

# Menu



## Daily Feast

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

### House Salad

Spring mix, beets, carrots, cucumbers, red cabbage, sprouts, dried cranberries & raisins, pumpkin & sunflower seeds, seasonal fruits ~ \$4.95

### Our Dinner Salads Full ~ \$12.95 Half ~ \$7.95

All dinner salads contain seasonal greens, sprouts, cucumbers, red cabbage, beets, carrots, onions, and seeds. Then choose your favorite toppings ~ Fruity ~ Pickled ~ Spiced. Add tempeh bacon \$2.00.

#### Fruity

Seasonal berries, dried fruit, curry cashews

#### Pickled

Pickled red onions and beets, feta, figs

#### Spiced

Sriracha almonds, roasted corn, quinoa, onions

## 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 & House Salad combo ~ \$8.95*

*Assorted breads \$2.50 each.*

*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 with your choice of Rt. 11 chips or house salad*

### JS Reuben

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

### Nut Burger or Power Burger

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

### Not *from the* Sea Tuna

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

### Almost Heaven

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

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

### "Sasquash"

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

### Shawarma

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

### Tempeh BLT

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

Contains gluten

### Coconut Barbecue

Baked-BBQ tofu, coconut-ginger red cabbage slaw \$9.95

*Substitute Little Northern Bakehouse or Udi's gluten-free bread or vegan cheese for an extra charge for all sandwiches. Our seitan and tempeh are not gluten-free. (V/GF)\* sandwich options.*

*Please tell 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

### Baked Goat Rounds with Marinara (V/GF)\*

Served with herbed focaccia \$6.95

### 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) \$8.95

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.

## 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

Children's Fare ~ Made to order

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



# Menu



## Breakfast

*Served from 8:00 a.m. until 11:00 a.m.*

### Davidovich Bagels from NY (V)\*

Everything Bagel, herb cream cheese \$3.25

Cinnamon Raison Bagel, Yoga spread \$3.25

### Over-Easy Egg on Artisan Bread (GF)\*

Cheese, herb butter \$5.25

Cheese, tomato, mushroom \$6.95

### Breakfast Burger (V)\*

Made in-house with fresh dill, French lentils, rice, quinoa, sundried tomatoes, mushrooms. Served with a fried egg & seasonal fruit cup. \$9.95

Substitutions for egg ~ cheese, tomato, 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) \$8.95

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.

## Extras

Toast or bagel \$2.25 (V)\*

One over-easy egg \$2.50

Tempeh bacon \$2.00

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

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

