



## 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

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### ESCAROLE POTATO PIES & SPINACH PIES

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

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

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

### MEAT PIES

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

### TOASTED CHEESE

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

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### 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**

**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**

**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**

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### 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 lous 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**

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