

Sandwiches (chips or tabbouleh salad included)

Bruce's BBQ Chicken Sandwich \$12

Organic Pulled BBQ Chicken, bacon, Lancaster Smoked Cheddar, tomato, & Lettuce on a Kaiser roll.

Back Home Again Bison Burger \$10

Lancaster pastured bison with all the fixings.

Just for Paul Chicken sandwich \$10

Zesty marinated chicken breast topped with Lancaster cheddar cheese, red onion, and rosemary garlic aioli.

Meridith's Power House Sandwich \$10

Chicken topped with dill havarti, guacamole, lettuce, tomato, bell peppers, and sprouts on a whole-grain bread.

Theresa's veggie burger \$10

Veggie burger topped with tomato, sprouts, & guacamole.

Pete's BBQ pulled chicken sandwich \$10

Organic chicken shredded in a yummy bbq sauce.

40 Acres veggie stack \$8

Guacamole spread on whole-grain bread & stacked with lettuce, tomato, bell peppers, sprouts & dill havarti.

Orchard Grilled Cheese \$8

Tuscan Bread filled with pesto, Lancaster Smoked Cheddar Cheese, & Local Apple Slices.

Cindy Sandwich \$8

Spicy mustard spread on whole-grain bread topped with sauerkraut, tomato, & bell pepper.

Van Dyk Tuscan Grilled Cheese \$8

Pesto, tomato, & fresh mozzarella melted on Tuscan bread.

Green Parrot \$8

Your choice of tuna, chicken, or egg salad on toast with lettuce, tomato, & cheese.

Janeydilla \$7

Lancaster Cheddar, onion, bell pepper, tomato, olives, & fresh herbs melted in a wrap.

Best Ever Grilled Cheese \$7

Lancaster garlic and chive cheddar cheese, tomato, and pickle.

BEVERAGES

Pike Creek Coffee \$2.00

Hot Tea \$2.00

Organic Hot Cocoa \$2.00

Ditch Witch Iced Tea \$2.00

Fresh brewed organic green tea infused with real lemongrass.

Check out our drink cooler for other bevs!

Winter TAKE-HOME ENTREES \$19.50

SERVES 2 PEOPLE. 24 HOUR NOTICE NEEDED.

ENTREES FOR TUESDAY NEED TO BE ORDERED BY 2 PM ON SATURDAY!

Tuesday: Herb Roasted Chicken with Mashed sweet potatoes

Wednesday: Chicken parmigiana or eggplant parmigiana with pasta.

Thursday: Black Bean or Chicken Burrito with mini salad.

Friday: Roasted rosemary-lemon salmon with herbed quinoa.

Get Fresh at

Fresh Thymes

*1836 N. Lovering
Ave.*

Wilmington, DE

19806

302-656-2026

Winter Menu 2009-2010

Providing a local, organic, and seasonal
food experience.

*Become a fan on our facebook page and
receive updates on events, soups, and
specials.*

CASH ONLY PLEASE!

Hours:

Tuesday - Friday 8 AM -

3PM

Saturday 8 AM - 2 PM

*Closed Sunday and
Monday*

**Gluten-Free? Ask us about our
options!**

BREAKFAST

Brand New Day Yogurt Parfait \$5

Seven Star yogurt (Kimberton, PA) with granola and fresh berries.

Jess's Delight \$5

Bowl of cooked millet and quinoa with fresh berries, walnuts, and Pennsylvania maple syrup.

Ryan's Breakfast Burrito \$7 with Bacon \$8

Lancaster Farm Fresh scrambled eggs, cheese, salsa, and guac.

Ich Liebe Dich Omelet \$12

3-Egg omelet filled with Lancaster sausage, smoked cheddar, organic sauerkraut, onion, bell pepper, & topped with a dollop of guacamole.

Richard's Mystery Omelet veggie \$10 with
meat \$12

Tell us any dislikes & wait to see what we create for you in a 3-egg omelet with toast & fruit.

Mom's Cinnamon French Toast (Saturday's only)

\$7

Cinnamon raisin bread coated in a cinnamon batter and served with Pennsylvania maple syrup.

Jenn's Favorite Pancakes (Saturday's only) \$7

Organic buckwheat pancakes with PA maple syrup. Always available plain. Flavors may differ due to the season, so ask what our pancake special is.

Breakfast Sandwiches

Scrambled egg & Cheese \$4

Scrambled egg, cheese, & tomato \$4.50

Scrambled egg, cheese, bacon or sausage \$6

(Available on English muffin, toast, or bagel. \$2 extra for gluten-free)

Bagel or English Muffin Sandwiches (\$2 extra for gluten-free)

The Kim \$8.50

Organic cream cheese, lox, tomato, red onion, & fresh herbs.

The Elena \$8

Organic cream cheese, lox, tomato, & fresh herbs.

The Catherine \$6

Scrambled egg, tomato, guacamole, raw garlic olive oil, & fresh herbs.

Epitome of Fabulosity \$6 with sausage or

Bacon \$8

Scrambled egg, Lancaster garlic & Chive Cheddar, tomato, & red onion.

The Zina \$6

Raw garlic olive oil, raw Lancaster Cheddar Cheese, Apple Slices, & a sprinkle of fresh herbs.

The Bridget \$5

Organic hummus, guacamole, sprouts, & tomato.

The Schwartz \$4

Organic cream cheese, red onion, tomato, & fresh herbs.

The Startari \$4 Melted dill havarti cheese & tomato

Bagel with plain organic cream cheese \$2

CAN'T MAKE UP YOUR MIND? TRY A CUP OF SOUP WITH 1/2 SANDWICH, WRAP, OR MINI FRESH THYMES SALAD \$8

SALADS

Add Chicken or ground bison \$2.00

Rich's Salad \$12

Field greens topped with Chicken, beets, blue cheese, local apples, & walnuts.

Cobb Salad \$12

Field greens, Chicken, bacon, hard-boiled egg, tomato, cucumber, red onion, & gorgonzola.

Sparky Salad \$10

Field greens, black beans, red onions, olives, cheddar cheese, salsa, & guacamole.

Blue Plate Special Salad \$10

Field greens and all the other fixings with your choice of tabbouleh, tuna, chicken, egg salad, or do the Lisa Marie which is a little of each.

Katie's Spinach Salad \$10

Spinach topped with beets, goat cheese, raw walnuts, tomato, cucumber, & fresh herbs.

Tom's Salad \$8

Field greens with tomatoes, naked cucumbers, beets, & Fresh Thyme.

Fresh Thymes \$6

Field greens, tomatoes, cukes, red onion, fresh thyme, & slice of smoked Gouda cheese.

WRAPS

Cobb Wrap \$12

Field greens, tomatoes, cucumber, red onion, hard-boiled egg, chicken, bacon, blue cheese, and guacamole.

Tamara's Wrap \$12

Field greens, tomatoes, cucumbers, red onion, Lox, blue cheese, & guacamole.

Bison Taco Wrap \$10

Ground bison topped with Lancaster cheddar cheese, fresh salsa, guacamole, and field greens.

Sarah's Mediterranean Wrap \$7 with Chicken

\$9

Field greens, cucumbers, bell pepper, tomatoes, feta cheese & tzatziki sauce.

Beach Wrap \$7 with Chicken \$9

Hummus, sprouts, tomato, guacamole, cukes, and red pepper.

Southwestern Wrap \$7 with Chicken \$9

Field greens, red pepper, black beans, Lancaster cheddar cheese, salsa, and guacamole.

Soups Cup \$4 Bowl \$6

*****Items are subject to change due to the availability of local and organic items.**