

LUNCH

TPC SIGNATURES

OUR PIES ARE SERVED WARM WITH GREENS AND A SAVORY HERB SCONE
ADD CARROT FRIES, SOUP, OR CHIA PUDDING... 3.25

TOMATO PIE... 7.95

SIGNATURE TOMATO PIE

DOUBLE... 13.25 **GF** GLUTEN-FREE... 9.35

QUICHE... 8.50

BAKED IN OUR OWN PIE SHELL

THREE CHEESE • FEATURED

V **GF** CARROT FRIES... 6.50

THICK CUT BAKED CARROT FRIES SPRINKLED WITH SEA SALT AND DILL SAUCE FOR DIPPING

TOMATO BISQUE • SOUP DU JOUR... 5.50

GF PESTO CHICKEN BOWL... 11.15

SPINACH, PESTO CHICKEN, MOZZARELLA CHEESE, TOMATOES AND PICKLED RED ONIONS.
DRIZZLED WITH HONEY BALSAMIC.

V **GF** CILANTRO LIME BOWL... 13.25

ANCIENT GRAINS AND BROWN RICE TOSSED WITH SAUTÉED SPINACH, RED ONIONS,
TOMATOES, GARLIC MUSHROOMS AND AVOCADO. FINISHED WITH CILANTRO LIME DRESSING.

ADD CHICKEN... 3.45

ADD BLACKENED CHICKEN...3.75

SALADS

SALADS ARE SERVED WITH OUR SIGNATURE SAVORY HERB SCONES (NOT GF)

ADD: CHICKEN...3.45 BACON...2.95 HARD BOILED EGG... 1.40 AVOCADO... 2.50

BLACKENED CHICKEN... 3.75 AVOCADO CRISPS... 2.95

CURRY CHICKEN SALAD... 9.85

CHICKEN, CRAISINS, CELERY, ONION AND ALMONDS IN A MILD CURRY MAYO.
SERVED ON FRESH GREENS.

KALE COBB SALAD... 11.35

KALE, BACON, AVOCADO, TOMATO, HARD BOILED EGG, BUTTERNUT SQUASH, FETA, AND PICKLED RED ONION.

TPC CAESAR SALAD... 8.65

ROMAINE, PARMESAN, AVOCADO CRISPS

BLACKENED CHICKEN SALAD... 11.85

BLACKENED CHICKEN, GRAINS, GREENS, CORN, BLACK BEANS, FRESH PICO DE GALLO.

• DRESSING CHOICES •

HONEY STAR BALSAMIC • OLIO LEMON HOUSE **V** • CILANTRO LIME **V**

CREAMY PARMESAN • RASPBERRY HONEY MUSTARD • CHIPOTLE RANCH

GF ALL DRESSINGS ARE GLUTEN-FREE

TAKE TWO



CHOOSE TWO ITEMS FROM THE MENU WITH OUR LOGO



1/2 SANDWICH • 1/2 SALAD • SOUP... 11.25

HANDHELDS

SANDWICHES SERVED WITH GREENS OR CHIPS
SUBSTITUTE CARROT FRIES, SOUP, OR CHIA PUDDING... 3.25



PESTO CHICKEN PANINI... 10.65

CHICKEN, MOZZARELLA CHEESE, ROASTED RED PEPPERS,
AND PESTO ON CIABATTA BREAD.



HAM & BRIE PANINI... 10.40

SLICED HAM, BRIE CHEESE, FRESH BASIL LEAVES, AND RASPBERRY HONEY MUSTARD
SERVED ON CIABATTA BREAD.

ELEVATED GRILLED CHEESE... 9.50

SWISS & CHEDDAR CHEESE ON PARMESAN CRUSTED BRIOCHE
ADD BACON... 2.50 ADD ROASTED GARLIC MUSHROOMS... 1.40

CHIPOTLE CHICKEN WRAP... 10.15

GRILLED CHICKEN, SPINACH, BLACK BEANS, GRILLED CORN, ROASTED RED PEPPERS,
CHEDDAR CHEESE, RED ONIONS, AND CHIPOTLE RANCH.

HOT ROAST BEEF DIP... 12.95

THIN SLICED ROAST BEEF LAYERED WITH MELTED SWISS CHEESE ON CIABATTA BREAD.
SERVED WITH AN HERBED AU JUS ON THE SIDE



CURRY CHICKEN SALAD WRAP... 9.15

CHICKEN, CRAISINS, ONIONS, ALMONDS, AND CELERY IN A CURRY MAYO.



COLD HAM OR ROAST BEEF... 8.85

ON MULTI-GRAIN BREAD WITH SWISS CHEESE AND GREENS.
YOU CHOOSE THE SAUCE: SWEET SRIRACHA, RASPBERRY MUSTARD OR HORSEY SAUCE.



VEGAN •



GLUTEN-FREE

DESPITE OUR CAREFUL PRECAUTIONS, WE ARE NOT A GLUTEN-FREE FACILITY

**CONSUMING RAW OR UNCOOKED MEATS, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOOD-BORNE ILLNESS