



Salads

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

Dressing Choices: French, Loui, 1000 Island, Ranch, Lo-Cal, Sesame

Blue Cheese, Balsamic Vinaigrette, Italian, Greek

Balsamic Vinegar \$.80 Olive Oil \$.90 Extra Dressing \$.60

Tommy's dressings are homemade and served on the side.

All Salads are served with Muenster Cheese

Tossed: Lettuce, tomatoes, carrots, celery and cheese **6.89**

Ed: Tossed salad with egg **7.29**

Fantasy: Tossed salad with egg and olives **7.95**

Ann: Tossed salad with tuna **8.99**

Dagmar: Tossed salad with tuna and egg **9.55**

Susie: Tossed salad with ham **8.49**

Jim: Tossed salad with ham and egg **8.79**

Dale: Tossed salad with falafel **9.55**

Caitlin: Tossed salad with raisins and sunflower seeds **7.59**

Donna: Tossed salad with hummus and olives **8.95**

Joyce K: Tossed salad with tempeh salad **8.90**

Joy: Tossed salad with egg and baba **9.59**

Health: Tossed salad with ham, eggs, and olives **8.89**

Cindy: Tossed salad with shrimp **10.50**

Dave: Tossed salad with egg, olives, pickles and baba **9.99**

Lauren: Spinach tossed salad with egg hummus, onion and bacon **11.19**

Marina: Large spinach tossed salad with hummus and baba **10.99**

Jesse: Large spinach tossed salad with egg, mushrooms, onion and olives **11.39**

With Bacon: **11.99**

Jackson: Large lettuce tossed salad with egg, olives, pickles, falafel, mushrooms and sunflower seeds **13.75**

Kalle: Large spinach tossed salad with 4 oz of turkey, olives, sprouts, broccoli and cauliflower **13.75**
No Turkey 11.85

Hailey: Large mixed greens tossed salad with cucumbers and grilled chicken breast **13.75**

Greek: Lettuce, tomatoes, green peppers, red onion, tofu feta (tofu, olive oil, lemon and spices) served with a side of homemade Greek dressing **9.10**

Taco Salad: A deep fried whole wheat taco shell filled with lettuce, tomatoes, onions, black olives and TVP (Textured Vegetable Protein) served with a side of salsa **11.40**

Do you have a special dietary need?

Our main goal is to offer fresh homemade food that fits all of our customers' dietary needs. We take precautions in an effort to prevent contamination of all allergens by sanitizing surfaces and utensils, wearing gloves, dedicating a fryer well, etc. We have undertaken an ongoing and exhaustive examination of ingredient labels in order to compile a list of our menu items which comply with a multitude of dietary restrictions. Please make your server aware of all food allergies and dietary restrictions. Our main goal is to offer our customers a positive dining experience while meeting their dietary needs.

Enjoy your meal

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.

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, 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

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 spice	8.60
Escarole & Potato Pie with cheese	6.99
Jane: Escarole & potato pie with cheese and broccoli	7.99
Spinach Pie: Spinach and onions baked in dough	6.45
Spinach Pie with cheese	6.89
IRS: Spinach pie with cheese and mushrooms	7.89
Capetown: Spinach pie with cheese, raisins and mushrooms	8.69
DB: Spinach pie with mushrooms, veggies and sesame sauce	8.89
Ruth: Spinach pie with cheese, mushrooms, veggies and BBQ sauce	8.89
Lindsay: Spinach pie with tuna, cheese, mushrooms, tomatoes and sunflower seeds	10.99
Mary Lynne: Spinach pie with hummus, cheese, olives, mushrooms and veggies	10.29
Paisano: Spinach pie with baba, cheese, mushrooms and veggies	10.59
Fred: Spinach pie with tuna, baba, cheese and mushrooms	10.89
MR: Spinach pie with falafel, cheese, mushrooms and sesame sauce	9.19
MR 2: Spinach pie with baba, cheese and mushrooms	9.69
MR 3: Spinach pie with falafel, baba, cheese, curry powder, mushrooms and sesame sauce	10.39
MR 4: Spinach pie with falafel, cheese, bananas, curry powder and sesame sauce	9.89

****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	7.39
Meat Pie with cheese:	7.79
TG: Meat pie with mushrooms	8.79
Aunt Gay: Meat pie with cheese, sesame sauce and veggies	8.99
Big M: Meat pie with cheese, BBQ sauce and veggies	8.99
PR: Meat pie with cheese, falafel, sesame sauce and veggies	9.59
Keith: Meat pie with cheese, baba, falafel, curry powder, sesame sauce and mushrooms	10.79
Gordon: Meat pie with cheese, corned beef, BBQ sauce, mushrooms and veggies	12.79
Ralph: Meat pie with cheese, ham, BBQ sauce, mushrooms and veggies	11.59

TOASTED CHEESE

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

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 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

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	7.99
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
------------------------------	-------------

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
Sharpy 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
--	-------------

Elaine: Flipsteak, BBQ sauce, cheese, mushrooms, onions, green peppers, lettuce and tomatoes on a toasted pita	9.39
---	-------------

Ask your server about additional daily specials.

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



Drinks, Desserts & Ice Cream

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

Ice Cream, Sorbet & Milkshake Flavors: vanilla, chocolate, cherry, peach, strawberry, coffee, mocha, mint chocolate chip, root beer, black cherry, cookies & cream, moosetracks, cookie dough, black raspberry chip, lemon sorbet, raspberry sorbet (seasonal flavors available) (Some flavors are only available as milkshake flavors.)

Extras: carob, fresh banana, honey, strawberries, homemade peanut butter .75 blueberries .95

MILKSHAKES & MALTS

Milkshakes: 20oz 5.79
Yogurt Milkshakes: 20oz 6.79
Malts: 20oz 5.99
Tofutti Shakes: vanilla or chocolate 7.59
VEGAN (Does contain soy!!)

ICE CREAM CREATIONS

Scoops & Cones: small 2.29
 medium 2.99 large 3.39
Hot Fudge Sundae: vanilla ice cream 5.69
Ice Cream Sundae: chocolate/cherry syrup 5.39
Sorbet Frappe: sorbet and soda water 4.89
Ice Cream Sodas: 12oz 5.39
Floats: 10oz 4.59
Phosphates & Egg Creams:
 12oz 2.59 20 oz 2.89

FOUNTAIN DRINKS

Coke, Diet Coke, Barq's Root Beer, Sprite, Dr. Pepper, Vernors, China Mist Iced Tea, Homemade Lemonade (All you can drink) 2.59
Kid's Fountain Drinks 1.69

JUICES

Orange Juice: 12oz 3.29 20oz 4.39
Grape Juice: 12oz 3.29
Tomato Juice: 12oz 3.29
V8: 12oz 3.29
Apple Juice: 12oz 3.29 20oz 4.39

Cranberry Juice: 12oz 2.89 20oz 4.19
Grapefruit Juice: 12oz 2.89

MILK

Whole or Skim Milk 12oz 2.09 20oz 3.19
Chocolate Milk 12oz 2.09 20oz 3.19
Almond Milk 2.89

Eden Soy Milk: vanilla (non-dairy) 2.89
Rice Milk: (non dairy & GS) 2.89

SMOOTHIES

Fresh Fruit Freeze (12oz): strawberries, bananas, orange juice, protein powder, and crushed ice served with a lemon wedge 5.69
Power Smoothie (12oz): apple juice, bananas, blueberries, bee pollen, spirulina and crushed ice served with a lemon wedge 5.69

HOT DRINKS

Coffee & Decaf 2.49
Hot Chocolate: with whipped cream 1.99
Caffeinated Hot Teas: Lipton, Earl Grey, English Breakfast, Morning Thunder, Roastaroma and Green 2.29
Decaffeinated Hot Teas: 2.29
 (Subject to availability, ask your server if you do not see your favorite flavor!)
 Bengal Spice, Black Cherry Berry, Chamomile, Cinnamon Apple Spice, Country Peach Passion, Cranberry Apple Zinger, Lemon Zinger, Mandarin Orange Spice, Mint Magic, Peppermint, Raspberry Zinger, Red Zinger and Tangerine Zinger

TOMMYS HOMEMADE DESSERTS

Brownie 3.39
Brownie Monster: brownie with ice cream topped with hot fudge and whipped cream 6.09
Banana Bread (has nuts) 2.89
Carrot Cake (has nuts) 3.59
St. Gall's Kuchen: pound cake with rum and walnuts 4.49
BIP Special: Kuchen topped with strawberries and whipped cream 5.59
Vegan Cookies & Gluten Free/Vegan Cookies
 Ask your server for flavors 3.59

Ask your server about additional daily specials.

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