

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 \$9.75 Mozzarella, bruschetta, spinach, mushrooms, peppers, squash & onions on a white tortilla.

Mexican Pizza vgt \$9.75 Salsa, onion, tomato, olives & Mexican cheese on a white tortilla.

Chicken Tenders \$8.95 Five tenders baked not fried served with choice of Honey Dijon, BBQ or Ketchup.

Buffalos Thai Tenders \$8.95 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 \$7.25 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 – \$6.50 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 \$6.95.