

Panino & Insulate

SANDWICHES & SALADS

Sandwiches include side salad of the day and Sea Salt Kettle Chips, add roasted potatoes or fresh veggies & dip for 2.50

PANINO UOVO

Egg Sandwich

2 Farm Fresh Eggs Sautéed Peppers, Onions, Tomatoes, Arugula: choice of Aged Cheddar, Pepper Jack, Munster or house Cream cheese & chive Spread

House 11.75 **V** with Bacon 12.25 Gluten free bagel add 2.00 **GF**

PANINO TIRATO DI MAIALE

Pulled Pork Sandwich

Slow Roasted Pork with choice of signature Smokey Garlic or Orange Clove BBQ Sauce, BBQ Sauces are gluten free

11.50

INVOTINO DI POLLO B.L.T.

Chicken BLT

Roasted Chicken, Tomatoes, Cheddar Jack Cheese, Lettuce, Bacon & choice of Cin Cin Ranch or Spicy Chipotle Mayo Dressing, Served on flour Tortilla

11.50  Spicy with Chipotle Mayo

COURE INTERROTTORE

Heart Breaker – 2017 award winner “taste of the north” café/grill category
Artichokes, Hearts of Palm, Roasted Chic Peas, Cilantro, Onion, house dressing stuffed a Pita

11.50 **V** * Seasonal Item

PANINO ITALIANO

Italian Grinder

Choice of Italian Sausage or Meatballs, Pizzaiola or Marinara Sauce.
Melted Mozzarella and Sautéed peppers on toasted bread.

12.50

INSALATE DI GIARDINO

Garden Salad

Mixed Greens, Cucumber, Assorted Bell Peppers, Red Onions, Tomatoes, Broccoli & Cauliflower, Avocados

House 10.75 **V** **VE** **GF** With Shrimp 15.75
With Chicken \$14.75 with salmon 20.75

INSULATE CASA

House Salad

Mixed Greens with Grapes, Toasted Walnuts, Golden raisins, Feta cheese, Cucumber, Red Onion, Broccoli & Cauliflower House Balsamic & Honey Dressing

House 12.25 **V** **GF** With Shrimp 17.00
With Chicken 16.00 with salmon 22.00