



1341 Main St., (Rear)
Springfield, MA
'The shops at Marketplace'

413-237-1822

TLSFoods@comcast.net

www.NoshSpringfield.com or TLSFoods.com

Open: Tuesday – Saturday 11am – 3pm; Thursday & Friday 4 – 7:30pm

Salads & Grain Bowls

- ✦ **Wilted Spinach** **\$9**
Grapes, toasted walnuts, onion, tomato, crispy thick-cut bacon, and goat cheese served with a warm maple vinaigrette
- ✦ **Southwestern** **\$9**
Greens, grains, black beans, onions, olives, red peppers, tomato, cucumbers, shredded cheddar & chipolte
- ✦ **Greeky** **\$9**
Greens, grains, olives, chic peas, onions, red peppers, tomato, cucumbers, feta served with lemon vinaigrette
- ✦ **Have You Seen My Baseball?** **\$8**
Greens, grains, grapes, apples, dried cranberries, walnuts, almonds, toasted coconut, goat cheese, a honey drizzle and a dash of cinnamon served with maple vinaigrette

- Add chicken, pork, bacon or our crispy eggplant 'bacon' to any salad or grain Bowl...\$2.00

Grain bowls include a heaping combo of our whole grains (Red quinoa, and wheatberries)

Your choice of all house-made dressings:
Ranch, Chipolte, Lemon, Maple or Balsamic vinaigrette

Sweet Potato Bowls

- ✦ **Sweet** **\$9**
Grapes, apples, almonds, walnuts, goat cheese, honey, nutmeg & cinnamon served with toast
- ✦ **Savory** **\$9**
Black bean mixture, with onions, peppers, BBQ sauce, chipolte, & cheddar cheese served with toast

Soups

- ✦ **Homemade soups each week**
Cup - \$3.50 Bowl - \$5

Burgers, she lied.....

- ✦ **Black Bean Burger** **\$9**
Wrapped in phyllo and grilled, served with greens & chipolte
- ✦ **Falafel** **\$9**
House-made falafel wrapped in phyllo served over greens, diced tomatoes & cucumbers with feta-sriracha sauce and topped with avocado
- ✦ **Namaste** **\$9**
Black bean burger, mango, onion, spinach, avocado, cheddar & chipolte melted on focaccia

Bread Choices

All breads are house-made (may vary daily)
Brioche Roll, Focaccia Flat Bread, Savory Breads
(Country White, Whole-grain Oatmeal or Everything)

New Gluten Free Bread Option:
House-made Sunflower Bread
(+\$2 addition to any sammie)

In-House Bread Specials (Thurs.-Fri. only or special order)

Tomato-Basil Pesto, Four Cheese Italian,
Carmelized Onion & Dill, Raisin & White Boule

Dessert Breads (Thurs.-Fri. only or special order)

Cinnamon Raisin, and Chocolate Babka

Kidz Menu

- ✦ **Mac & Cheese** **\$4.50**
- ✦ **Grilled Cheese** **\$4**
- ✦ **Grilled Ham & Cheese** **\$5**
- ✦ **PB & J** **\$4**
- ✦ **Nosh-a-nutter** **\$4**
PB & house-made toasted marshmallow, with a chocolate drizzle

WE DO CATERING! Inquire at 1-413-237-1822