A deli-grill restaurant

"Gourmet food for the healthy eater."

10809 Executive Center Dr., Suite 2
Little Rock, AR 72211
Open 8am - 5pm Mon-Fri, 11am - 2pm Sat
Phone: (501) 223-2257, Fax: (501) 223-5422
Menu updated on Wednesday, Sept. 10, 2008

Please note: To receive a fax of our daily menu each weekday, call or email us with your fax number.

Pastas:

- Black Olive
Chili
Cilantro
Lemon Pepper
Rosemary Basil
Spinach
Cous Cous

Sauces:

- Basil Pesto
Black Bean Chili
Cilantro Pesto
Low-fat Alfredo
Parmesan Parsley
Pepper Garlic
Red Marinara
Tomato Pesto

Pasta & Sauce combos:

- Pasta & Sauce... \$6.00
add grilled/steamed veggies ... \$7.00
add grilled chicken ... \$7.00
add grilled chicken & grilled/steamed veggies \$8.00
add fresh salmon ... \$10.75
add fresh salmon and veggies ... \$11.75

Other combos:

- Chicken & veggies ..... \$6.50
Fresh salmon & veggies \$10.75

Burgers:

- Extra Lean Burger ..... \$4.00
Extra Lean Burger & Cheese \$4.50
Veggie Burger ..... \$5.00
Veggie Burger & Cheese ..... \$5.50
Bacon Burger ..... \$5.00
Bacon Burger & Cheese ..... \$5.50
BA Burger (everything)..... \$6.00

Sandwiches:

- Santa Fe ..... \$4.00
Bruschetta & either Chicken, Ham, or Turkey \$5.00
Bruschetta & Chicken, Ham, and Turkey \$7.00
Grilled Breast of Chicken ..... \$4.00
Blackened Chicken ..... \$4.00
Reuben Chicken ..... \$4.50
Croissant with Turkey, Ham, or Tuna ..... \$4.00
Classic BLT ..... \$3.75
Club ..... \$5.00
Tuna Pocket ..... \$3.50
Garden sandwich ..... \$4.50
Grilled Pasta sandwich ..... \$4.50
Turkey Melt ..... \$5.00
Beale Street Breast-o-Chic ..... \$4.50
Chicken Avocado Club ..... \$5.50
Roast Beef ..... \$4.50

Other Entrees:

- Spinach-Ricotta Ravioli \$6.50
Steamed Veggies ..... \$5.50
Grilled Veggies ..... \$5.50
Daily Special ..... \$7.00

Salads:

- Garden ..... \$3.00
Caesar Chicken ..... \$6.50
Chicken Taco ..... \$6.00
Chef w/ Turkey or Ham ..... \$6.00
Pasta ..... \$3.50
Chicken ..... \$3.50
Spinach Blueberry ..... \$7.00
.....with grilled chicken ..... \$9.00
.....with grilled salmon ..... \$12.00
Cobb Salad ..... \$7.00
Crispy Chicken Salad ..... \$6.50
Fresh Fruit Salad ..... \$3.50

Side Items:

- Twice Baked Potato ..... \$3.50
Stuffed Tomato w/ Tuna or Chicken salad ... \$3.50
Homemade French Fries ..... \$2.50
Steamed/Grilled Veggies ..... \$5.50
Baked Lay's Chips ..... \$0.75
Other Chips ..... \$0.50

Soups:

- Soup of the day, cup ..... \$2.00
Soup of the day, bowl .... \$3.50
Black Bean Chili, cup .... \$2.00
Black Bean Chili, bowl ... \$3.00

Beverages:

- Bottled Water ..... \$1.50
V-8 juice ..... \$1.50
Bottled Juices ..... \$1.50
12 oz. soft drinks ..... \$1.00
Frostie Root Beer ..... \$1.50
Iced Tea ..... \$1.00
Raspberry Iced Tea ..... \$1.00
Snapple ..... \$1.50
Lemonade ..... \$1.00
Espresso ..... \$2.00
Latte ..... \$2.00
Coffee ..... \$1.00
Hot Tea ..... \$1.00
Hot Cider ..... \$1.00

Desserts:

- Bread Pudding ..... \$3.50
Cheesecake, slice ..... \$3.00
Cheesecake, whole ..... \$22.00
Cake, whole ..... \$16.00
Brownies ..... \$1.50
Cookies, individual ..... \$0.75
Granola, 1 pound bag ..... \$5.00
Muffins ..... \$1.50
Pies, slice ..... \$2.00
Pies, whole ..... \$10.00
Fresh Fruit ..... \$1.00

Breakfast:

- Croissant ..... \$4.00
Breakfast Burrito ..... \$4.50
English Muffin ..... \$2.00
French Toast ..... \$3.50
Pancakes ..... \$3.50
Homemade Granola, bowl \$3.00
Hashbrowns ..... \$2.50
Omelet ..... \$4.25
Bagel ..... \$1.50
Bacon, 1 slice ..... \$1.00
Scrambled/Fried Egg \$1.25