



Lunch & Dinner

Substitutions (except where noted) are welcome, but a price adjustment may be necessary.

APPETIZERS & SOUPS

Broccoli Risso: Broccoli, rice, mushrooms 7.60
and cheese casserole served with a warm piece of pita bread

French Onion Soup: Shitake mushrooms, 7.75
onions, kombu, veggie broth, tamari, garlic, slice of French bread and topped with swiss cheese

Black Bean Chili: Black beans, green peppers, 7.60
onions, garlic, salsa, diced tomatoes and chili powder topped with scallions and served with your choice of corn muffin or pita

Brown Rice & Veggies: Brown rice, carrots, 7.80
kale, scallions, mushrooms and broccoli served with a side of tamari and toasted sunflower seeds

Tamale Platter: 2 steamed tamales topped 9.75
with black bean chili, tomatoes and green onions served on a bed of lettuce with a side of salsa

Wellson: Sampler platter with 2 falafel balls, 10.75
mini spinach pie, 1 scoop of hummus, 1 scoop of baba, a side of sesame tahini and pita

HUMMUS & BABA GHANOUJ

Hummus: Chickpeas, sesame tahini, lemon 8.50
and garlic made into a dip and served hot or cold and topped with veggies in a bowl with a side of pita or as a sandwich **With cheese 8.90**

Spiked Hummus: Hummus, onions, peppers, 10.90
black olives, tomatoes, BBQ sauce and cheddar cheese served hot with sour cream and two pieces of pita on the side

Baba: Charbroiled eggplant, sesame tahini, 9.25
lemon and garlic made into a dip and served hot or cold and topped with veggies in a bowl with a side of pita or as a sandwich

AG: Baba with cheese 9.75

FALAFEL

(All falafels served with veggies: sprouts, tomatoes & green peppers)

Falafel: Fried bean cake, veggies, onions and 7.10
sesame sauce served on a pita

EZ: Falafel, veggies, sesame sauce and cheese 7.60

BW: Falafel, veggies, sesame sauce, cheese 7.90
and mushrooms

JJ: Falafel, veggies, sesame sauce, cheese 8.15
and sunflower seeds

DC: Falafel, veggies, sesame sauce, cheese, 8.30
mushrooms and sunflower seeds

Ceebee: Falafel, veggies, sesame sauce, 8.95
cheese, sunflower seeds and hummus

NS: Falafel, veggies, sesame sauce and baba 8.40

Wildflower: Falafel, veggies, sesame sauce, 8.80
mushrooms and baba

Donovan: Falafel, veggies, sesame sauce, 8.95
cheese, mushrooms and baba

Bill Max: Falafel, veggies and BBQ sauce 7.10

Rebel: Falafel, veggies, BBQ sauce and 7.45
mushrooms

Uncle Russ: Falafel, onion, American cheese 6.90
and mayo (no veggies)

Aunt Rose: Falafel, onion, American cheese, 7.60
mayo and mushrooms (no veggies)

Colleen: Falafel, bacon, cheese, sesame sauce, 8.35
onions, sprouts, tomatoes and green peppers
(Not Vegetarian!!)

WRAPS

AJ Wrap: Whole wheat wrap filled with black bean 10.50
chili, pickles, lettuce and brown rice & veggies

Jenny Wrap: Whole wheat wrap filled with chicken 12.40
breast, black bean chili, cheddar cheese and brown rice & veggies

Ask your server about additional daily specials.

Please make your server aware of any food allergies or dietary requests upon ordering!!



Lunch & Dinner

Substitutions (except where noted) are welcome, but a price adjustment may be necessary.

ESCAROLE POTATO PIES & SPINACH PIES

Escarole & Potato Pie: Wheat dough stuffed with escarole, potatoes, onions and Italian spices	6.55
Escarole & Potato Pie with muenster cheese	6.95
Jane: Escarole & potato pie with cheese and broccoli	7.95
Spinach Pie: Spinach and onions baked in dough	6.45
Spinach Pie with muenster cheese	6.85
IRS: Spinach pie with cheese and mushrooms	7.40
Capetown: Spinach pie with cheese, raisins and mushrooms	8.60
DB: Spinach pie with mushrooms, veggies and sesame sauce	8.40
Ruth: Spinach pie with cheese, mushrooms veggies and BBQ sauce	8.75
Lindsay: Spinach pie with tuna, cheese, mushrooms, tomatoes and sunflower seeds	10.10
Mary Lynne: Spinach pie with hummus, cheese, olives, mushrooms and veggies	10.25
Paisano: Spinach pie with baba, cheese, mushrooms and veggies	10.30
Fred: Spinach pie with tuna, baba, cheese and mushrooms	10.60
MR: Spinach pie with falafel, cheese, mushrooms and sesame sauce	9.10
MR 2: Spinach pie with baba, cheese and mushrooms	9.30
MR 3: Spinach pie with falafel, baba, cheese, curry powder, mushrooms and sesame sauce	10.05
MR 4: Spinach pie with falafel, cheese, bananas, curry powder and sesame sauce	9.85

****Wheat spinach pies are also available****

*****Daiya or Lo-salt cheese may be substituted for an additional \$1.79*****

MEAT PIES

Meat Pie: Lamb&Beef and onion baked in dough	7.30
Meat Pie with muenster cheese	7.70
TG: Meat pie with mushrooms and cheese	8.55
Aunt Gay: Meat pie with cheese, sesame sauce and veggies	8.40
Big M: Meat pie with cheese, BBQ sauce and veggies	8.40
PR: Meat pie with cheese, falafel, sesame sauce and veggies	9.35
Keith: Meat pie with cheese, baba, falafel, curry powder, sesame sauce and mushrooms	10.20
Gordon: Meat pie with cheese, corned beef, BBQ sauce, mushrooms and veggies	11.75
Ralph: Meat pie with cheese, ham, BBQ sauce, mushrooms and veggies	9.95

TOASTED CHEESE

(All toasted cheeses served with lettuce, tomatoes and green peppers.)

Toasted Cheese: Muenster cheese with lettuce, tomatoes and green peppers on a pita	6.45
RJ: Toasted cheese with sunflower seeds	6.55
FF: Toasted cheese with mushrooms	7.50
Ripp: Toasted cheese with sunflower seeds and mushrooms	7.70
W. Zedd: Toasted cheese with sesame sauce	6.70
Zippy: Toasted cheese with sunflower seeds and sesame sauce	6.90
Quigley: Toasted cheese with 5 kinds of cheese	7.50
Quinn: Toasted cheese with 5 kinds of cheese, homemade peanut butter	7.90
Lite Toasted Cheese: Lo-salt & Lo-cholesterol Cheddar or Swiss cheese, lettuce, tomatoes and green peppers	8.60
Vegan Toasted Cheese: Cheddar or Mozzarella Daiya Cheese, lettuce, tomatoes and green peppers toasted on wheat pita	9.80
Judy: Toasted American cheese on white bread	4.85

Ask your server about additional daily specials.

Please make your server aware of any food allergies or dietary requests upon ordering!!



Lunch & Dinner

Substitutions (except where noted) are welcome, but a price adjustment may be necessary.

TOFU & TEMPEH

Tempeh Salad Sandwich: Served cold on a wheat pita with tomatoes, sprouts and Vegenaise **7.25**

Becky: A wheat spinach pie stuffed with tempeh salad and cheese **8.95**

Lynne: Tempeh salad, sunflower seeds, onions, mustard and cheddar cheese toasted on wheat pita **7.90**

Delaney: Fried tempeh, spinach, mustard, sauerkraut, Swiss cheese and pickles grilled on rye bread **9.50**

Tempeh Burger: Served with lettuce, tomatoes, sprouts and pickles on a whole wheat bun **7.10**

Tempeh Burger with muenster cheese **7.50**

Tofu Salad Sandwich: Tofu, celery, onions, white miso, garlic, brown mustard, sprouts, tomatoes and a pinch of Vegenaise served cold on a wheat pita **7.40**

VEGGIE BURGERS & OTHER VEGETARIAN OPTIONS

Veggie Burger: Brown rice, scallions, carrots, garlic, parsley, onions and adzuki beans shaped into patties and fried served on a whole wheat bun with lettuce, tomatoes, red onions, sprouts and pickles **8.35**

Veggie Burger with cheese: **8.75**

Not Dog: Veggie version of a hot dog-made from tofu and spices. NO DAIRY/NO CHOLESTEROL! **3.90**

Mackenna: 3oz of seitan fajita strips, grilled onions and peppers, lettuce, tomatoes and salsa rolled in a pita **9.45**

Chick-Free Sandwich: A soy protein patty served on a wheat bun with lettuce, tomatoes and sprouts CONTAINS EGG WHITES!! **7.05**

Chick-Free with cheese **7.45**

Dee-Lite: Refried beans, garlic, chili powder, ginger, green peppers, green onions, mozzarella/provolone cheeses served warm on pita bread **8.15**

Tim's Boca Burger: (soy patty), grilled onions, tomatoes, lettuce and pickles on a wheat bun **6.80**

Tim's Boca Burger with muenster cheese **7.35**

Seitan Sub: 3 oz of seitan, Swiss cheese, green peppers, onions lettuce and tomatoes served with Italian dressing on a hoagie bun **9.75**

BBQ Seitan: 3 oz of seitan, BBQ sauce, lettuce and tomato served on a hamburger bun **8.55**

TUNA

Tuna Salad Sandwich: Tuna, lettuce, tomatoes and green peppers served cold in a pita **7.50**

Rah: Tuna, cheese and mushrooms served on toasted pita **8.40**

Uncle Gay: Tuna, cheddar cheese, mustard, sunflower seeds and onions served on a toasted pita **8.60**

AD: Tuna, falafel, mushrooms, cheese and tomatoes served on a toasted pita **9.25**

Georgia: Tuna, hummus, cheese, mushrooms and tomatoes served on a toasted pita **9.60**

SIDES & EXTRAS

Homemade Fries **3.79**

Dirty Chips **.99**

Brown Rice **2.89**

Falafel Chips **.40**

Fruit **5.75**

Pita **.60**

Falafel Balls **.85 (each)**

Hummus **3.75**

Tuna Salad **2.50**

Tempeh Salad **3.15**

Tofu Salad **2.50**

Chicken Salad **2.50**

Corn Muffin **.90**

Extra Dressing **.60**

Steamed Veggies **1.29**

Baba **3.95**

Ask your server about any additional specials.

Please make your server aware of any food allergies or dietary requests upon ordering!!



Lunch & Dinner

Substitutions (except where noted) are welcome, but a price adjustment may be necessary.

TURKEY & CHICKEN

TLT: 4oz of turkey, lettuce, tomatoes and mayo on toasted pita **7.90**

TLT with muenster cheese **8.30**

THC: 4oz of turkey with ham, cheese, lettuce, tomatoes and mayo on a toasted pita **8.90**

Steph: 4oz of turkey, ham, bacon, cheese, lettuce, tomatoes and mayo **9.50**

Chicken Salad Sandwich: Diced chicken, celery, cucumbers and poppy seeds mixed with homemade lousi dressing served on a cold pita with lettuce and tomatoes **9.50**

Chicken Breast Sandwich: A grilled chicken breast, lettuce and tomatoes served on a hamburger bun with pickles and mayo on the side **8.60**

Chicken Breast Sandwich with muenster cheese **8.95**

ROAST BEEF & CORNED BEEF

RLT: 4oz of roast beef, lettuce, tomatoes and mayo on a toasted pita **7.95**

Benjamin Lee: 4oz of roast beef, cheese, lettuce, tomatoes and mayo on a toasted pita **8.50**

Corned Beef: served warm on a pita with a side of yellow mustard **7.75**

Silver: 4oz of corned beef, onions, pickles, mustard and cheese on a toasted pita **9.15**

TLW: 4oz of corned beef, scrambled egg, pickles, green peppers, onions and cheese on a toasted pita **10.50**

Cigar: 4oz of corned beef, onions, pickles, mushrooms, sesame sauce, mustard and cheese on a toasted pita **9.70**

Big Bear: 4oz of corned beef, BBQ sauce, pickles, onions, mustard, cheese and veggies on a toasted pita **9.50**

PIZZA BY THE SLICE

Cheese: **2.95**

Pepperoni: **3.45**

Veggie: Falafel, onions, green peppers, olives **6.10**

HOMEMADE FRIES: 12 oz of

intentionally unsalted fries **3.79**

BURGERS & HOT DOGS

Our hamburgers are cooked to required minimum temperatures. Upon request, we will cook your burger to your specifications; however, consuming raw or undercooked meat may increase your risk of foodborne illness.

Hamburger: with pickles on the side **4.75**

Cheeseburger: with pickles on the side **5.15**

Bacon Cheeseburger: with pickles on the side **6.15**

(lettuce & tomato side **1.29** burger works **1.99**)

Curt Burger: A bacon cheeseburger topped with grilled onions and mushrooms, lettuce, tomatoes and mayo **9.95**

Turkey Burger: Spiced turkey burger served with lettuce, tomatoes and pickles **6.50**

Turkey Burger with American cheese: **6.85**

Sharpy Burger: Spiced turkey burger served on a hoagie roll with pizza sauce, mozzarella/provolone/parmesan cheeses, lettuce tomatoes and a side of pickles **10.75**

Hot Dog: all beef **4.35**

HAM & CHEESE, ETC..

Angelo: Ham and cheese, pepperoni, mushrooms, onions and veggies on a pita **8.10**

KS: Grilled ham and Swiss with lettuce and tomatoes on pita **7.05**

Chuckwagon: Ham and cheese toasted on a hamburger bun **6.15**

Curley: Grilled ham, Swiss and Colby cheeses, onions and green peppers on pita **7.35**

Torpedo: Assorted lunch meats, cheese, lettuce and tomatoes on a hoagie roll **10.45**
(may contain nuts)

BLT: Served on choice of bread with mayo **6.50**

TNT: Assorted lunch meats with 4oz of corned beef, cheese and veggies on a hoagie roll **12.75**
(may contain nuts)

Shawarma: Spiced lamb & beef, onions and tomatoes with sesame sauce or yogurt rolled in a pita (Chicken also available) **8.25**

Elaine: Flipsteak, BBQ sauce, cheese, mushrooms, onions, green peppers, lettuce and tomatoes on a toasted pita **9.30**

Ask your server about additional daily specials.

Please make your server aware of any food allergies or dietary requests upon ordering!!