



10 & Fitzwater Streets, Philadelphia, PA 19146

BREAKFAST & LUNCH: Mon-Fri: 7a.m.-4 p.m. | BRUNCH: Sat & Sun: 8 a.m.-3 p.m.

Lunch

Starters

Homemade Soup | served with bread | cup \$3.50 | bowl \$5.50

Macaroni and Five Cheeses | small \$6 | large \$8.50
(takes approx 10 min to heat)

Hummus and Grilled Pita Bread | \$8

Salads

House Salad | mixed greens, tomatoes & cucumbers tossed with house vinaigrette \$6

Chef Salad | smoked ham, turkey, smoked mozzarella, hard boiled eggs, tomato, cucumber, red onion and mixed greens tossed in a Dijon vinaigrette \$10

Beet Salad | fresh beets – roasted to sweet perfection - - served on a bed of mixed greens, topped with crumbled goat cheese and shredded carrots \$9

Waldorf Chicken Salad | classic pulled roasted chicken with red grapes, toasted walnuts, red onion and granny smith apples, served on mixed greens \$9

Drinks

MoGlo Specialty Blend Coffee | \$2.50

Ice Mint Tea | \$2.50

Hot Teas | \$2.50 (Ask server for selection)

Assorted Juices | \$2.50

Orange Juice | \$3.50

Soda | \$2 (Pepsi, Diet Pepsi, Cherry, 7up and Ginger Ale)

Milk or Chocolate Milk | \$2/2.50

Vanilla or Chocolate Soy Milk | \$3

Samwiches

All Samwiches are served with your choice of roasted potatoes or a mixed green salad. **Add \$1 for additional:** provolone, cheddar, Swiss, goat, smoked mozzarella or brie cheese. **Add \$2.50 for additional:** bacon, turkey bacon, smoked ham or sausage.

Half Pound Burger | served on a whole wheat bun with lettuce, tomato & red onion \$10

Sam's Veggie Burger | on a toasted pita with hummus \$9

West Coast Wrap | avocado, sprouts, tomato, red onion, shredded carrots and queso fresco, with soy/ginger dressing, rolled in a warmed tortilla \$8

Glorious Grilled Cheese | swiss, provolone and cheddar melted on wheat bread \$5.50

Fresh Mozzarella Samwich | with roasted peppers, proscuitto, tomato, mixed greens and pesto on a parmesan rosemary roll \$10

Albacore Tunafish Salad Samwich | with lettuce and tomato on your choice of bread \$8

Grilled Swordfish Steak BLT | with lettuce, tomato, bacon & wasabi mayo on a whole wheat roll \$12

Smoked Salmon Samwich | with tomato, cream cheese, red onion & capers on toasted challah bread \$10

Shrimp Salad Samwich | marinated, chopped tiger shrimp in a creamy dressing, wrapped in a tortilla with lettuce and tomato \$9

Monte Cristo | fresh roasted turkey breast, smoked ham & swiss cheese on batter dipped challah, served with sweet mustard \$9.50

BLT | smoked bacon, romaine, tomato on toasted white w/ mayo \$6.50

Turkey Meatloaf Samwich | homemade turkey meatloaf stuffed with sun-dried tomato pesto and smoked mozzarella on white bread with mayo \$9

Cheddar Chicken | cheddar crusted, marinated chicken breast, grilled and served on a whole wheat bun with horseradish mayo \$9.50

Seitan "Chicken" Cheese Steak | seitan – (wheat gluten meat substitute) – grilled With onions, fresh spinach and chesse served on Italian ciabatta \$9

Be nice or leave!