



## 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¢)

<b>Tossed:</b> lettuce, tomatoes, carrots, celery & muenster cheese	8.59
<b>Ed:</b> tossed salad with egg	8.99
<b>Fantasy:</b> tossed salad with egg & olives	9.55
<b>Ann:</b> tossed salad with tuna	10.89
<b>Dagmar:</b> tossed salad with tuna & egg	11.49
<b>Susie:</b> tossed salad with ham	10.49
<b>Jim:</b> tossed salad with ham & egg	10.79
<b>Dale:</b> tossed salad with falafel	11.59
<b>Caitlin:</b> tossed salad with raisins & sunflower seeds	8.99
<b>Donna:</b> tossed salad with hummus & olives	11.19
<b>Joyce K:</b> tossed salad with tempeh salad	11.39
<b>Joy:</b> tossed salad with egg & baba	11.69
<b>Health:</b> tossed salad with ham, egg & olives	10.99
<b>Dave:</b> tossed salad with egg, olives, pickle & baba	11.99
<b>Lauren:</b> spinach tossed salad with egg, hummus, onion & bacon	13.49
<b>Marina:</b> large spinach tossed salad with hummus & baba	13.59
<b>Jesse:</b> large spinach tossed salad with egg, mushrooms, onion & olives	13.59
<b>With Bacon:</b>	14.49
<b>Jackson:</b> large tossed salad with egg, olives, pickles, falafel, mushrooms & sunflower seeds	16.19
<b>Kalle:</b> large spinach tossed salad with 4 oz of turkey, olives, sprouts, broccoli & cauliflower	16.19
<b>No Turkey:</b>	14.09
<b>Hailey:</b> large mixed greens tossed salad with cucumbers & grilled chicken breast	16.19
<b>Greek:</b> lettuce, tomatoes, green pepper, olives, onion, tofu feta (tofu, olive oil, lemon, spices) with homemade Greek dressing (V)	12.29
<b>Taco Salad:</b> whole wheat taco shell with lettuce, tomatoes, onions, black olives & TVP (Textured Vegetable Protein) with a side of salsa (V)	15.59

## APPETIZERS, SOUP, HUMMUS & BABA

<b>Broccoli Riso:</b> broccoli, rice, mushroom & cheese casserole with warm pita bread	7.99
<b>French Onion Soup:</b> shitake mushrooms, onion, kombu, tamari, garlic & crouton; topped with Swiss cheese (vegetarian)	7.99
<b>Black Bean Chili:</b> black beans, green peppers, onion, garlic, salsa, tomato & spices topped with scallions; corn muffin on the side	7.99
<b>Brown Rice &amp; Veggies:</b> brown rice, broccoli, carrots, kale, scallions & mushrooms with toasted sunflower seeds & tamari on the side (V)	10.99
<b>Tamale Platter:</b> two steamed tamales topped with black bean chili, tomatoes, lettuce & scallions; with salsa on the side (V)	14.59
<b>Wellson:</b> sampler platter with two falafel, mini spinach pie, scoop of hummus, scoop of baba, sesame sauce & pita (V)	14.59
<b>Hummus:</b> 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 (V)	10.89
<b>With Cheese:</b>	11.29

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

<b>Spiked Hummus:</b> hummus, onion, peppers, black olives, tomatoes, BBQ sauce, cheddar & sour cream served hot with pita on the side	14.49
<b>Baba:</b> charbroiled eggplant, sesame tahini, lemon & garlic made into a dip, hot or cold with veggies; with pita on the side, or as a sandwich (V)	12.39
<b>AG:</b> baba with cheese	12.89

## FALAFEL

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

<b>Falafel:</b> (fried bean cake) with veggies, onions & sesame sauce in pita (V)	9.19
<b>EZ:</b> falafel, veggies, sesame sauce & cheese	9.69
<b>BW:</b> falafel, veggies, sesame sauce, cheese & mushrooms	10.89
<b>JJ:</b> falafel, veggies, sesame sauce, cheese & sunflower seeds	10.89
<b>DC:</b> falafel, veggies, sesame sauce, cheese, mushrooms & sunflower seeds	10.99
<b>Ceebee:</b> falafel, veggies, hummus, sesame sauce, cheese & sunflower seeds	10.59
<b>NS:</b> falafel, veggies, sesame sauce & baba (V)	10.69
<b>Wildflower:</b> falafel, veggies, sesame sauce, mushrooms & baba (V)	11.19
<b>Donovan:</b> falafel, veggies, sesame sauce, cheese, mushrooms & baba	11.19
<b>Bill Max:</b> falafel, veggies & BBQ sauce (V)	9.19
<b>Rebel:</b> falafel, veggies, BBQ & mushrooms (V)	9.39
<b>Uncle Russ:</b> falafel, onion, American cheese & mayo (no veggies)	8.99
<b>Aunt Rose:</b> falafel, onion, American cheese, mushrooms & mayo (no veggies)	9.59
<b>Colleen:</b> falafel, bacon, cheese, sesame sauce, onion & veggies (not vegetarian!!)	11.19

## PIZZA BY THE SLICE

<b>Cheese</b>	4.50
<b>Pepperoni</b>	4.99
<b>Veggie:</b> falafel, onion, green pepper & olives	7.69

## SPINACH & ESCAROLE PIES

<b>Spinach Pie:</b> spinach & onion baked in dough (V)	8.19
<b>Spinach Pie with Muenster Cheese:</b>	8.75
<b>IRS:</b> spinach pie with cheese & mushrooms	9.75
<b>Capetown:</b> spinach pie with cheese, raisins & mushrooms	10.49
<b>DB:</b> spinach pie with mushrooms, veggies & sesame sauce (V)	11.19
<b>Ruth:</b> spinach pie with cheese, mushrooms, veggies & BBQ sauce	11.19
<b>Lindsay:</b> spinach pie with tuna, cheese, mushrooms, tomatoes & sunflower seeds	13.39
<b>Mary Lynne:</b> spinach pie with hummus, cheese, olives, mushrooms & veggies	13.39
<b>Paisano:</b> spinach pie with baba, cheese, mushrooms & veggies	13.39
<b>Fred:</b> spinach pie with tuna, baba, mushrooms & cheese	13.39
<b>MR:</b> spinach pie with falafel, cheese, mushrooms & sesame sauce	11.39
<b>MR 2:</b> spinach pie with baba, cheese & mushrooms	11.79
<b>MR 3:</b> spinach pie with falafel, baba, cheese, curry powder, mushrooms & sesame sauce	13.39
<b>MR 4:</b> spinach pie with falafel, cheese, bananas, curry powder & sesame sauce	13.29
<b>Escarole Potato Pie:</b> escarole, onion, potatoes & Italian spices baked in whole wheat dough (V)	10.49
<b>Escarole Potato Pie with Muenster Cheese:</b>	10.99
<b>Jane:</b> escarole potato pie, cheese & broccoli	12.59

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

**Please inform your server of any food allergies.**

## TOASTED CHEESE

<b>Toasted Cheese:</b> muenster cheese with lettuce, tomatoes & green peppers on toasted pita	<b>8.19</b>
<b>RJ:</b> toasted cheese w/ sunflower seeds & veggies	<b>8.29</b>
<b>FF:</b> toasted cheese with mushrooms & veggies	<b>9.49</b>
<b>Ripp:</b> toasted cheese with sunflower seeds, mushrooms & veggies	<b>9.59</b>
<b>W.Zedd:</b> toasted cheese w/ sesame sauce & veggies	<b>8.29</b>
<b>Zippy:</b> toasted cheese with sunflower seeds, sesame sauce & veggies	<b>8.39</b>
<b>Quigley:</b> toasted cheese with five kinds of cheese & veggies	<b>9.59</b>
<b>Quinn:</b> toasted cheese with five kinds of cheese, homemade peanut butter & veggies	<b>9.99</b>
<b>Lite Toasted Cheese:</b> lo-salt/lo-cholesterol cheddar or Swiss, lettuce, tomato & green peppers	<b>10.59</b>
<b>Vegan Toasted Cheese:</b> cheddar or mozzarella, lettuce, tomatoes & green peppers on wheat pita (V)	<b>14.59</b>
<b>Judy:</b> toasted American cheese on white bread	<b>5.99</b>

## TOFU, TEMPEH & VEGETARIAN OPTIONS

<b>Tempeh Salad Sandwich:</b> tempeh, celery, onion, Vegenaise, sprouts & tomato; cold on wheat pita (V)	<b>10.29</b>
<b>Becky:</b> wheat spinach pie with tempeh salad & cheese	<b>11.59</b>
<b>Lynne:</b> tempeh salad, sunflower seeds, onion, mustard & cheddar cheese toasted on wheat pita	<b>10.29</b>
<b>Delaney:</b> fried tempeh, spinach, mustard, sauerkraut, Swiss cheese & pickles on grilled rye	<b>12.49</b>
<b>Tempeh Burger:</b> grilled with lettuce, tomato, sprouts & pickle on a whole wheat bun (V)	<b>10.39</b>
<b>Tempeh Burger w/ Muenster Cheese:</b>	<b>10.79</b>
<b>Tofu Salad Sandwich:</b> tofu, celery, onion, garlic Vegenaise, sprouts & tomato; cold on wheat pita (V)	<b>10.29</b>
<b>Veggie Burger:</b> fried brown rice, scallion, carrot, garlic, parsley & adzuki bean patty on a wheat bun with lettuce, tomato, onion, sprouts & pickle (V)	<b>10.99</b>
<b>Veggie Burger w/ Muenster Cheese:</b>	<b>11.19</b>
<b>Not Dog:</b> vegan hot dog made from tofu & spices (V)	<b>6.69</b>
<b>Mackenna:</b> 3oz of seitan fajita strips, grilled onion & pepper, lettuce, tomato & salsa in pita (V)	<b>11.59</b>
<b>Chick-Free Sandwich:</b> soy patty on a wheat bun with lettuce, tomato & sprouts ( <b>not vegan</b> )	<b>9.89</b>
<b>Chick-Free with Cheese:</b>	<b>10.19</b>
<b>Tim's Boca Burger:</b> soy patty with grilled onion, tomato, lettuce & pickle on a wheat bun (V)	<b>10.39</b>
<b>Tim's Boca Burger w/ Muenster Cheese:</b>	<b>10.69</b>
<b>Seitan Sub:</b> 4 oz of seitan, Swiss cheese, green pepper, onion, lettuce & tomato with Italian dressing on a hoagie bun	<b>12.39</b>
<b>BBQ Seitan:</b> 4 oz of seitan, BBQ sauce, lettuce & tomato on a wheat bun (V)	<b>11.19</b>

## HAM & CHEESE, ETC.

<b>Angelo:</b> ham, cheese, pepperoni, mushrooms, onion & veggies on pita	<b>10.69</b>
<b>KS:</b> grilled ham & Swiss with lettuce & tomato on pita	<b>9.39</b>
<b>Chuckwagon:</b> ham & cheese toasted on a white bun	<b>8.89</b>
<b>Curley:</b> grilled ham, Swiss, colby, onion & green peppers toasted on pita	<b>9.29</b>
<b>Torpedo:</b> hoagie with assorted lunch meats, cheese, lettuce & tomato ( <b>may contain nuts</b> )	<b>12.69</b>
<b>BLT:</b> served on pita with mayo	<b>10.99</b>
<b>TNT:</b> hoagie with lunch meats with corned beef, cheese & veggies ( <b>may contain nuts</b> )	<b>15.19</b>
<b>Shawarma:</b> spiced lamb/beef, onion & tomato with tahini or yogurt rolled in a pita (chicken available)	<b>11.99</b>
<b>Elaine:</b> flip steak, BBQ sauce, cheese, mushrooms, onion, green pepper, lettuce & tomato on toasted pita	<b>12.19</b>

## MEAT PIES

<b>Meat Pie:</b> lamb, beef & onion baked in dough	<b>9.29</b>
<b>Meat Pie with Muenster Cheese:</b>	<b>9.59</b>
<b>TG:</b> meat pie, mushrooms & cheese	<b>10.29</b>
<b>Aunt Gay:</b> meat pie, cheese, sesame sauce & veggies	<b>11.39</b>
<b>Big M:</b> meat pie with cheese, BBQ & veggies	<b>11.39</b>
<b>PR:</b> meat pie, cheese, falafel, sesame sauce & veggies	<b>11.79</b>
<b>Keith:</b> meat pie with cheese, baba, falafel, curry powder, sesame sauce & mushrooms	<b>13.49</b>
<b>Gordon:</b> meat pie with cheese, corned beef, BBQ sauce, mushrooms & veggies	<b>15.39</b>
<b>Ralph:</b> meat pie with cheese, ham, BBQ sauce, mushrooms & veggies	<b>14.19</b>

## TUNA

<b>Tuna Salad Sandwich:</b> tuna, lettuce, tomato & green peppers served cold in a pita	<b>10.29</b>
<b>Rah:</b> tuna, cheese & mushrooms on toasted pita	<b>10.89</b>
<b>Uncle Gay:</b> tuna, cheddar cheese, mustard, sunflower seeds & onion on toasted pita	<b>10.89</b>
<b>AD:</b> tuna, falafel, mushrooms, cheese & tomato	<b>11.29</b>
<b>Georgia:</b> tuna, hummus, cheese, mushrooms & tomato on toasted pita	<b>11.29</b>

## TURKEY & CHICKEN

<b>TLT:</b> turkey, lettuce, tomato & mayo on toasted pita	<b>9.99</b>
<b>TLT with Muenster Cheese</b>	<b>10.69</b>
<b>THC:</b> 4oz of turkey with ham, cheese, lettuce, tomato & mayo on toasted pita	<b>11.09</b>
<b>Steph:</b> turkey, ham, bacon, cheese, lettuce, tomato & mayo	<b>11.79</b>
<b>Chicken Salad Sandwich:</b> diced chicken, celery, cucumber, poppy seeds & Loui dressing cold on pita with lettuce & tomatoes	<b>11.69</b>
<b>Chicken Breast Sandwich:</b> grilled chicken w/ lettuce & tomato on a bun; pickle & mayo on side	<b>10.79</b>
<b>Chicken Breast Sandwich w/ Muenster Cheese</b>	<b>11.09</b>

## ROAST BEEF & CORNED BEEF served on toasted pita

<b>RLT:</b> 4 oz of roast beef, lettuce, tomato & mayo	<b>9.99</b>
<b>Benjamin Lee:</b> roast beef, cheese, veggies & mayo	<b>10.69</b>
<b>Corned Beef:</b> 8 oz on pita with pickle on the side	<b>11.29</b>
<b>Silver:</b> 4 oz of corned beef, onion, pickle, mustard & cheese on a toasted pita	<b>11.09</b>
<b>TLW:</b> 4 oz of corned beef, scrambled egg, pickles green peppers, onion, mustard & cheese	<b>13.99</b>
<b>Cigar:</b> 4 oz of corned beef, onion, pickles, mustard, mushrooms, sesame sauce & cheese	<b>11.69</b>
<b>Big Bear:</b> 4 oz of corned beef, BBQ sauce, pickles, onion, mustard, cheese & veggies	<b>11.69</b>

## BURGERS & HOT DOGS

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

<b>Hamburger:</b> with pickles on the side	<b>7.49</b>
<b>Cheeseburger:</b> with pickles on the side	<b>7.69</b>
<b>Bacon Cheeseburger:</b> with pickles on the side	<b>8.69</b>
<b>Curt Burger:</b> bacon cheeseburger with grilled onion and mushrooms, lettuce, tomato & mayo	<b>13.39</b>
<b>Turkey Burger:</b> with lettuce, tomato & pickle	<b>8.59</b>
<b>Turkey Burger with American cheese:</b>	<b>9.19</b>
<b>Sharpy Burger:</b> turkey burger on a hoagie with pizza sauce, Italian cheeses, lettuce, tomato & pickle on side	<b>13.99</b>
<b>Hot Dog:</b> all beef on a white bun	<b>6.49</b>

## WRAPS

<b>AJ Wrap:</b> whole wheat wrap filled with black bean chili, pickles, lettuce, brown rice & veggies (V)	<b>13.19</b>
<b>Jenny Wrap:</b> whole wheat wrap with chicken, black bean chili, cheddar, brown rice & veggies	<b>15.19</b>

**SIDES:** HOMEMADE FRIES 12 oz intentionally unsalted **4.99**; 3 Falafel Balls w/ Sesame Sauce **4.29**; Pita **0.70**; 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**; Fresh Fruit *market price*



## BEVERAGES

**ALL YOU CAN DRINK:** Coke, Diet Coke, Dr. Pepper, Barq's Root Beer, Sprite, Vernors, China Mist Iced Tea, Homemade Lemonade **3.29**

### SMOOTHIES:

**Fresh Fruit Freeze:** (12oz) strawberries, bananas, orange juice, protein powder & crushed ice **6.49**

**Power Smoothie:** (12oz) blueberries, bee pollen, bananas, apple juice, spirulina & crushed ice **6.49**

**Phosphates & Egg Creams:** Chocolate, Vanilla, Cherry, Strawberry 12oz **2.99** 20 oz **3.29**

**Coffee or Iced Coffee** **3.29**

**Hot Chocolate:** with whipped cream **2.99**

### HOT TEA:

Lipton, Green, Earl Gray, English Breakfast or Morning Thunder **2.99**

### DECAF HOT TEA:

Chamomile, Peppermint, Mint Magic, Cinnamon Apple, Lemon Zinger, Raspberry Zinger, Red Zinger, Peach, Mandarin Orange Spice, Tangerine Zinger, Cranberry Apple, Black Cherry Berry or Bengal Spice **2.99**

### MILK:

Whole Milk, Skim Milk or Chocolate Milk 12 oz **2.69** 20 oz **3.79**

Almond Milk **3.29**

Eden Soy Milk (vanilla; non-dairy) **3.29**

Rice Milk (non-dairy; gluten sensitive) **3.29**

### JUICES:

Orange, Apple, Grape, Tomato, or V8 (12 oz only) 12 oz **3.59**

Cranberry or Grapefruit 12 oz **3.19**



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Orange, Apple, Grape, Tomato, or V8 (12 oz only) 12 oz **3.59**

Cranberry or Grapefruit 12 oz **3.19**



### DESSERTS

**ICE CREAM & MILKSHAKE FLAVORS:** Chocolate, Vanilla, Strawberry, Cookies & Cream, Cookie Dough, Moosetracks, Mint Chocolate Chip, Root Beer, Coffee, Mocha, Salted Caramel, Black Raspberry Chip, Peach, Black Cherry, Raspberry Sorbet or Lemon Sorbet

**MILKSHAKES** (20 oz) **6.49**  
**MALTS** (20 oz) **6.59**  
**YOGURT MILKSHAKES** (20 oz) **7.29**

**TOFUTTI SHAKES** (20 oz Vegan) **7.99**  
Chocolate, Vanilla, Cherry or Root Beer

**OATMILK SHAKES** (20 oz Vegan) **8.49**  
Chocolate, Vanilla, Chocolate-Chocolate Chunk, Cherry or Root Beer

**Extras:** carob, fresh banana, honey, strawberries or homemade peanut butter **+75¢**; blueberries **+95¢**

**Ice Cream Cone or Scoop** single **2.79** double **3.50**  
**Hot Fudge Sundae** **6.29**  
**Strawberry Sundae** **5.99**  
**Chocolate Sundae** **5.99**  
**Ice Cream Soda** **5.99**  
**Root Beer Float** **5.25**  
**Brownie** **3.99**  
**Brownie Monster:** brownie with ice cream topped with hot fudge & whipped cream **6.89**  
**Banana Bread (vegan, has nuts):** **3.79**  
**Carrot Cake (has nuts):** **4.19**  
**St. Gall's Kuchen:** pound cake with rum & walnuts **4.99**  
**BIP Special:** Kuchen topped with strawberries & whipped cream **5.89**  
**Vegan Cookies:** Chocolate Chip, Peanut Butter, Peanut Butter Chocolate Chip, Chocolate Chip with Walnuts, Sugar **3.99**  
**Gluten Free Vegan Cookies:** **4.29**  
Limited Availability; Ask server for flavors



### DESSERTS

**ICE CREAM & MILKSHAKE FLAVORS:** Chocolate, Vanilla, Strawberry, Cookies & Cream, Cookie Dough, Moosetracks, Mint Chocolate Chip, Root Beer, Coffee, Mocha, Salted Caramel, Black Raspberry Chip, Peach, Black Cherry, Raspberry Sorbet or Lemon Sorbet

**MILKSHAKES** (20 oz) **6.49**  
**MALTS** (20 oz) **6.59**  
**YOGURT MILKSHAKES** (20 oz) **7.29**

**TOFUTTI SHAKES** (20 oz Vegan) **7.99**  
Chocolate, Vanilla, Cherry or Root Beer

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**Vegan Cookies:** Chocolate Chip, Peanut Butter, Peanut Butter Chocolate Chip, Chocolate Chip with Walnuts, Sugar **3.99**  
**Gluten Free Vegan Cookies:** **4.29**  
Limited Availability; Ask server for flavors