

Sandwiches

Served with fries or change out item from our substitutions. Cold sandwiches are on your choice of our freshly baked breads: Baguette - Foccacia - White or Wheat Roll - Light Rye - Croissant (+.50)

Some Like It Hot

REUBEN

Corned beef, swiss cheese and sauerkraut with 1,000 island dressing on rye bread. 15

TURKEY PESTO

Slow-roasted, hand-pulled turkey breast, provolone, roasted red peppers and tomatoes with a basil pesto spread on focaccia. 15

FRENCH DIP

Roast beef, provolone on a baguette. Served with a side of au jus. 16

CAPRESE GRILLED CHEESE

Provolone, munster and tomato with a basil pesto spread on focaccia. 13

GRILLED CHEESE PLEASE

Cheddar, provolone and munster on white bread. 12

GURUS BURGER

Juicy 1/4 lb burger served with your choice of cheese, pickle, onion, tomato, lettuce, and mayo. Served with a side of crispy fries. 15

Some Like It Cold

TURKEY & AVOCADO BLT

Slow-roasted, hand-pulled turkey breast, avocado, bacon, lettuce, tomato and red onion with mayonnaise. 15

ITALIAN COMBO

Ham, salami, pepperoni, provolone, mixed greens, tomato and red onion with basil pesto. 15

CLUB

Slow-roasted, hand-pulled turkey breast, ham, bacon, lettuce and tomato with mayonnaise. 16

Wraps

Served with chips and salsa fresca or change out item from our substitutions. Add \$4 for carne asada substitution, or \$5 for shrimp

SOUTHWEST CHIPOTLE

Grilled chicken, corn, black beans, romaine lettuce, pico de gallo, jack and cheddar cheese, with creamy chipotle dressing, in a chipotle tortilla. 15

CAESAR CHICKEN

Grilled chicken, romaine lettuce, tomatoes, and parmesan cheese with creamy caesar dressing, in a spinach tortilla. 15

BLACK & BLEU STEAK

Steak, bleu cheese, spring mix, tomatoes, and balsamic dressing, in a chipotle tortilla. 18

CALI CLUB

Grilled chicken, romaine lettuce, tomatoes, bacon, avocado, and mayo, in a whole wheat tortilla. 15

Soups

MULLIGATAWNY (GF)

Chicken, rice, curry, coconut milk, celery, onions, and carrots. 5/10

CHICKEN CORN TORTILLA (GF)

Grilled chicken, tomatoes, diced green chilies, corn, crispy tortilla strips, and cheese. 5/10

CLAM CHOWDER

Traditional New England Clam Chowder with clams, tomatoes, bacon, and celery.

5/10

Salads

GURU'S HOUSE (GF, N)

Grilled chicken, mixed field greens, sliced apples, mandarin oranges, feta cheese, and candied almonds, served with a raspberry vinaigrette. 16

ASIAN CHICKEN (GF, N)

Grilled chicken, mixed field greens, crispy noodles, edamame, bean sprouts, carrots, mandarin oranges, and candied almonds, served with a sesame ginger dressing. 16

BLACKENED SALMON (GF)

Fillet of blackened salmon, romaine lettuce, cucumbers, tomatoes, feta cheese, crispy noodles, served with a roasted red pepper dressing. 24

BUFFALO CHICKEN (GF)

Romaine lettuce, spicy chicken, tomato, bleu cheese crumbles, carrots, and bacon, served with a bleu cheese dressing. 16

CHICKEN CAESAR

Grilled chicken, romaine lettuce, croutons, and parmesan cheese, served with a creamy Caesar dressing, topped with pico de gallo. 16

COBB (GF)

Romaine lettuce, chicken, egg, bacon, tomato, shredded Monterey jack and cheddar cheese, served with your choice of dressing. 16

MEDITERRANEAN CHICKEN (GF)

Mixed field greens, cucumber, feta, tomato, red onion, kalamata olives, and pepperoncini, served with a balsamic vinaigrette. 16

NAPA WALDORF (GF, N)

Grilled chicken, mixed field greens, red grapes, sliced apples, candied walnuts, and crumbled bleu cheese, served with your choice of balsamic vinaigrette or creamy bleu cheese dressing. 16

TAOS TORTILLA (GF)

Grilled chicken, romaine lettuce, pico de gallo, black beans, corn, cucumber, crispy tortilla strips, and shredded cheese, served with your choice of a creamy cilantro-lime dressing or spicy chipotle ranch. 16

GARDEN SALAD

Lettuce, tomato, cucumber, carrot and croutons served with ranch dressing. 10

Pizzas

10" Served on hand tossed pizza dough, or substitute to our GF pizza crust \$3

MARGHERITA

Fresh tomatoes, mozzarella and basil with marinara sauce. 15

BUFFALO CHICKEN

Grilled chicken, red onions, mozzarella and bleu cheese with buffalo sauce. Topped with crushed potato chips. 15

ARTICHOKE, SPINACH, MUSHROOM

Artichoke, Spinach, & Mushrooms with mozzarella with basil pesto sauce. 15

CILANTRO-LIME CHICKEN (N)

Grilled chicken, cheddar, monterey jack and feta cheese, corn with cilantro-lime pesto. Topped with fresh pico de gallo. 15

BASIL PESTO

Fresh tomatoes, mozzarella and parmesan cheese with basil pesto sauce. 15

PEPPERONI

Pepperoni, mozzarella, cheese and marinara sauce. 15

BARBECUE CHICKEN PIZZA

Grilled chicken, mozzarella, red onion, and bacon with our sweet smoky barbecue sauce. 15



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