

January Special

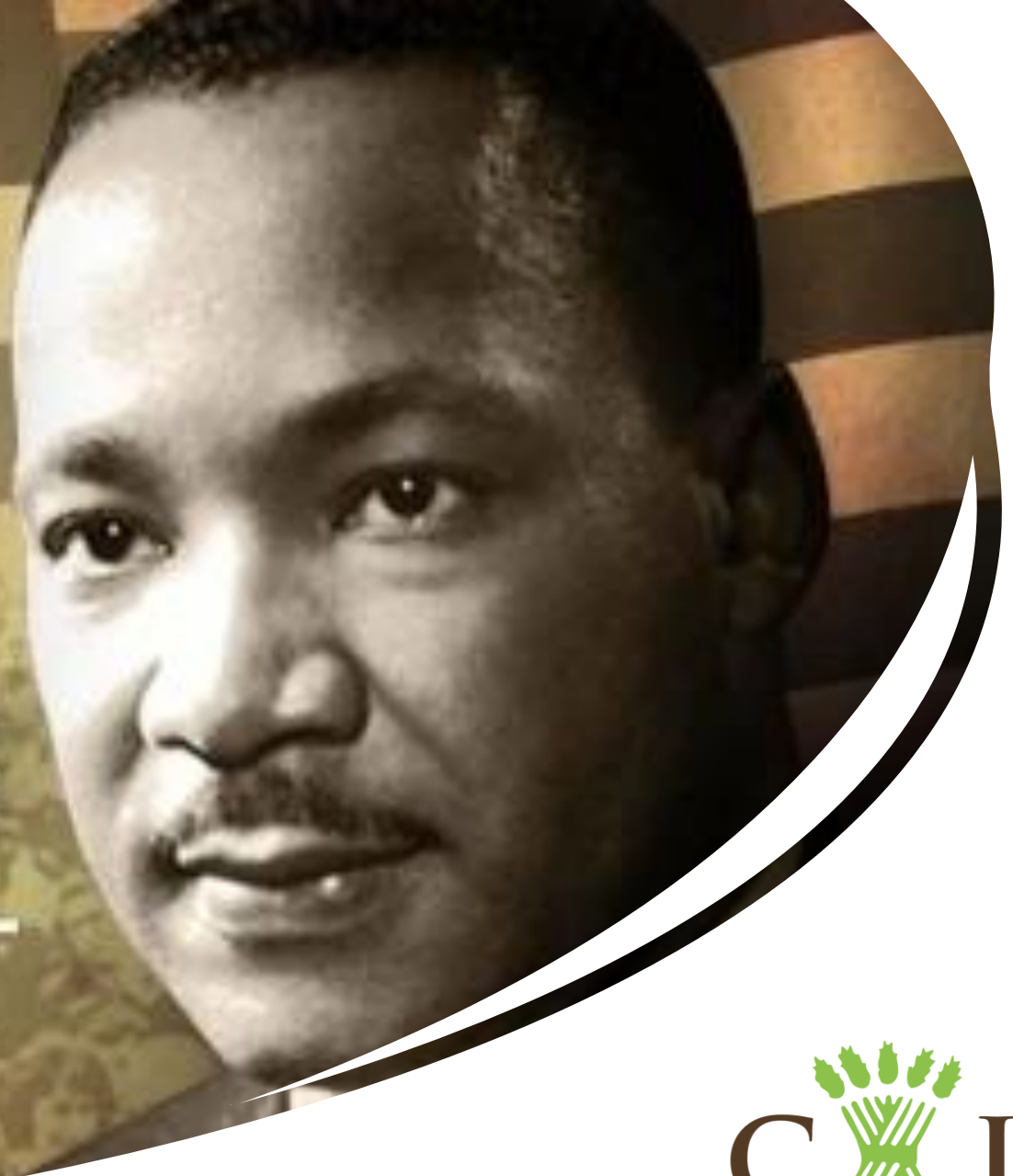
# PROTEIN POWER SALAD

Arugula, Beet, Quinoa, Mandarin Orange, Crumbled Goat Cheese, Dried Cranberries,  
Red Onions & Shredded Carrots with a House Made Lemon Vinaigrette

Iron-rich foods including lean protein meats, leafy greens, whole grains, and legumes. Great for you and your blood.

Donate Today for Blood Donor Awareness Month.

MARTIN  
LUTHER  
KING JR.  
— DAY —



Soup Special:

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**New England  
Clam Chowder**

