



1015 MARKET STREET LEMOYNE PA 717412 0067

Create your own Combo: Choice of 1/2 Sandwich/Wrap* with a Choice of 1/2 Salad or Cup of Soup or Choose a Cup of Soup with any 1/2 Salad

SOUPS Cup \$4.50/Bowl \$6.50 - Soup of the Day – Ask your Server about Today's Selection

SANDWICHES & WRAPS (Served with Chips unless otherwise noted) **Substitute French Potato Salad or a Side Salad +\$2**

Crab Cake Sandwich \$13.50 *New Larger Size (Cannot be made as 1/2 Sandwich)* Super Lump Crab, Horseradish Remoulade, Lettuce, Tomato, on Whole Grain Ciabatta with a side of French Potato Salad

BLT \$9.25 Local Smoked Bacon, Organic Heirloom Tomatoes (when available), Mixed Greens, Roasted Tomato Garlic Aioli on Multi-Grain Bread

Caprese Sandwich (V) \$8.25 Caputo Creamery Hand Stretched Mozzarella, Fresh Tomato, Pesto, Balsamic Reduction on Whole Grain Ciabatta Roll

Quinoa Burger (V,Vn,GF) \$13 *(Cannot be made as 1/2 Sandwich)* Red Quinoa Cake served with Thai Chili Slaw, Fresh Herb Salad & Grilled Pepper Relish. Served with a Side Salad

BBQ Chicken Wrap \$8.75 Free range BBQ Chicken, Lettuce, Tomato, Balsamic Onion, Smoked Cheddar on Whole Grain Tortilla

Roast Beef Wrap \$11.50 Roast Beef, Smoked Cheddar, Lettuce, Tomato, Balsamic Onion, Horseradish Remoulade & side of French Potato Salad

Chicken Salad Sandwich \$9 Roast Chicken, Pecans, Grapes, Shaved Fennel, Apple, Citrus Herb Honey. Multi-Grain Bread with Lettuce & Tomato

Vedge Wrap (V, VN) \$8.50 Grilled Zucchini, Corn, Balsamic Onion, Tomato, Peppers, Cucumber, Arugula, & Red Pepper Hummus on Whole Grain Tortilla

Tofu Eggless Salad (V, VN, GF) 8.25 You won't miss the egg in this Organic Tofu Eggless Salad. Loaded with Turmeric (a super anti-inflammatory), this salad is also high in fiber and protein. Served on Organic Spring Mix with our House-Made Gluten Free Seed Crackers

Grilled Cheese Vrai Style (V) \$10.00 *(Cannot be made as a 1/2) GF Bread+\$1*

Your Choice of Cheese: Swiss, Smoked Cheddar, Provolone & made in the Wood Fired Oven. Add Roasted Tomato or Red Pepper +\$1. Add Prosciutto de Parma or Bacon +\$2. Served with a Side Green Salad

SALADS

Crab Waldorf Salad \$13 *(cannot be made as 1/2)* Mixed Greens, Lump Crab with Shaved Fennel, Shaved Celery, Creamy Rosemary Walnut Dressing, Walnuts, Blue Cheese, Grapes & Sliced Apple

Kale Protein Power (V, VN) \$10 Organic Tuscan Kale, Shaved Brussel Sprouts, Radish, Carrot & Squash Ribbons, Chick Peas, Pecans, Sunflower Seeds, Dried Cranberries, Feta, Cherry Balsamic Vinaigrette

Romaine (V) (GF) \$10 Romaine, Oven Roasted Tomatoes, Wood Fired Farm Egg, Parmesan Crisp, House Caesar

VRAI (V, GF) \$10 Our Signature Salad... Organic Baby Greens, Roasted Maple Carrot, Roast Corn, Lykens Valley Creamery Cheddar, Pickled Fennel, Smoky Carrot Chips, Orange Tarragon Vinaigrette

Small Side Green Salad \$3 Mixed Baby Greens, Tomato, Crouton, choice of Dressing

**Add to any Salad: Grilled Shrimp +\$5 (3)/\$8 (5), Grilled Chicken (6 oz) +\$5,
Wild Caught Sockeye Salmon \$7.50 (1/2) or +\$15(full)**

WOOD FIRED PIZZAS & FLAT BREADS

We proudly use Caputo Bros. Creamery Mozzarella Stretched by Hand by our team

TRADITIONAL MARGHERITA \$12.75, \$7.75

Mozzarella, Italian Tomato Sauce, Basil

MUSHROOM FROMAGE BLANC \$14.50, \$8.25

Wine Braised Mushrooms, Caramelized Balsamic Onion, Fontina, Parmesan. Add Asparagus \$2

SAUSAGE \$15, \$8.50

Local Sausage, Mozzarella, Lykens Valley Creamery Smokey Cheddar, Sweet Garlic, Chili Oil, Arugula

GOAT CHEESE \$14.50, \$8.25

Creamy Goat Cheese, Roasted Tomato, Sweet Garlic, Local Bacon

VEGETABLE \$14.50, \$8.25

Grilled Zucchini, Pickled Fennel, Sweet Pepper, Balsamic Onion, Maple Carrots, Roast Corn, Mozzarella, Olive Oil, Za'atar

BBQ CHICKEN \$16, \$8.75

Free Range Chicken, Lykens Valley Creamery Smoky Cheddar, Mozzarella, Bacon, Diced Jalapeno, House made Chipotle Honey BBQ Sauce

ROASTED ASPARAGUS with Truffle Oil \$15, \$8.50

Roasted Asparagus, Fontina, White Truffle Oil, Parsley

MEAT LOVERS \$16, \$8.75

Local Sausage, Bacon, Prosciutto, Mozzarella, Fontina, Sweet Peppers, Tomato Sauce

ADD TO ANY PIZZA: Arugula \$2, Farm Egg \$2, Gluten Free Crust: \$3 (Pizza Only)

Make it Vegan: Substitute Daiya – It's Soy Free, Gluten Free, & Dairy Free +\$1

SIDES

WOOD FIRED ASPARAGUS w/ Parmesan and chili oil (V, GF) \$6

SPROUTS (V, GF) Wood Fired Brussel Sprouts, Hazelnuts, Lemon Cream, Parsley \$8

FRENCH POTATO SALAD (V,VN,GF) Baby Potatoes, Haricot Vert, Cherry Tomato, Fresh Herbs, in a White Wine Vinaigrette \$4

BEVERAGES

House Tea - Meyer Lemon with Mint Brewed in house (unsweetened): \$3.50

Unsweetened Tea Brewed in House: \$3.50

Pepsi, Diet Pepsi, Sierra Mist, Ginger Ale \$3.50

Natalie's Organic Craft Kombucha on Draft \$4.50

By the Glass \$6 (not on draft) Blueberry Pomegranate, Local Concord, Peach Mango

Ask about Today's Other Flavors!

*Note: Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.