

Cook Valley Lunch

Monday - Friday 12:00 PM - 2:30 PM

SOUP & STARTERS

SOUP OF THE DAY 2.75

Hand crafted soups made fresh.

MARINATED FRUIT SALAD

4.25

Seasonal fruit marinated in fresh mint, lemon & honey.

BAKED GOAT CHEESE 5.25

Topped with fresh raspberries, toasted almonds and served with toast points over seasonal greens.

FROM THE GRILL

Served with chips and a pickle spear.

COOK VALLEY BURGER 12.00

An American Wagyu beef burger topped with cheddar cheese, lettuce, tomato and red onion.

BLACK BEAN BURGER 10.00

A seasoned black bean and cashew burger topped with dijonnaise mayonnaise, avocado, lettuce, tomato and red onion.

GRILLED CHICKEN WRAP 11.50

Grilled chicken breast, fresh goat cheese with seasonal greens, tomatoes, cucumber with Greek olives and dressing in a whole wheat wrap.

SANDWICHES

All sandwiches are served with chips and a pickle spear. Bread options include deli white, whole wheat, deli rye and fresh croissant.

MS. BEEDON'S CHICKEN SALAD CROISSANT 11.50

Our house-made creamy chicken salad with lettuce and tomato on a flaky croissant.

TURKEY BLAT 12.75

Roasted turkey breast, bacon, lettuce, avocado and tomato on grilled whole wheat bread with a lemon aioli.

REUBEN Corned Beef 13.25 Turkey 11.50

A choice of heaping warm corned beef or turkey with sauerkraut, Swiss cheese and Russian dressing on grilled deli rye.

TRADITIONAL FAVORITES

GRILLED CHEESE SANDWICH 7.00

Cheddar & Swiss cheese melted between two slices of deli white bread.

BLT SANDWICH 8.00

The classic combination of applewood smoked bacon, lettuce, tomato and toasted white bread with a swipe of mayonnaise.

HAM & CHEESE ON RYE 10.00

Smoked ham and cheddar cheese on deli rye with a swipe of our dijonnaise.

Consumer Advisory: Ask your server about menu items that are cooked to order or served raw. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.



SALADS

All salads served with a dinner roll

THE HOUSE Entree 5.00 Small 2.75

Spring mixed greens with cherry tomatoes, pickled red onion and sliced crisp cucumbers served with our house Balsamic Vinaigrette Dressing.

THE CAESAR Entree 6.00 Small 3.25

Romaine Hearts, fresh shaved Parmigiano Reggiano and herbed croutons served with our house Caesar dressing.

THE GREEK Entree 6.00 Small 3.75

Spring mixed greens with Mediterranean olives, tomatoes, cucumbers, artichokes, pickled red onions and feta served with our house red wine vinaigrette dressing.

SUMMER Entrée 6.00 Small 3.75

Seasonal greens topped with fresh strawberries, candied pecans and goat cheese served with our house made poppy seed dressing.

PANZANELLA Entrée 6.00 Small 3.75

A rustic tomato, fresh basil and bread salad tossed in a house made light tomato vinaigrette and topped with fresh burrata cheese.

ADD A PROTEIN Shrimp 7.00 Chicken 7.00 Salmon 10.00

COMBOS

HALF SANDWICH & CUP OF SOUP 8.00

Your choice from our Sandwich and Traditional Favorites options

HALF SANDWICH & SMALL SALAD 9.00

Your choice from our Sandwich and Traditional Favorites options

CUP OF SOUP & SMALL SALAD 6.50

A cup of soup with a small salad

SIDES

CHIPS 1.25

FRESH FRUIT CUP 2.00

COLESLAW 2.00

FRENCH FRIES 2.00

PETITE HOUSE SALAD 2.00

PETITE CAESAR SALAD 2.00

SPECIALITIES

GREEK GODDESS GRAIN BOWL 6.25

Steamed whole wheat bulgur and toasted vermicelli pilaf with roasted chickpeas, smokey hummus, cucumber, cherry tomato, pickled red onion, creamy burrata cheese garnished with fresh dill and a splash of our Greek dressing.

Add a protein: Shrimp 7.00 Chicken 7.00 Salmon 10.00

COOK VALLEY QUICHE 4.75

House made quiche with applewood smoked bacon and fresh local goat cheese. Served with your choice of a side.



 Heart Healthy

 Vegetarian

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