

the good life eatery

* Salads *

All salads served with a roll.
Dressing served on the side: Ranch, Raspberry Vin, Balsamic Vin, Italian, 1000 Island, Blue Cheese or House

Applewood Salad

Mixed greens, smoked turkey, red onions, tomato, bacon, cheddar, granny smith apples w/ raspberry vinaigrette 9.39

* Salad Sampler

Curry Chicken or Tuna Salad - Italian rainbow or Greek Pasta Salad - Served with fresh fruit salad over mixed greens 9.49

Baby Spinach Salad

Baby spinach with red onion, feta, mushroom, boiled egg, bacon & roasted red peppers & balsamic vinaigrette 9.29

Hummus Salad

Hummus over mixed greens with marinated cucumber salad, roasted red peppers & grilled pita points 7.99

House Salad

Mixed greens, tomato, cucumber, red onion, carrots, red & green pepper strips w/ choice of dressing 5.99

* Brie Salad

Mixed greens, brie, granny smith apple slices, mandarine oranges, cucumbers & toasted almonds, raspberry vinaigrette 9.39

Chef Salad

Mixed greens, choice of ham, turkey or roast beef, shredded cheese, boiled egg, shredded carrot, red onion, tomato, red pepper, cucumber, house made croutons & choice of dressing 9.99

Salmon Salad

Marinated & grilled salmon over baby spinach, mushrooms, red onions, tomato and shredded carrots with house dressing 9.99

On the Side & By the Pound

Fruit salad, Greek pasta salad, Italian rainbow pasta salad, Cucumber salad, Egg salad, Tuna salad, Curry chicken salad, Hummus, Coleslaw & Mac n cheese

* Paninis & Soup *

Served grilled on pita bread with chips or apple slices & a pickle

Vegetable

Spinach, tomato, squash, mushroom, roasted red peppers & fresh mozzarella cheese 8.99

* Italian

Genoa salami, cappicola, mortadella, pepperoni, cooked salami, fresh mozzarella, roasted red pepper, onion, provolone cheese & seasonings 8.99

Tuna Melt

Our house tuna salad, American cheese, spinach & tomato 8.99

Applewood

Smoked turkey, applewood smoked bacon, cheddar cheese, granny smith apples & fresh basil mayo 9.29

* Cup & Half

Cup of the soup of the day and a half sandwich 8.59

Soup of the Day

Bowl 5.99 Cup 3.99

* Sandwiches *

Served with chips or apple slices, pickle & choice of white, wheat, rye, italian, pretzel roll, potato brioche, sub roll or flour tortilla.

Gluten Free Bread add .89 Add cheese .99

Grilled Applewood

Smoked turkey, applewood bacon, cheddar, granny smith apple slices, basil mayo on italian 9.29

* Curry Chicken Salad

Curry chicken salad, mayo & spinach on wheat 8.79

Grilled Salmon Sandwich

Marinated and grilled salmon, lettuce, tomato and red onion with house dressing on a potato brioche roll 9.99

* Pretzel Roll Ham & Cheese Melt

Ham, swiss, lettuce, tomato, red onion & mustard on a pretzel roll 8.99

Club

Smoked turkey, ham, swiss, bacon, lettuce, tomato, red onion & mayo on toast 10.99

Hot Roast Beef & Cheddar

Roast beef, cheddar, bacon & bbq sauce on a potato brioche roll 9.99

NC Pulled Pork BBQ

Pork bbq, cumin lime slaw & pepper jack cheese on a potato brioche roll 7.99

Egg Salad with BACON

Egg salad, bacon, lettuce & tomato on wheat 8.39

* Subs, Wraps & More *

Served with chips or apple slices & pickle.

BUILD YOUR OWN

Step 1: Choice of white, wheat, rye, Italian, pretzel roll, sub roll, potato brioche, flour tortilla or Gluten Free white or multigrain bread (add .89)

Step 2: Choice of smoked turkey, ham, pastrami, roast beef, bacon, tuna salad, chicken salad or hummus

Step 3: Choice of cheddar, swiss, provolone, american, hot pepper jack, fresh mozzarella or brie

Step 4: Pick your fixings and dressing 9.99 **Double Meat add 2.49

* Classic Italian Sub

Genoa salami, mortadella, pepperoni, cappicola, cooked salami, provolone, fresh mozzarella, lettuce, tomato, onion, roasted red peppers, oil & seasonings served hot or cold
Whole 9.99 Half 6.99

Smoked Turkey Sub

Smoked turkey, choice of cheese, lettuce, tomato, onion and choice of mustard, mayo or bistro sauce & seasonings
Whole 9.99 Half 6.99

Tuna Salad Wrap

Tuna salad, spinach, tomato & mayo on a flour tortilla 8.99

* Grilled Pastrami Rubeen

Pastrami, swiss, sauerkraut & 1000 island dressing on rye 8.99

Grilled Cheese

Choice of cheese grilled on choice of bread 5.99

