

Menu



Salads and Soups

Served from 11:00 a.m. until closing.

House Salad

Organic spring mix, beets, carrots, cucumbers, red cabbage, sprouts, dried cranberries and raisins, pumpkin and sunflower seeds, local or seasonal fruits ~ \$4.95

Our Dinner Salads Full ~ \$12.95 Half ~ \$8.95

All dinner salads contain organic seasonal greens, sprouts, cucumbers, red cabbage, beets, carrots, onions, and seeds. Add-on your favorite toppings from the list below.

Fruity

Seasonal berries, dried fruit, curry cashews

Pickled

Pickled red onions and beets, feta, figs

Spiced

Sriracha almonds, roasted corn, quinoa, onions

Add tempeh bacon or seitan for \$2.50

Salad Dressings

*Sesame Ginger, Ranch, Tangerine Dream, Garlic Mustard Vinaigrette, Tahini Goddess, Oil & Vinegar (V/GF)**

Daily Soup Offering

10 oz \$6.95 ~ 6 oz \$4.95

6 oz soup and House Salad combo \$8.95

Vegan (V) and gluten-free (GF)* substitutions available for an extra charge.*

Please tell us about any allergies before ordering.



Menu



Between Bread (V/GF)*

Served from 11:00 a.m. to closing with your choice of chips or House Salad.

JS Reuben (V/GF)*

Ginger-baked tofu, raw milk cheddar, sauerkraut, house-made Thousand Island, whole grain bread \$9.95

Nut Burger or Power Burger (V/GF)*

Pretzel bun, lettuce, tomato, red onion \$11.95

Not *from the Sea* Tuna (V/GF)*

seasoned Jack Fruit, lettuce, tomato, whole grain bread \$9.95

Almost Heaven (V/GF)*

Tillamook cheddar, smoked cheddar, rye or wheat \$6.95

The options ~ sundried tomatoes, caramelized onions, Portabella mushrooms, roasted red peppers ~ you can pick two for \$8.95

Ciabatta Chick (V)

House-made chicken seitan, salad greens, red onions, cucumbers, jalapeño cream, ciabatta bread \$10.95

"Sasquash" (V/GF)*

Roasted butternut squash, sun-dried tomato, caramelized onion, goat cheese, curly kale, parsley mayo, rustic bread \$10.95

Shawarma (V)

Chicken Seitan, Tahini/garlic aioli, shepherd salad, flatbread \$10.95

Tempeh BLT (V)

Marinated tempeh, lettuce, tomato, whole grain. \$9.95

Coconut Barbecue (V/GF)*

Baked-BBO tofu, coconut-ginger red cabbage slaw, rustic bread \$9.95

~ Vegan and Gluten-Free Sandwich Options (V/GF) ~*

Little Northern Bakehouse Bread (V/GF) Udi's Bread (GF)* Follow Your Heart Vegan Cheese*

Our seitan and tempeh are not gluten-free.

Please tell our staff when ordering about all allergies.



Menu



Appetizers

Served from 11:00 a.m. until closing.

House-Made Hummus (V/GF)*

Served with pita, cucumbers, carrots, olives \$7.95

Roasted Vegetable Hummus (V/GF)*

Served with tortilla chips \$5.95

Wine ~ Bread ~ Cheese (GF)*

Blueberry mustard, assorted cheese, rustic bread \$8.95

With House Wine \$12.95

Nuts and Olives (V/GF)*

Savory almonds and olives \$5.95

Entrees

Forager Egg Quiche (GF)

Made with select seasonal produce. Forager chickens roam free during the day, feasting naturally. Their diet is supplemented with organic, non-soy grains. Served with salad, chips, or fruit cup \$8.95

Extras

Seasonal Side-Salads 3.95 (V/GF)*

Savory Goat Cheese and Bread \$5.95

Assorted Breads \$2.50 each (V/GF)*

Fruit Cup \$3.95

For the Children

PB&J ~ Scrambled Eggs ~ Fruit Cup ~ Gardein Chicken Strips

Grilled Cheese ~ Yogurt and Granola ~ Made to Order \$3.95/\$4.95

Vegan (V) and gluten-free (GF)* substitutions available for an extra charge.*



Menu



Breakfast

8:00 a.m. to 11:00 a.m. Tuesday thru Friday and on Saturday, all day.

Davidovich Bagels from NY (V)*

Everything Bagel, herb cream cheese \$3.25

Cinnamon Raisin Bagel, Yoga spread \$3.25

Over-Easy Egg on Artisan Bread (GF)*

Cheese, herb butter, fruit cup \$5.50

Cheese, tomato, mushroom, fruit cup \$6.95

Tofu Scramble Made to Order

Served with toast, sautéed veggies, fruit cup \$9.95

Breakfast Burger (V)*

Made in-house with fresh dill, French lentils, rice, quinoa, sundried tomatoes, mushrooms. Served with fried egg, tomato, cheese, bagel or rustic bread, seasonal fruit cup \$9.95

Substitutions for egg ~ vegan cheese or tempeh bacon.

Good Natured Granola & Yogurt (V/GF)*

Almond, cranberry, maple granola

Plain or lightly sweetened yogurt, seasonal fruits \$7.95

Forager Egg Quiche (GF)

Made with select seasonal produce. Forager chickens roam free during the day, feasting naturally. Their diet is supplemented with organic, non-soy grains. Served with salad, chips, or fruit cup \$8.95

Extras

Toast or bagel \$2.25 (V)*

One over-easy egg \$2.50

Tempeh bacon \$2.50

Cream cheese add-on \$1.00 (V)*

Vegan (V) and gluten-free (GF)* substitutions available for an extra charge.*

