



SALADS

Dressing Choices: French, Ranch, Lo-cal, Loui, 1000 Island, Sesame, Blue Cheese, Italian, Greek, Balsamic Vinaigrette (Extra Dressing +60¢, Balsamic Vinegar +80¢, Olive Oil +90¢)

Tossed: lettuce, tomatoes, carrots, celery & muenster cheese	7.59
Ed: tossed salad with egg	7.99
Fantasy: tossed salad with egg & olives	8.55
Ann: tossed salad with tuna	9.89
Dagmar: tossed salad with tuna & egg	10.49
Susie: tossed salad with ham	9.49
Jim: tossed salad with ham & egg	9.79
Dale: tossed salad with falafel	10.59
Caitlin: tossed salad with raisins & sunflower seeds	7.99
Donna: tossed salad with hummus & olives	10.19
Joyce K: tossed salad with tempeh salad	10.39
Joy: tossed salad with egg & baba	10.69
Health: tossed salad with ham, egg & olives	9.99
Dave: tossed salad with egg, olives, pickle & baba	10.99
Lauren: spinach tossed salad with egg, hummus, onion & bacon	12.49
Marina: large spinach tossed salad with hummus & baba	12.59
Jesse: large spinach tossed salad with egg, mushrooms, onion & olives	12.59
With Bacon:	13.49
Jackson: large tossed salad with egg, olives, pickles, falafel, mushrooms & sunflower seeds	15.19
Kalle: large spinach tossed salad with 4 oz of turkey, olives, sprouts, broccoli & cauliflower	15.19
No Turkey:	13.09
Hailey: large mixed greens tossed salad with cucumbers & grilled chicken breast	15.19
Greek: lettuce, tomatoes, green pepper, olives, onion, tofu feta (tofu, olive oil, lemon, spices) with homemade Greek dressing	11.29
Taco Salad: whole wheat taco shell with lettuce, tomatoes, onions, black olives & TVP (Textured Vegetable Protein) with a side of salsa	13.59

APPETIZERS, SOUP, HUMMUS & BABA

Broccoli Rizzo: broccoli, rice, mushroom & cheese casserole with warm pita bread	7.99
French Onion Soup: shitake mushrooms, onion, kombu, tamari, garlic & crouton; topped with Swiss cheese (vegetarian)	7.99
Black Bean Chili: black beans, green peppers, onion, garlic, salsa, tomato & spices topped with scallions; corn muffin on the side	7.99

Brown Rice & Veggies: brown rice, broccoli, carrots, kale, scallions & mushrooms with toasted sunflower seeds & tamari on the side	9.29
Tamale Platter: two steamed tamales topped with black bean chili, tomatoes, lettuce & scallions; with salsa on the side	14.59
Wellson: sampler platter with two falafel, mini spinach pie, scoop of hummus, scoop of baba, sesame sauce & pita	14.59
Hummus: chickpeas, sesame tahini, lemon & garlic made into a dip, hot or cold with veggies; in a bowl with pita on the side, or as a sandwich	9.89
With Cheese:	10.29

☺ = vegan menu item; **Vegan cheese (+\$1.99)** available upon request (cheddar, mozzarella or pepper jack).

Spiked Hummus: hummus, onion, peppers, black olives, tomatoes, BBQ sauce, cheddar & sour cream served hot with pita on the side	13.49
Baba: charbroiled eggplant, sesame tahini, lemon & garlic made into a dip, hot or cold with veggies; with pita on the side, or as a sandwich	11.19
AG: baba with cheese	11.69

FALAFEL

on pita; "veggies" = tomato, sprouts & green pepper

Falafel: (fried bean cake) with veggies, onions & sesame sauce in pita	8.19
EZ: falafel, veggies, sesame sauce & cheese	8.69
BW: falafel, veggies, sesame sauce, cheese & mushrooms	9.89
JJ: falafel, veggies, sesame sauce, cheese & sunflower seeds	9.89
DC: falafel, veggies, sesame sauce, cheese, mushrooms & sunflower seeds	9.99
Ceebee: falafel, veggies, hummus, sesame sauce, cheese & sunflower seeds	9.59
NS: falafel, veggies, sesame sauce & baba	9.69
Wildflower: falafel, veggies, sesame sauce, mushrooms & baba	10.19
Donovan: falafel, veggies, sesame sauce, cheese, mushrooms & baba	10.19
Bill Max: falafel, veggies & BBQ sauce	8.19
Rebel: falafel, veggies, BBQ & mushrooms	8.39
Uncle Russ: falafel, onion, American cheese & mayo (no veggies)	7.99
Aunt Rose: falafel, onion, American cheese, mushrooms & mayo (no veggies)	8.59
Colleen: falafel, bacon, cheese, sesame sauce, onion & veggies (not vegetarian!!)	10.19

PIZZA BY THE SLICE

Cheese	4.00
Pepperoni	4.50
Veggie: falafel, onion, green pepper & olives	7.19

SPINACH & ESCAROLE PIES

Please inform your server of any food allergies.

Spinach Pie: spinach & onion baked in dough (V)	7.19 7.75
Spinach Pie with Muenster Cheese:	
IRS: spinach pie with cheese & mushrooms	8.75
Capetown: spinach pie with cheese, raisins & mushrooms	9.49
DB: spinach pie with mushrooms, veggies & sesame sauce (V)	10.19
Ruth: spinach pie with cheese, mushrooms veggies & BBQ sauce	10.19
Lindsay: spinach pie with tuna, cheese, mushrooms, tomatoes & sunflower seeds	12.39
Mary Lynne: spinach pie with hummus, cheese, olives, mushrooms & veggies	12.39
Paisano: spinach pie with baba, cheese, mushrooms & veggies	12.39
Fred: spinach pie with tuna, baba, mushrooms & cheese	12.39
MR: spinach pie with falafel, cheese, mushrooms & sesame sauce	10.39
MR 2: spinach pie with baba, cheese & mushrooms	10.79
MR 3: spinach pie with falafel, baba, cheese, curry powder, mushrooms & sesame sauce	12.39
MR 4: spinach pie with falafel, cheese, bananas, curry powder & sesame sauce	12.29
Escarole Potato Pie: escarole, onion, potatoes & Italian spices baked in whole wheat dough (V)	9.49
Escarole Potato Pie with Muenster Cheese:	9.99
Jane: escarole potato pie, cheese & broccoli	11.59

Gluten free bun(+\$1.15) & bread (+95¢) available upon request.

TOASTED CHEESE

Toasted Cheese: muenster cheese with lettuce, tomatoes & green peppers on toasted pita	7.19
RJ: toasted cheese w/ sunflower seeds & veggies	7.29
FF: toasted cheese with mushrooms & veggies	8.49
Ripp: toasted cheese with sunflower seeds, mushrooms & veggies	8.59
W.Zedd: toasted cheese w/ sesame sauce & veggies	7.29
Zippy: toasted cheese with sunflower seeds, sesame sauce & veggies	7.39
Quigley: toasted cheese with five kinds of cheese & veggies	8.59
Quinn: toasted cheese with five kinds of cheese, homemade peanut butter & veggies	8.99
Lite Toasted Cheese: lo-salt/lo-cholesterol cheddar or Swiss, lettuce, tomato & green peppers	9.59
Vegan Toasted Cheese: cheddar or mozzarella, lettuce, tomatoes & green peppers on wheat pita (V)	13.59
Judy: toasted American cheese on white bread	5.59

TOFU, TEMPEH & VEGETARIAN OPTIONS

Tempeh Salad Sandwich: tempeh, celery, onion, Vegenaïse, sprouts & tomato; cold on wheat pita (V)	9.29
Becky: wheat spinach pie with tempeh salad & cheese	10.59
Lynne: tempeh salad, sunflower seeds, onion, mustard & cheddar cheese toasted on wheat pita	9.29
Delaney: fried tempeh, spinach, mustard, sauerkraut, Swiss cheese & pickles on grilled rye	11.49
Tempeh Burger: grilled with lettuce, tomato, sprouts & pickle on a whole wheat bun (V)	9.39
Tempeh Burger w/ Muenster Cheese:	9.79
Tofu Salad Sandwich: tofu, celery, onion, garlic Vegenaïse, sprouts & tomato; cold on wheat pita (V)	9.29
Veggie Burger: fried brown rice, scallion, carrot, garlic, parsley & adzuki bean patty on a wheat bun with lettuce, tomato, onion, sprouts & pickle (V)	9.99
Veggie Burger w/ Muenster Cheese:	10.19
Not Dog: vegan hot dog made from tofu & spices (V)	5.69
Mackenna: 3oz of seitan fajita strips, grilled onion & pepper, lettuce, tomato & salsa in pita (V)	10.59
Chick-Free Sandwich: soy patty on a wheat bun with lettuce, tomato & sprouts (not vegan)	8.89
Chick-Free with Cheese:	9.19
Tim's Boca Burger: soy patty with grilled onion, tomato, lettuce & pickle on a wheat bun (V)	9.39
Tim's Boca Burger w/ Muenster Cheese:	9.69
Seitan Sub: 4 oz of seitan, Swiss cheese, green pepper, onion, lettuce & tomato with Italian dressing on a hoagie bun	11.39
BBQ Seitan: 4 oz of seitan, BBQ sauce, lettuce & tomato on a wheat bun (V)	10.19

HAM & CHEESE, ETC.

Angelo: ham, cheese, pepperoni, mushrooms, onion & veggies on pita	9.69
KS: grilled ham & Swiss with lettuce & tomato on pita	8.39
Chuckwagon: ham & cheese toasted on a white bun	7.89
Curley: grilled ham, Swiss, colby, onion & green peppers toasted on pita	8.29
Torpedo: hoagie with assorted lunch meats, cheese, lettuce & tomato (may contain nuts)	11.69
BLT: served on pita with mayo	9.99
TNT: hoagie with lunch meats with corned beef, cheese & veggies (may contain nuts)	14.19
Shawarma: spiced lamb/beef, onion & tomato with tahini or yogurt rolled in a pita (chicken available)	9.99
Elaine: flip steak, BBQ sauce, cheese, mushrooms, onion, green pepper, lettuce & tomato on toasted pita	11.19

MEAT PIES

Meat Pie: lamb, beef & onion baked in dough	8.29
Meat Pie with Muenster Cheese:	8.59
TG: meat pie, mushrooms & cheese	9.29

SIDES: HOMEMADE FRIES 12 oz intentionally unsalted **4.99**; 3 Falafel Balls w/ Sesame Sauce **4.29**; Side of Hummus **4.89**; Side of Baba **5.49**; Steamed Veggies **6.19**; Brown Rice **3.99**; Tuna or Chicken Salad **5.89**; Tofu or Tempeh Salad **6.49**; Corn Muffin **1.49**; Pickle **1.80** Bag of Kettle Chips **1.99**; Falafel Chips **2.89**; Pita **0.70**; Fresh Fruit *market price*

Aunt Gay: meat pie, cheese, sesame sauce & veggies	10.39
Big M: meat pie with cheese, BBQ & veggies	10.39
PR: meat pie, cheese, falafel, sesame sauce & veggies	10.79
Keith: meat pie with cheese, baba, falafel, curry powder, sesame sauce & mushrooms	12.49
Gordon: meat pie with cheese, corned beef, BBQ sauce, mushrooms & veggies	14.39
Ralph: meat pie with cheese, ham, BBQ sauce, mushrooms & veggies	13.19

TUNA

Tuna Salad Sandwich: tuna, lettuce, tomato & green peppers served cold in a pita	9.29
Rah: tuna, cheese & mushrooms on toasted pita	9.89
Uncle Gay: tuna, cheddar cheese, mustard, sunflower seeds & onion on toasted pita	9.89
AD: tuna, falafel, mushrooms, cheese & tomato	10.29
Georgia: tuna, hummus, cheese, mushrooms & tomato on toasted pita	10.29

TURKEY & CHICKEN

TLT: turkey, lettuce, tomato & mayo on toasted pita	8.99
TLT with Muenster Cheese	9.69
THC: 4oz of turkey with ham, cheese, lettuce, tomato & mayo on toasted pita	10.09
Steph: turkey, ham, bacon, cheese, lettuce, tomato & mayo	10.79
Chicken Salad Sandwich: diced chicken, celery, cucumber, poppy seeds & Loui dressing cold on pita with lettuce & tomatoes	10.69
Chicken Breast Sandwich: grilled chicken w/ lettuce & tomato on a bun; pickle & mayo on side	9.79
Chicken Breast Sandwich w/ Muenster Cheese	10.09

ROAST BEEF & CORNED BEEF

served on toasted pita

RLT: 4 oz of roast beef, lettuce, tomato & mayo	8.99
Benjamin Lee: roast beef, cheese, veggies & mayo	9.69
Corned Beef: 8 oz on pita with pickle on the side	10.29
Silver: 4 oz of corned beef, onion, pickle, mustard & cheese on a toasted pita	10.09
TLW: 4 oz of corned beef, scrambled egg, pickles green peppers, onion, mustard & cheese	12.99
Cigar: 4 oz of corned beef, onion, pickles, mustard, mushrooms, sesame sauce & cheese	10.69
Big Bear: 4 oz of corned beef, BBQ sauce, pickles, onion, mustard, cheese & veggies	10.69

BURGERS & HOT DOGS

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

Hamburger: with pickles on the side	6.49
Cheeseburger: with pickles on the side	6.69
Bacon Cheeseburger: with pickles on the side	7.69
Curt Burger: bacon cheeseburger with grilled onion and mushrooms, lettuce, tomato & mayo	12.39

Turkey Burger: with lettuce, tomato & pickle	7.59
Turkey Burger with American cheese:	8.19
Sharpy Burger: turkey burger on a hoagie with pizza sauce, Italian cheeses, lettuce, tomato & pickle on side	12.99
Hot Dog: all beef	5.49

WRAPS

AJ Wrap: whole wheat wrap filled with black bean chili, pickles, lettuce, brown rice & veggies (V)	12.19
Jenny Wrap: whole wheat wrap with chicken, black bean chili, cheddar, brown rice & veggies	14.19

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Bag of Kettle Chips **1.99**; Falafel Chips **2.89**; Pita **0.70**; Fresh Fruit *market price*