



This Weeks Spiral Path:

Eggplant

Corn

Onion

Cucumber

Zucchini

Parsley

Green Bell Pepper

Butter Lettuce



Café Specials

August 3rd – August 7th

Soup:

Sweet Potato Ginger

Try it in a delicious sweet potato bread bowl!

Quiche:

Ham & Bell Pepper

Salad:

Grilled Eggplant Spinach Salad

(Grilled Marinated Eggplant, Spinach, Chopped Parsley, Sun-Dried Tomatoes, Walnuts, Dijon Tahini Dressing)

From the Deli:

Summer Corn Bruschetta Flatbread

(Homemade corn bruschetta- corn, peppers, onion, tomato, cilantro, served on flatbread with crispy bacon & Jack cheese with chipotle ranch drizzle)

Smoothie:

Cucumber Melon Mango

Bowl:

Strawberry Ginger Peach Bliss Bowl

(Acai, Strawberries, Peaches, Coconut, Candied Ginger Crumble, Granola, Lime Slice)

All specials are based off our weekly local CSA produce share we receive from Spiral Path Farm. Follow us on Facebook and Instagram for weekly special updates!

