

## STARTERS-served all day long

**Soups** Homemade Veggie Bean sveg

8oz \$3.95 16oz \$5.95

**Chilis: Vegetarian (SVEG)** 8oz \$4.75 16oz \$6.75

**Spicy White Bean Turkey** topped with cheese

8oz \$4.95 16oz \$6.95

Check special lists for soups of the day. (32oz container available for soups and chilis to go –market priced)

**Hummus App** svgt \$9.25 Veggies, bagel chips and homemade hummus with roasted peppers.

**Vegetarian Pizza** vgt \$9.25 Mozzarella, bruschetta, spinach, mushrooms, peppers, squash & onions on a white tortilla.

**Mexican Pizza** vgt \$9.25 Salsa, onion, tomato, olives & Mexican cheese on a white tortilla.

**Chicken Tenders** \$8.50 Five tenders baked not fried served with choice of Honey Dijon, BBQ or Ketchup.

**Buffalos Thai Tenders** \$8.50 Four tenders baked in hot sauce served with celery sticks, Buffalo Bleu cheese & Thai sauce for dipping.

**Quesadilla**– \$9.25 with salsa & sour cream & choice of wrap . Choice of:

**Chicken** - Mexican cheese, Chicken & tomato.

**Taco**-Mexican cheese, ground 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** \$6.95 Three baked tenders served with choice of BBQ, Honey Dijon or Ketchup

**Kiddie Tacos \$7.95** Two tacos served with Mexican Cheese, lettuce , tomato, and choice of seasoned ground turkey or refried beans with salsa on side. Choice of two hard or two soft shells.

**Peanut Butter & Banana sveg** \$6.25 On whole wheat or white bread. (you can sub grape jelly for banana)

**Grilled Cheese vgt** – \$6.25 Your choice of cheese on whole wheat or white bread. (add turkey bacon \$1.50)

**Kiddie Quesadilla** \$6.25—A small white tortilla with Mexican cheese served with salsa. Add chicken \$2.00

## BASHFUL BOWLS & MORE

**Vegan Pulled Pork Rice Bowl** svgt \$10.50

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** 10.50

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 \$10.50

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** \$10.50 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 \$7.95

**Side of Vegan New England Baked Beans** svgt \$7.95

## THE BIG SALAD

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

**Café House Salad** svgt \$9.95

Spring Mix, tomatoes, onions cucumbers, carrots, peppers, sprouts & Homemade croutons. The Small \$8.75

**Caesar Salad** veg \$9.95 Romaine tossed in our homemade dressing with homemade croutons and parmesan cheese. The Small \$8.75

**Mexican Taco Salad** \$10.50

Mixed greens with tomatoes, onion & Mexican cheese topped with either refried beans or ground seasoned turkey with organic taco shells and salsa.

**Mediterranean Salad** \$10.50

Spring Mix with tomatoes, red onions, feta cheese, walnuts, homemade roasted peppers, black olives, and chick peas. The Small \$8.95

**Add : Grilled or Blackened Chicken \$2.95, Bacon or Turkey Bacon \$1.50, Tuna, Hummus Refried Beans or Turkey Almond \$3.25, Chick Peas \$1.50, Cheese .75 6oz Baked Salmon filet or Six Grilled Shrimp \$6.25.**