



## Lunch & Dinner

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

### APPETIZERS & SOUPS

**Broccoli Riso:** 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, 11.89  
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 8.99  
and garlic made into a dip, served hot or cold and topped with veggies in a bowl with a side of pita or as a sandwich **With cheese 9.49**

**Spiked Hummus:** Hummus, onions, peppers, 11.39  
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, 9.69  
lemon and garlic made into a dip, served hot or cold and topped with veggies in a bowl with a side of pita or as a sandwich

**AG:** Baba with cheese 10.49

### FALAFEL

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

**Falafel:** Fried bean cake, veggies, onions and 7.39  
sesame sauce served on a pita

**EZ:** Falafel, veggies, sesame sauce and cheese 7.69

**BW:** Falafel, veggies, sesame sauce, cheese 7.99  
and mushrooms

**JJ:** Falafel, veggies, sesame sauce, cheese 8.19  
and sunflower seeds

**DC:** Falafel, veggies, sesame sauce, cheese, 8.39  
mushrooms and sunflower seeds

**Ceebee:** Falafel, veggies, sesame sauce, 8.99  
cheese, sunflower seeds and hummus

**NS:** Falafel, veggies, sesame sauce and baba 8.69

**Wildflower:** Falafel, veggies, sesame sauce, 8.89  
mushrooms and baba

**Donovan:** Falafel, veggies, sesame sauce, 8.99  
cheese, mushrooms and baba

**Bill Max:** Falafel, veggies and BBQ sauce 7.39

**Rebel:** Falafel, veggies, BBQ sauce and 7.49  
mushrooms

**Uncle Russ:** Falafel, onion, American cheese 7.10  
and mayo (no veggies)

**Aunt Rose:** Falafel, onion, American cheese, 7.69  
mayo and mushrooms (no veggies)

**Colleen:** Falafel, bacon, cheese, sesame sauce, 8.49  
onions, sprouts, tomatoes and green peppers  
(Not Vegetarian!!)

### WRAPS

**AJ Wrap:** Whole wheat wrap filled with black

bean chili, pickles, lettuce and brown rice & veggies

**Jenny Wrap:** Whole wheat wrap filled with

chicken 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 with cheese</b>	<b>6.99</b>
<b>Jane:</b> Escarole & potato pie with cheese and broccoli	<b>7.99</b>
<b>Spinach Pie:</b> Spinach and onions baked in dough	<b>6.45</b>
<b>Spinach Pie with cheese</b>	<b>6.89</b>
<b>IRS:</b> Spinach pie with cheese and mushrooms	<b>7.89</b>
<b>Capetown:</b> Spinach pie with cheese, raisins and mushrooms	<b>8.69</b>
<b>DB:</b> Spinach pie with mushrooms, veggies and sesame sauce	<b>8.89</b>
<b>Ruth:</b> Spinach pie with cheese, mushrooms veggies and BBQ sauce	<b>8.89</b>
<b>Lindsay:</b> Spinach pie with tuna, cheese, mushrooms, tomatoes and sunflower seeds	<b>10.99</b>
<b>Mary Lynne:</b> Spinach pie with hummus, cheese, olives, mushrooms and veggies	<b>10.29</b>
<b>Paisano:</b> Spinach pie with baba, cheese, mushrooms and veggies	<b>10.59</b>
<b>Fred:</b> Spinach pie with tuna, baba, cheese and mushrooms	<b>10.89</b>
<b>MR:</b> Spinach pie with falafel, cheese, mushrooms and sesame sauce	<b>9.19</b>
<b>MR 2:</b> Spinach pie with baba, cheese and mushrooms	<b>9.69</b>
<b>MR 3:</b> Spinach pie with falafel, baba, cheese, curry powder, mushrooms and sesame sauce	<b>10.39</b>
<b>MR 4:</b> Spinach pie with falafel, cheese, bananas, curry powder and sesame sauce	<b>9.89</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>7.39</b>
<b>Meat Pie with cheese:</b>	<b>7.79</b>
<b>TG:</b> Meat pie with mushrooms	<b>8.79</b>
<b>Aunt Gay:</b> Meat pie with cheese, sesame sauce and veggies	<b>8.99</b>
<b>Big M:</b> Meat pie with cheese, BBQ sauce and veggies	<b>8.99</b>
<b>PR:</b> Meat pie with cheese, falafel, sesame sauce and veggies	<b>9.59</b>
<b>Keith:</b> Meat pie with cheese, baba, falafel, curry powder, sesame sauce and mushrooms	<b>10.79</b>
<b>Gordon:</b> Meat pie with cheese, corned beef, BBQ sauce, mushrooms and veggies	<b>12.79</b>
<b>Ralph:</b> Meat pie with cheese, ham, BBQ sauce, mushrooms and veggies	<b>11.59</b>

### TOASTED CHEESE

<b>Toasted Cheese:</b> Muenster cheese with lettuce, tomatoes and green peppers on a pita	<b>6.49</b>
<b>RJ:</b> Toasted cheese with sunflower seeds	<b>6.59</b>
<b>FF:</b> Toasted cheese with mushrooms	<b>7.59</b>
<b>Ripp:</b> Toasted cheese with sunflower seeds and mushrooms	<b>7.79</b>
<b>W. Zedd:</b> Toasted cheese with sesame sauce	<b>6.79</b>
<b>Zippy:</b> Toasted cheese with sunflower seeds and sesame sauce	<b>6.99</b>
<b>Quigley:</b> Toasted cheese with 5 kinds of cheese and veggies	<b>7.59</b>
<b>Quinn:</b> Toasted cheese with 5 kinds of cheese, homemade peanut butter and veggies	<b>7.99</b>
<b>Lite Toasted Cheese:</b> Lo-salt & Lo-cholesterol Cheddar or Swiss cheese, lettuce, tomatoes and green peppers	<b>8.69</b>
<b>Vegan Toasted Cheese:</b> Cheddar or Mozzarella Daiya Cheese, lettuce, tomatoes and green peppers toasted on wheat pita	<b>9.89</b>
<b>Judy:</b> Toasted American cheese on white bread	<b>4.89</b>

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### TOFU & TEMPEH

**Tempeh Salad Sandwich:** Served cold on a **7.99**

wheat pita with tomatoes, sprouts and Vegenaïse

**Becky:** A wheat spinach pie stuffed with **9.39**  
tempeh salad and cheese

**Lynne:** Tempeh salad, sunflower seeds, onions, **7.99**  
mustard and cheddar cheese toasted on wheat pita

**Delaney:** Fried tempeh, spinach, mustard, **9.59**  
sauerkraut, Swiss cheese and pickles grilled on rye  
bread

**Tempeh Burger:** Served with lettuce, tomatoes **8.19**  
sprouts and pickles on a whole wheat bun

**Tempeh Burger with muenster cheese** **8.69**

**Tofu Salad Sandwich:** Tofu, celery, onions, **7.99**  
white miso, garlic, brown mustard, sprouts,  
tomatoes and a pinch of Vegenaïse served cold on a  
wheat pita

### VEGGIE BURGERS & OTHER VEGETARIAN

#### OPTIONS

**Veggie Burger:** Brown rice, scallions, carrots, **8.59**  
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

**Veggie Burger with cheese:** **8.99**

**Not Dog:** Veggie version of a hot dog-made **4.49**  
from tofu and spices. NO DAIRY/NO CHOLESTEROL!

**Mackenna:** 3oz of seitan fajita strips, grilled **9.49**  
onions and peppers, lettuce, tomatoes and salsa  
rolled in a pita

**Chick-Free Sandwich:** A soy protein patty **7.49**  
served on a wheat bun with lettuce, tomatoes and  
sprouts CONTAINS EGG WHITES!!

**Chick-Free with cheese** **7.69**

**Dee-Lite:** Refried beans, garlic, chili powder, **8.29**  
ginger, green peppers, green onions,  
mozzarella/provolone cheeses served warm on pita  
bread

**Tim's Boca Burger: (soy patty),** grilled onions, **7.39**  
tomatoes, lettuce and pickles on a wheat bun

**Tim's Boca Burger with muenster cheese** **7.79**

**Seitan Sub:** 4 oz of seitan, Swiss cheese, green **9.79**  
peppers, onions, lettuce and tomatoes served with  
Italian dressing on a hoagie bun

**BBQ Seitan:** 4 oz of seitan, BBQ sauce, lettuce **8.59**  
and tomato served on a hamburger bun

### TUNA

**Tuna Salad Sandwich:** Tuna, lettuce, tomatoes and  
green peppers served cold in a pita **7.99**

**Rah:** Tuna, cheese and mushrooms served on  
toasted pita **8.49**

**Uncle Gay:** Tuna, cheddar cheese, mustard, **8.69**  
sunflower seeds and onions served on a toasted pita

**AD:** Tuna, falafel, mushrooms, cheese and tomatoes  
served on a toasted pita **9.49**

**Georgia:** Tuna, hummus, cheese, mushrooms and  
tomatoes served on a toasted pita **9.49**

### SIDES & EXTRAS

**Homemade Fries** 4.99      **Tuna Salad** 4.49

**Kettle Potato Chips** 1.59      **Tempeh Salad** 5.19

**Brown Rice** 3.25      **Tofu Salad** 5.19

**Falafel Chips** 2.29      **Chicken Salad** 4.49

**Fruit Seasonal**      **Corn Muffin** .99

**Pita** .65      **Extra Dressing** .60

**Hummus** 4.49      **Baba** 4.99

**Falafel Balls** .99 (each) or 3 with sesame for 3.75

**Steamed Veggies** 4.59

**Pickle** 1.39

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### TURKEY & CHICKEN

TLT: 4oz of turkey, lettuce, tomatoes and mayo on toasted pita	7.99
TLT with muenster cheese	8.59
THC: 4oz of turkey with ham, cheese, lettuce, tomatoes and mayo on a toasted pita	8.99
Steph: 4oz of turkey, ham, bacon, cheese, lettuce, tomatoes and mayo	9.59
Chicken Salad Sandwich: Diced chicken, celery, cucumbers and poppy seeds mixed with homemade lous dressing served on a cold pita with lettuce and tomatoes	9.59
Chicken Breast Sandwich: A grilled chicken breast, lettuce and tomatoes served on a hamburger bun with pickles and mayo on the side	8.69
Chicken Breast Sandwich with muenster cheese	8.99

### ROAST BEEF & CORNED BEEF

RLT: 4oz of roast beef, lettuce, tomatoes and mayo on a toasted pita	7.99
Benjamin Lee: 4oz of roast beef, cheese, lettuce, tomatoes and mayo on a toasted pita	8.59
Corned Beef: 8 oz served warm on a pita with a side of yellow mustard	9.39
Silver: 4oz of corned beef, onions, pickles, mustard and cheese on a toasted pita	9.19
TLW: 4oz of corned beef, scrambled egg, pickles, green peppers, onions, mustard and cheese on a toasted pita	10.59
Cigar: 4oz of corned beef, onions, pickles, mushrooms, sesame sauce, mustard and cheese on a toasted pita	9.79
Big Bear: 4oz of corned beef, BBQ sauce, pickles, onions, mustard, cheese and veggies on a toasted pita	9.59

### 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	4.99
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### 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	5.69
Cheeseburger: with pickles on the side	5.89
Bacon Cheeseburger: with pickles on the side	6.89
(lettuce & tomato side 1.29      burger works 1.99)	
Curt Burger: A bacon cheeseburger topped with grilled onions and mushrooms, lettuce, tomatoes and mayo	10.89
Turkey Burger: Spiced turkey burger served with lettuce, tomatoes and pickles	7.24
Turkey Burger with American cheese:	7.84
Sharp Burger: Spiced turkey burger served on a hoagie roll with pizza sauce, mozzarella/provolone/parmesan cheeses, lettuce tomatoes and a side of pickles	11.14
Hot Dog: all beef	4.89

### HAM & CHEESE, ETC..

Angelo: Ham and cheese, pepperoni, mushrooms, onions and veggies on a pita	8.59
KS: Grilled ham and Swiss with lettuce and tomatoes on pita	7.39
Chuckwagon: Ham and cheese toasted on a hamburger bun	6.49
Curley: Grilled ham, Swiss and Colby cheeses, onions and green peppers on pita	7.39
Torpedo: Assorted lunch meats, cheese, lettuce and tomatoes on a hoagie roll (may contain nuts)	10.49
BLT: Served on pita with mayo	8.49
TNT: Assorted lunch meats with 4oz of corned beef, cheese and veggies on a hoagie roll (may contain nuts)	12.79

Shawarma: Spiced lamb & beef, onions and tomatoes with sesame sauce or yogurt rolled in a pita (Chicken also available)	8.69
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Elaine: Flipsteak, BBQ sauce, cheese, mushrooms, onions, green peppers, lettuce and tomatoes on a toasted pita	9.39
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