STARTERS-served all day long

Soups Homemade Veggie Bean sveg
8oz $4.95 16oz $6.95

Chilis: Vegetarian (SVEG) 8oz $5.75 16oz $7.75

Spicy White Bean Turkey 8oz $6.25 16oz $8.25

Check special lists for soups of the day.

Hummus App svgt $10.95 Veggies, bagel chips and homemade hummus with roasted peppers.

Vegetarian Pizza vgt $11.50 Mozzarella, bruschetta, spinach, mushrooms, peppers, squash &onions on a white tortilla.

Mexican Pizza vgt $11.50 Salsa, onion, tomato, olives & Mexican cheese on a white tortilla.

Chicken Tenders $12.50 Five tenders baked not fried served with choice of Honey Dijon, BBQ or Ketchup.

Buffalos Thai Tenders $12.50 Four tenders baked in hot sauce served with celery sticks, Buffalo Bleu cheese & Thai sauce for dipping.

Quesadilla– $10.95 with salsa & sour cream & choice of wrap . **Choice of:**

Chicken - Mexican cheese, Chicken & tomato.

Taco-Mexican cheese, turkey taco meat & tomato.

Veggie– vgt Mexican cheese, peppers, onion, tomato, refried beans .

KIDS MEALS

12 & under –served with small fruit cup, coleslaw or unsweetened apple sauce.

Chicken Tenders $8.95 Three baked tenders served with choice of BBQ, Honey Dijon or Ketchup

Kiddie Tacos $8.95 Two soft tacos served with Mexican Cheese, lettuce , tomato, and choice of seasoned ground turkey or refried beans with salsa on side.

Grilled Cheese vgt – $7.95 Your choice of cheese on whole wheat or white bread. (add turkey bacon or maple cured bacon $1.50)

Kiddie Quesadilla $7.95—A small white tortilla with Mexican cheese served with salsa. Add chicken $3.00

Kiddie BLT $9.95 Turkey Bacon or Maple cured Bacon, Lettuce, Tomato and Mayo on choice of white, wheat or rye toast.

BASHFUL BOWLS & MORE

Vegan Pulled Pork Rice Bowl svgt $12.95
Jackfruit simmered in a homemade organic bbq sauce on a bed of brown rice with sweet potatoes, black bean & roasted corn salsa, guacamole and tomatoes.

Fiesta Chicken Rice Bowl $12.95
Blackened chicken, grilled peppers and onions, Mexican cheese, black bean & roasted corn salsa, guacamole and tomatoes on organic brown rice.

Vegan Thai Tofu Scramble Rice Bowl svgt $12.95
Blackened Tofu sautéed in a spicy Thai sauce with mushrooms, onions, peppers, edamame, spinach and sweet potatoes on a bed of organic brown rice

Fish Tacos $12.95 Baked cod, lettuce tomatoes, black bean & roasted corn salsa, & guacamole in two white wraps with side of taco sauce.

Side of Vegan Mac n cheese svgt $8.95

THE BIG SALAD

With a wedge of homemade bread. Homemade dressings: Garlic Herb Vinaigrette, Creamy Caesar, Honey Dijon, Creamy Cucumber Lemon Dill, Balsamic Vinaigrette & Ranch.

Café House Salad svgt $11.95
Spring Mix, tomatoes, onions cucumbers, carrots, peppers, sprouts & Homemade croutons. Small $10.75

Caesar Salad veg $11.95 Romaine tossed in our homemade dressing with homemade croutons and parmesan cheese. Small $10.75

Mexican Taco Salad $13.25
Romaine, tomatoes, onion & Mexican cheese topped with either refried beans or ground seasoned turkey with gf chips.

Mediterranean Salad $12.50
Spring Mix with tomatoes, red onions, feta cheese, walnuts, homemade roasted peppers, black olives, and chick peas. The Small $11.25

Add : Grilled or Blackened Chicken $3.50, Bacon or Turkey Bacon $1.50, Tuna, Hummus Refried Beans or Turkey Almond $3.95, Chick Peas $1.50, Cheese .95
6oz Baked Salmon filet or Six Grilled Shrimp$7.95