



SANDWICHES / WRAPS

Served With Power Slaw (170 Cal)

All Natural Turkey with Amish Baby Swiss Sandwich ~ Served on a ciabatta roll, lettuce, cranberry-orange relish, sliced Granny Smith apple (575 Cal) - **\$7.50**

Turkey Reuben ~ Turkey, Swiss cheese, sauerkraut, Thousand Island dressing on a ciabatta roll toasted and served with "Dirty Chips" (770 Cal) - **\$7.50**

Stacked Ham with White Cheddar Sandwich ~ Served on a wheat ciabatta roll with fresh greens and tomato served with a whole grain mustard fig dressing (755 Cal) - **\$7.50**

Turkey Wrap ~ Turkey with shredded provolone/mozzarella cheese, bacon, avocado, tomatoes and mixed greens with pesto mayo or choice of dressing (690 Cal) - **\$8.00**

Ham and Cheese Wrap ~ Ham, Swiss cheese, fresh baby spinach, tomatoes, served with a mustard fig dressing or choice of dressing (745 Cal) - **\$7.50**

Roast Beef Wrap ~ Roast beef, shredded provolone/mozzarella cheese, mixed greens, roasted tomatoes, kalamata olives with horseradish sauce or choice of dressing (860 Cal) - **\$7.50**

Veggie Wrap ~ Julienne broccoli, kale, brussel sprouts, carrots, radicchio beet greens and spinach with black beans, tomatoes, onions and humus with a balsamic vinaigrette dressing or choice of dressing (392 Cal) - **\$7.50**

Lunch Combo ~ Pick (2) ~ Cup Of Soup / Half Green Salad / Half Flatbread Pizza / Half Sandwich on Whole Grain Bread - **\$7.50**

Dressings Not Included In Calorie Count

Try Our Fresh Blends

SMOOTHIES 16oz

The Beet Goes On (140 Cal) **\$6.00**
Pineapple, celery, carrot, beet and ginger

Hint Of Mint Smoothie (130 Cal) **\$6.00**
Green grapes, spinach leaves, mint leaves and pineapple chunks

Cherry Almond Smoothie (600 Cal) **\$8.00**
Dark cherries, vanilla, almond milk, almonds and coca

Berry Brighter (240 Cal) **\$8.00**
Strawberries, blueberries, plain yogurt and cranberry juice with lemon

Green Goodness Smoothie (140 Cal) **\$8.00**
Orange, pineapple, cucumber, apple, spinach and parsley

Banana Peanut Butter Cup Smoothie **\$8.00**
Banana, peanut butter, cocoa, vanilla plain yogurt and almond milk (409 Cal)



A new Bakery Case specializing in gluten free baked goods

Cookies \$1.25

Brownies \$2.00

Cake Slice \$3.00

Check Out
Our Specialty
Baked Goods



COFFEE / TEA

Our Passion for Coffee

Java Blue (freshly ground), 100% Arabica Beans, Mountain Grown, European Roast, Sustainable Coffee

One Size Coffee (Includes one refill) \$2.50

Hot Numi Tea

Organic Tea \$2.00
Organic full leaf teas contain pure herbs, fruits & flowers. Nourishes the body & soothes the soul



THE Greens BISTRO

Make Fresh Choices and Eat Healthy

BREAKFAST

Oatmeal and Farro Baked Apples \$6.00

Baked Apple stuffed with oatmeal, farro, cranberries, walnuts, cinnamon and maple syrup (415 Cal)

Breakfast Sandwich \$ 6.00

Whole wheat English muffin with egg whites or whole eggs, pesto, spinach, avocado & goat cheese (399 Cal w/Whites | 488 Cal w/ Whole Eggs)

Farmers Fatata \$8.00

Two farm eggs, ham, bacon and sweet potato with mozzarella and provolone cheeses served with toasted multigrain bread & butter (775 Cal)

Healthy Omelets \$6.00

Whole eggs with roasted tomato, spinach and feta cheese served with toasted multigrain bread and butter (555 Cal)

Rise and Shine Breakfast Pizza \$9.00

Naan Flat with basil pesto, scrambled eggs, tomatoes and provolone cheese (900 Cal)

Breakfast Wrap \$7.50

Two eggs, ham, bacon, sweet potato, avocado (805 Cal)

FRESH SALADS

Cranberry Orange Spinach Salad \$10.00

Spinach, cranberries, orange sections, honey glazed chopped walnuts, purple onion, cucumber served with your choice of dressing (300 Cal)

Steak Salad \$13.00

Grilled tenderloin on top of field of greens and roasted tomatoes, kalamata olives and feta cheese. Your choice of dressing (360 Cal)

Smoked Salmon Salad \$13.00

Smoked Salmon, fresh berries, honey glazed walnuts, purple onion, cucumber, feta cheese over mixed greens, served with your choice of dressing (465 Cal)

The Greens Salad \$ 8.00

Mediterranean Mixed Greens, with tomato, cucumbers, purple onion, black beans and avocado served with your choice of dressing (270 Cal)

Salad Additions:

Chicken Breast **\$3.00** (130 Cal)

Smoked Salmon **\$5.00** (140 Cal)

Grilled Tenderloin **\$5.00** (200 Cal)

Dressings: (Not Included in Calorie Count)

SOUP OF THE DAY

Organic Specialty Soup or Vegetarian Chili

Bowl \$4.50 | Cup \$3.00

Naan FLATBREAD PIZZAS



BBQ Chicken Pizza (830 Cal) \$9.00

Chicken breast, barbecue sauce, mozzarella and provolone cheeses, topped with crumbled bacon and caramelized onion

Fig and Spinach Pizza (780 Cal) \$9.00

Spinach, fig spread, purple onion, olive oil, garlic, goat cheese and rosemary

Steak Pizza (865 Cal) \$9.00

Tenderloin, roasted tomatoes, spinach Horseradish sauce and blend of natural cheeses

Mediterranean Pizza (950 Cal) \$9.00

Basil pesto, slow roasted red tomatoes kalamata olives and a blend of natural cheeses

Cheese Pizza (590 Cal) \$7.00

Fresh tomato sauce with a custom blend of natural cheeses

Smoked Salmon Pizza (570 Cal) \$9.00

Smoked salmon, capers, red onions, tomatoes on cream cheese, topped with Provolone cheese

SEE SIDE TWO For Freshly Made Sandwiches & Beverages

We Hope You Enjoyed Dining At The Greens Bistro

Wellness Community Center | 2130 Center Street, Ashland, OH 44805

BISTRO HOURS: 7:00 AM - 3:00 PM Mon - Sat | Closed Sundays | 419.496.0502

