



SPECIALTIES

STUFFED AVOCADO

An avocado half with sautéed onions and bell peppers, crispy bacon and choice of chicken breast or beef taco meat. Topped with cheddar cheese and peppercorn ranch drizzle. Served with tortilla chips and our house-made salsa. Half 9.45 Whole 12.95

PICK THREE

Your choice of three: small garden salad, Caesar salad, seasonal spinach salad, pimento cheese, chicken salad, fresh fruit cup, cup of soup or hummus cup with veggie sticks. 9.45

AVOCADO TOAST PLATE

Toasted multigrain bread, spread with fresh avocado and topped with tomatoes and feta cheese. Served with your choice of a side salad, cup of soup or fruit cup. 8.95

- Add 2 oz chicken 2.50 -

HUMMUS PLATE

House-made hummus. Served with a warm pita, carrots, celery and cucumbers, cherry tomatoes and olives. 10.45

CHICKEN SALAD PLATE

Two scoops of our homemade chicken salad served on crisp pieces of fresh leaf lettuce. Served with carrots and cucumbers, a fresh fruit cup and homemade garlic toasts. 8.95

JEFFERY'S VERDE POWER BOWL

Fresh spinach, topped with jalapeno roasted chicken or beef taco meat, quinoa, pepperjack cheese and salsa verde; toasted until cheese melts, finished with fresh avocado and a slice of multi-grain toast. 11.95
- Extra Chicken or Taco Meat 2 oz 2.50 4 oz 5.00 -

JEFFERY'S RED HOT POWER BOWL

Fresh spinach, topped with beef taco meat or roasted chicken, quinoa, pepperjack cheese, chili pepper flakes and chicken tortilla soup; lightly toasted until cheese melts, finished with fresh avocado slices and fresh tortilla chips. 12.45
- Extra Chicken or Taco Meat 2 oz 2.50 4 oz 5.00 -

SOUPS

All soups come with our housemade garlic croutons

Cup 3.95 Bowl 8.45

CHICKEN TORTILLA SOUP

CREAMY POTATO SOUP

TOMATO BASIL SOUP (AVAILABLE MONDAY, WEDNESDAY AND FRIDAY)

BROCCOLI CHEESE SOUP (AVAILABLE TUESDAY, THURSDAY AND SATURDAY)

WRAPS

Substitutions: gluten-free chic-pea cilantro tortilla +1.00; cup of fruit, cup of soup, or side salad for chips + 3.15

GREEK WRAP

Lemon pepper roasted chicken, house-made hummus, fresh spinach, cucumbers, red onion, black olives, cherry tomatoes and feta cheese. Served with a side of balsamic vinaigrette dressing, potato chips and a pickle. 11.95

CHICKEN FAJITA WRAP

Fajita chicken, shredded lettuce, avocado, onions and peppers, tomato, cheddar cheese and avocado ranch dressing. Served with tortilla chips and your choice of salsa verde or salsa roja. 11.45

CALIFORNIA WRAP

Turkey, bacon, peppercorn ranch dressing, avocado slices, tomatoes, lettuce and cheddar-jack cheese. Served with tortilla chips and your choice of salsa verde or salsa roja. 11.95

CLUB WRAP

Smoked ham, turkey, bacon, lettuce and tomato with chipotle mayo and cheddar cheese. Served with potato chips and a pickle. 11.45

CHICKEN CAESAR WRAP

Chicken breast, fresh romaine lettuce, parmesan cheese and Laura's House Dressing. Served with potato chips and a pickle. 8.95

CREATE YOUR OWN VEGGIE WRAP

CHEESE - swiss, cheddar, american, pepperjack or provolone BEANS - seasoned black beans or house-made hummus

VEGGIES - lettuce, spinach, avocado, tomato, onion, cucumbers, bell peppers, black olives and jalapenos

SPREADS - mustard, spicy mustard, honey mustard, mayo, chipotle mayo or any of our salad dressings 10.95

- Add Turkey, Ham or Chicken 2 oz 2.50 4 oz 5.00 -

KID'S MENU (CHILDREN 12 AND UNDER)

Served with a kid's drink and get 50% off dessert of your choice

Add cup of fruit or cup of soup 3.15

JUST MEAT & CHEESE

Ham or turkey, cheese slice, pickle and crackers. 5.95

GRILLED CHEESE (½ SANDWICH)

American cheese on wheat or white bread with chips and pickle. 5.95

MAC-N-CHEESE BOWL

Laura's mac-n-cheese served with side of ham or turkey 5.95

HAM OR TURKEY & CHEESE (½ SANDWICH)

On wheat or white bread with chips and pickle. 5.95

SALADS

ADD CHICKEN, TURKEY, HAM OR BEEF TACO MEAT - 2 OZ 2.50 4 OZ 5.00

HOUSE-MADE DRESSINGS: House (Creamy Garlic Parmesan), Ranch, Avocado Ranch, Balsamic Vinaigrette, Blush Wine Vinaigrette OTHER DRESSINGS: Peppercorn Ranch, Honey Mustard KRAFT DRESSINGS: Ranch, Light Ranch, Thousand Island

ALL SALADS COME WITH TWO OF LAURA'S FAMOUS TOASTED GARLIC ROUNDS.

GARDEN

Fresh romaine, shredded cheddar cheese, grape tomatoes, cucumber and carrot sticks. Café 6.50 Entrée 8.50

CAESAR SALAD

Fresh romaine lettuce tossed with parmesan cheese and sprinkled with fresh cracked pepper. Served with Laura's house dressing. Café 6.50 Entrée 8.50

LAURA'S HOUSE

Fresh romaine lettuce topped with bacon, hard-boiled egg, sliced almonds, and shredded parmesan cheese. Served with Laura's house dressing. Café 6.50 Entrée 9.95

LAURA'S COBB

Fresh romaine lettuce, hard-boiled egg, cucumber, avocado, crunchy bacon, cherry tomatoes and feta cheese. Served with our house-made avocado ranch dressing. Café 7.50 Entrée 10.95

SPINACH SALAD

Fall/Winter: Fresh spinach topped with mandarin oranges, dried cranberries, walnuts and feta cheese. Served with our sweet vidalia onion dressing. Spring/Summer: Fresh spinach topped with strawberries, pecan pieces and crumbled feta cheese. Served with our house-made blush wine dressing. Café 7.50 Entrée 9.95

LAURA'S BOWL

Create your own salad with your favorite choices from our Laura's Bowl card. 10.95

SIGNATURE SANDWICHES

Served with chips and pickle • sub fruit cup, soup cup or side salad 3.15

* Available in half sandwich with cup of soup

* HALF SANDWICH & CUP OF SOUP

9.95

* TEX-ITALIAN

Smoked ham, cheddar cheese, chipotle mayo toasted on Italian focaccia bread. 10.45

* ITALIAN GOBLER

Smoked turkey, Swiss cheese and mayo toasted on Italian focaccia bread. 10.45

* MAINSTREET CHICKEN SALAD

A scoop of our homemade chicken salad served on a flaky croissant with fresh lettuce. 9.95

* LAURA'S PIMENTO CHEESE

A scoop of homemade pimento cheese on a jalapeno cheese bun. 9.45

* GROWN-UP GRILLED CHEESE

Your choice of white, wheat or sourdough bread and up to 4 slices of cheeses: cheddar, swiss, provolone or American. 8.95

MADISON AVENUE REUBEN

Corned beef, Swiss cheese, sauerkraut and spicy mustard toasted on rye bread. 11.95

PREACHER

Smoked turkey, Swiss cheese, ancho sauce, chipotle mayo, lettuce and tomato served on a ciabatta bun. 10.95

- Make it a "Deacon" + bacon 1.00 + avocado .50 -

BALT

Bacon, sliced avocado, lettuce, tomatoes on toasted wheat bread with house-made balsamic mayonnaise. 10.95

BIG DIPPER

Laura's blend of braised brisket and roast beef served on a toasted hoagie with melted provolone cheese and served with au jus sauce for dipping. 12.95

- BBQ Sauce .60 -

BIG SASSY

Laura's blend of braised brisket and roast beef, grilled pimento cheese topped with crispy onion strings and served on jalapeno cheese bun. 12.95

- BBQ Sauce .60 -

CREATE YOUR OWN SANDWICH

MEAT - smoked ham, smoked turkey, chicken salad or pimento cheese

CHEESE - swiss, cheddar, american, pepperjack, provolone

BREAD - whole wheat, croissant, white, marbled rye, multigrain, jalapeno cheese bun

SPREADS & VEGGIES - mustard, spicy mustard, mayo, lettuce, tomato, onion, cucumbers, spinach and bell peppers 10.95

- Add Bacon 2.00 Add Avocado 1.00 Gluten Free Bread 1.65 -

SWEETS

HOMEMADE COOKIES

1.71

LAURA'S COOKIE DOUBLES

3.95

SWEET BREAD SLICE

2.75

CHEESECAKE SLICE

4.25

CUPCAKE

2.75

DECORATED COOKIES

2.75

BANANA PUDDING

3.95

BEVERAGES

FOUNTAIN DRINKS

2.75

ICED TEA

2.45

LAURA'S FRUIT INFUSED WATER OR BOTTLED WATER

1.50

FRESH BREWED LAURA'S ROAST COFFEE OR HOT TEA

2.00