



## GLUTEN SENSITIVE MENU

### SALADS

**Dressing Choices:** French, Ranch, Lo-cal, Sesame, Italian, Greek, Balsamic Vinaigrette (Extra Dressing +95¢, Balsamic Vinegar +95¢, Olive Oil +95¢)

<b>Tossed:</b> lettuce, tomatoes, carrots, celery & muenster cheese	10.85
<b>Ed:</b> tossed salad with egg	12.05
<b>Fantasy:</b> tossed salad with egg & olives	12.95
<b>Ann:</b> tossed salad with tuna	13.35
<b>Dagmar:</b> tossed salad with tuna & egg	14.85
<b>Susie:</b> tossed salad with ham	14.35
<b>Jim:</b> tossed salad with ham & egg	14.65
<b>Dale:</b> tossed salad with falafel	14.35
<b>Caitlin:</b> tossed salad with raisins & sunflower seeds	12.95
<b>Donna:</b> tossed salad with hummus & olives	14.65
<b>Joyce K:</b> tossed salad with tempeh salad	14.85
<b>Joy:</b> tossed salad with egg & baba	14.35
<b>Health:</b> tossed salad with ham, egg & olives	14.85
<b>Dave:</b> tossed salad with egg, olives, pickle & baba	16.95
<b>Lauren:</b> spinach tossed salad with egg, hummus, onion & bacon	15.95
<b>Marina:</b> large spinach tossed salad with hummus & baba	15.95
<b>Jesse:</b> large spinach tossed salad with egg, mushrooms, onion & olives	15.95
<b>With Bacon:</b>	16.95
<b>Jackson:</b> large tossed salad with egg, olives, pickles, falafel, mushrooms & sunflower seeds	16.95
<b>Kalle:</b> large spinach tossed salad with 4 oz of turkey, olives, sprouts, broccoli & cauliflower	16.95
<b>No Turkey:</b>	14.95
<b>Hailey:</b> large mixed greens tossed salad with cucumbers & grilled chicken breast	16.95
<b>Greek:</b> lettuce, tomatoes, green pepper, olives, onion, tofu feta (tofu, olive oil, lemon, spices) with homemade Greek dressing	14.95

### APPETIZERS, SOUP, HUMMUS & BABA

<b>French Onion Soup No Bread:</b> shitake mushrooms, onion, kombu, tamari, & garlic; topped with Swiss cheese	7.75
<b>Black Bean Chili No Bread:</b> black beans, green peppers, onion, garlic, salsa, tomato & spices; topped with scallions	7.60
<b>Brown Rice &amp; Veggies:</b> brown rice, broccoli, carrots, kale, scallions & mushrooms with toasted sunflower seeds & tamari on the side	13.95
<b>Tamale Platter:</b> two steamed tamales topped with black bean chili, tomatoes, lettuce & scallions; with salsa on the side	14.95
<b>Hummus No Bread (sub falafel chips):</b> chickpeas, sesame tahini, lemon & garlic made into a dip; served hot or cold in a bowl with onions, peppers, tomatoes, sprouts & olive oil	14.25
<b>With Cheese:</b>	15.25
<b>Spiked Hummus No Bread (sub falafel chips):</b> hummus, onions, peppers, black olives, tomatoes, BBQ sauce & cheddar cheese served hot in a bowl topped with sour cream	16.25

☺ = vegan menu item; vegan cheese (+\$2.25) available upon request (cheddar or mozzarella)

<b>Baba No Bread (sub falafel chips):</b> charbroiled eggplant, sesame tahini, lemon & garlic made into a dip; served hot or cold in a bowl with onions, peppers, tomatoes, sprouts & olive oil	15.25
<b>AG No Bread (sub falafel chips):</b> baba with cheese served hot or cold in a bowl with onions, peppers, tomatoes, sprouts & olive oil	16.25

### FALAFEL

(without bread or on rice bread +\$1.15)

"veggies" = tomato, sprouts & green pepper

<b>Falafel:</b> (fried bean cake) with veggies, onions & sesame sauce	12.10
<b>EZ:</b> falafel, veggies, sesame sauce & cheese	12.85
<b>BW:</b> falafel, veggies, sesame sauce, cheese & mushrooms	13.55
<b>JJ:</b> falafel, veggies, sesame sauce, cheese & sunflower seeds	13.55
<b>DC:</b> falafel, veggies, sesame sauce, cheese, mushrooms & sunflower seeds	14.05
<b>Ceebee:</b> falafel, veggies, hummus, sesame sauce, cheese & sunflower seeds	14.65
<b>NS:</b> falafel, veggies, sesame sauce & baba	13.85
<b>Wildflower:</b> falafel, veggies, sesame sauce, mushrooms & baba	14.35
<b>Donovan:</b> falafel, veggies, sesame sauce, cheese, mushrooms & baba	14.95
<b>Bill Max:</b> falafel, veggies & BBQ sauce	12.10
<b>Rebel:</b> falafel, veggies, BBQ & mushrooms	12.65
<b>Colleen:</b> falafel, bacon, cheese, sesame sauce, onion & veggies (not vegetarian!!)	14.25

### TOASTED CHEESE

(on rice bread +\$1.15)

<b>Toasted Cheese:</b> muenster cheese with lettuce, tomatoes & green peppers	10.35
<b>RJ:</b> toasted cheese w/ sunflower seeds & veggies	10.85
<b>FF:</b> toasted cheese with mushrooms & veggies	10.85
<b>Ripp:</b> toasted cheese with sunflower seeds, mushrooms & veggies	11.35
<b>W.Zedd:</b> toasted cheese with sesame sauce & veggies	11.25
<b>Zippy:</b> toasted cheese with sunflower seeds, sesame sauce & veggies	11.75
<b>Quigley:</b> toasted cheese with five kinds of cheese & veggies	11.65
<b>Quinn:</b> toasted cheese with five kinds of cheese, homemade peanut butter & veggies	11.95
<b>Lite Toasted Cheese:</b> low-salt/low-cholesterol cheddar or Swiss, lettuce, tomato & green peppers	11.65
<b>Vegan Toasted Cheese:</b> vegan cheddar or mozzarella, lettuce, tomatoes & green peppers	14.95

### TOFU, TEMPEH & VEGETARIAN OPTIONS

(on rice bread +\$1.15 or gluten sensitive bun +\$1.15)

<b>Tempeh Salad Sandwich:</b> tempeh, celery, onion, Veganaise, sprouts & tomato; served cold	12.65
<b>Lynne:</b> tempeh salad sandwich toasted with sunflower seeds, onion, mustard & cheddar cheese	13.25
<b>Delaney:</b> fried tempeh sandwich with spinach, mustard, sauerkraut, Swiss cheese & pickles	14.85
<b>Tempeh Burger:</b> grilled with lettuce, tomato, sprouts & pickle	12.45
<b>Tempeh Burger w/ Muenster Cheese:</b>	12.95
<b>Tofu Salad Sandwich:</b> tofu, celery, onion, garlic Veganaise, sprouts & tomato; served cold	12.65
<b>Veggie Burger:</b> fried brown rice, scallion, carrot, garlic, parsley & adzuki bean patty with lettuce, tomato, onion, sprouts & pickle	12.85
<b>Veggie Burger w/ Muenster Cheese:</b>	13.85
<b>Not Dog:</b> vegan hot dog made from tofu & spices	7.05

**Please specify gluten-sensitive and inform your server of additional food allergies.**

## HAM & CHEESE, ETC.

(on rice bread +\$1.15 or gluten sensitive bun +\$1.15)

<b>Angelo:</b> grilled ham & cheese sandwich with pepperoni, mushrooms, onion & veggies	12.65
<b>KS:</b> grilled ham & Swiss sandwich with lettuce & tomato	11.75
<b>Chuckwagon:</b> grilled ham & muenster cheese sandwich	11.75
<b>Curley:</b> grilled ham, Swiss & Colby sandwich with onions & green peppers	12.25
<b>BLT:</b> bacon, lettuce, tomato & mayo (request real mayo)	12.95

## TURKEY & CHICKEN

(on rice bread +\$1.15 or gluten sensitive bun +\$1.15)

<b>TLT:</b> toasted turkey sandwich with lettuce, tomato & mayo (request real mayo)	11.75
<b>TLT with Muenster Cheese</b>	12.75
<b>THC:</b> 4 oz of turkey with ham, cheese, lettuce, tomato & mayo served hot (request real mayo)	13.65
<b>Steph:</b> turkey, ham, bacon, cheese, lettuce, tomato & mayo (request real mayo)	13.95
<b>Chicken Breast Sandwich:</b> grilled chicken with lettuce & tomato; pickle & mayo on side (request real mayo)	12.70
<b>Chicken Breast Sandwich w/ Muenster Cheese</b>	13.70

## ROAST BEEF & CORNED BEEF

(on rice bread +\$1.15 or gluten sensitive bun +\$1.15)

<b>RLT:</b> 4 oz of roast beef, lettuce, tomato & mayo (request real mayo)	11.85
<b>Benjamin Lee:</b> roast beef, cheese, veggies & mayo (request real mayo)	12.85
<b>Corned Beef:</b> 8 oz with pickles and mustard on the side; served hot	13.85
<b>Silver:</b> 4 oz of corned beef, onions, pickles, cheese & mustard; served toasted	13.45
<b>TLW:</b> 4 oz of corned beef, scrambled egg, pickles green peppers, onions, mustard & cheese	14.95
<b>Cigar:</b> 4 oz of corned beef, onions, pickles, mustard, mushrooms, sesame sauce & cheese	13.95
<b>Big Bear:</b> 4 oz of corned beef, BBQ sauce, pickles, onions, mustard, cheese, lettuce, tomato & green peppers	13.95

## BURGERS & HOT DOGS

(on gluten free bun +\$1.15)

American cheese may contain gluten

(lettuce & tomato side 1.29; burger works 1.99)

<b>Hamburger:</b> with pickles on the side	9.25
<b>Cheeseburger:</b> with pickles on the side	9.85
<b>Bacon Cheeseburger:</b> with pickles on the side	10.75
<b>Curt Burger:</b> bacon cheeseburger with grilled onion and mushrooms, lettuce, tomato & mayo (request real mayo)	13.95
<b>Turkey Burger:</b> with lettuce, tomato & pickle	10.75
<b>Turkey Burger with cheese:</b>	11.35
<b>Sharp Burger:</b> turkey burger with pizza sauce, Italian cheeses, lettuce, tomato & pickle	14.95
<b>Hot Dog:</b> all beef	7.75

## RICE BOWLS

<b>AJ No Bread:</b> black bean chili, pickles, lettuce, brown rice & veggies (V)	15.25
<b>Jenny No Bread:</b> grilled chicken breast, black bean chili, cheddar, brown rice & veggies	15.95



## BEVERAGES

<b>ALL YOU CAN DRINK:</b> Coke, Diet Coke, Vernors, Dr. Pepper, Barq's Root Beer, Sprite, China Mist Iced Tea, or Homemade Lemonade		3.29
<b>Fresh Fruit Freeze:</b> (12oz) strawberries, bananas, orange juice, protein powder & crushed ice		6.79
<b>Power Smoothie:</b> (12oz) blueberries, bee pollen, bananas, apple juice, spirulina & crushed ice		6.79
<b>Phosphates &amp; Egg Creams:</b> Chocolate, 12 oz		2.99
Vanilla, Cherry, Strawberry, 20 oz		3.29
<b>Coffee or Iced Coffee</b>		3.29
<b>HOT TEA:</b> Lipton, Green, Earl Gray, English Breakfast, or Morning Thunder		3.25
<b>DECAF HOT TEA:</b> 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		3.25
<b>MILK:</b> Whole Milk or Chocolate Milk	12 oz	2.69
	20 oz	3.79
Almond Milk	12 oz	3.29
Eden Soy Milk	12 oz	3.29
Rice Milk	12 oz	3.29
<b>JUICES:</b>		
Orange, Apple, Grape, Tomato,	12 oz	3.59
or V8 (12 oz only)	20 oz	4.39
Cranberry or Grapefruit	12 oz	3.19
	20 oz	4.19

## GLUTEN SENSITIVE DESSERTS

<b>ICE CREAM, MILKSHAKE &amp; YOGURT MILKSHAKE FLAVORS:</b> Chocolate, Vanilla, Strawberry, Moosetracks, Mint Chocolate Chip, Root Beer, Coffee, Mocha, Salted Caramel, Black Raspberry Chip, Peach, Black Cherry, Raspberry Sorbet or Lemon Sorbet	
<b>MILKSHAKES</b> (20 oz)	6.85
<b>YOGURT MILKSHAKES</b> (20 oz)	7.65
<b>OATMILK SHAKES</b> (20 oz Vegan) Chocolate, Vanilla, Chocolate-Chocolate Chunk, Cherry or Root Beer	7.99
<b>Extras:</b> carob, fresh banana, honey, strawberries or homemade peanut butter +\$1.00 blueberries +\$1.00	
<b>Ice Cream Scoop Single</b>	2.89
<b>Ice Cream Scoop Double</b>	3.69
<b>Hot Fudge Sundae</b>	6.59
<b>Strawberry Sundae</b>	5.99
<b>Chocolate Sundae</b>	5.99
<b>Ice Cream Soda</b>	5.59
<b>Root Beer Float</b>	5.55
<b>Gluten Free Vegan Cookies</b> Limited Availability; Ask server for flavors	4.55

**SIDES:** HOMEMADE FRIES 12 oz intentionally unsalted 4.99; 3 Falafel Balls w/ Sesame Sauce 5.25; Side of Hummus (request gluten-free chips) 6.15; Side of Baba (request gluten-free chips) 6.79; Steamed Veggies 6.85; Brown Rice 4.99; Tofu or Tempeh Salad 6.49; Pickle 1.80; Bag of Kettle Chips 2.49; Falafel Chips 3.75; Fresh Fruit *market price*