

The Cutting Board Menu

BREAKFAST

FLATBREAD: bacon, cheese, spinach & egg, toasted on flat pita bread	\$3.79
BURRITO: three eggs, cheese, bacon/ham/sausage + your choice of fillers	\$4.79
PANINI: two eggs, cheese, bacon/ham/sausage + your choice of fillers	\$4.99
NUTELLA & FRUIT: toast on your choice of bread	\$3.59

\$0.50 extra for certain fillers

SMOOTHIES

Signature Smoothies: \$4.49

CARROT & GINGER
GROOVY GREEN
BERRY BERRY
PEANUT BUTTER HEAVEN

Or build your own

sub almond milk \$0.50

COFFEE \$1.29

CROISSANT \$2.49

**35 West Bridge St.
Oswego, NY 13126**

**Mon-Fri 7am-2:30pm
Saturday 8am-2:30pm**

315-343-1008

SANDWICHES

SWEET CHICKEN SALAD: chicken, celery, grapes, mayo & a touch of cinnamon \$5.95

CHICKEN CURRY SALAD: chicken, walnuts, raisins & celery \$5.99

MOTLEY: roast beef, pepper jack, horseradish mayo, lettuce, tomato & onion
\$6.95

EGG & Olive (or not): classis on white or wheat bread \$3.99

LUNA: turkey, avocado, provolone, spinach, tomato, mayo & apple vinaigrette \$5.99

THE PUNCH: ham, sharp cheddar, red onion, banana peppers, mayo & mango habanero glaze
\$5.99

All sandwiches can be made on white, wheat, rye or wraps

SALADS

HARVEST: strawberries, granny smith apples, feta cheese, candied walnuts over a bed of spinach with white balsamic \$6.29

FIESTA: corn, black beans, green peppers, black olives, onion, tomato over romaine with a habanero ranch dressing \$5.99

JEWEL: turkey, ham, provolone, banana peppers, tomatoes & onions over romaine with Italian dressing \$4.99

INSALATA CAPRESE: mozzarella, tomatoes, basil, red onion over a bed of spinach with balsamic fig vinaigrette \$6.29

MEDITERRANEAN: marinated artichoke hearts, cucumbers, kalamata olives, red onion over romaine with a roasted red pepper vinaigrette \$6.29

BEET RED: sliced beets, candied walnuts, blueberries, creamy avocado over spinach & romaine with poppy seed dressing \$6.49

\$1.49 to add chicken to salads

PANINIS

PIPER: turkey, granny smith apples, swiss, bacon, basil, mayo, lettuce & tomato	\$6.95
LAYLA: ham, sharp white cheddar, mayo, tomato, & raspberry preserves	\$5.95
RUBY: corned beef, swiss, sweet red cabbage, russian dressing	\$6.29
EASY BREEZY: mozzarella, tomato, basil & balsamic fig glaze	\$5.99
SPIKE: ham, havarti dill, roasted red peppers, artichokes with mayo	\$6.29
TUNA BOMB: tuna with tarragon, swiss and banana peppers	\$5.99

All paninis come on your choice of white ciabatta or multi-grain ciabatta bread

SIDES

HUMMUS PLATE: served with pita, raw veggies, kalamata olives & tzaziki	\$6.95
QUINOA SALAD: tossed with feta, tomatoes, green peppers & red onion	\$2.95
SOUP OF THE DAY: VARIES (Call to inquire about soup of the day!)	
CORN & BEAN SALAD:	\$1.95
CHIPS:	\$1.29
GRANOLA BARS:	\$0.99