



SALADS

Dressing Choices: French, Ranch, Lo-cal, Loui, 1000 Island, Sesame, Blue Cheese, Italian, Greek, Balsamic Vinaigrette (Extra Dressing +95¢, Balsamic Vinegar +95¢, Olive Oil +95¢)

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

APPETIZERS, SOUP, HUMMUS & BABA

Broccoli Risso: broccoli, rice, mushroom & cheese casserole with warm pita bread	7.60
French Onion Soup: shitake mushrooms, onion, kombu, tamari, garlic & crouton; topped with Swiss cheese (vegetarian)	7.75
Black Bean Chili: black beans, green peppers, onion, garlic, salsa, tomato & spices topped with scallions; corn muffin on the side	7.60
Brown Rice & Veggies: brown rice, broccoli, carrots, kale, scallions & mushrooms with toasted sunflower seeds & tamari on the side (V)	13.95
Tamale Platter: two steamed tamales topped with black bean chili, tomatoes, lettuce & scallions; with salsa on the side (V)	14.95
Wellson: sampler platter with two falafel, mini spinach pie, scoop of hummus, scoop of baba, sesame sauce & pita (V)	14.95
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 (V)	14.25
With Cheese:	15.25

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

Spiked Hummus: hummus, onion, peppers, black olives, tomatoes, BBQ sauce, cheddar & sour cream served hot with pita on the side	16.25
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 (V)	15.25
AG: baba with cheese	16.25

FALAFEL

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

Falafel: (fried bean cake) with veggies, onions & sesame sauce in pita (V)	12.10
EZ: falafel, veggies, sesame sauce & cheese	12.85
BW: falafel, veggies, sesame sauce, cheese & mushrooms	13.55
JJ: falafel, veggies, sesame sauce, cheese & sunflower seeds	13.55
DC: falafel, veggies, sesame sauce, cheese, mushrooms & sunflower seeds	14.05
Ceebee: falafel, veggies, hummus, sesame sauce, cheese & sunflower seeds	14.65
NS: falafel, veggies, sesame sauce & baba (V)	13.85
Wildflower: falafel, veggies, sesame sauce, mushrooms & baba (V)	14.35
Donovan: falafel, veggies, sesame sauce, cheese, mushrooms & baba	14.95
Bill Max: falafel, veggies & BBQ sauce (V)	12.10
Rebel: falafel, veggies, BBQ & mushrooms (V)	12.65
Uncle Russ: falafel, onion, American cheese & mayo (no veggies)	11.55
Aunt Rose: falafel, onion, American cheese, mushrooms & mayo (no veggies)	12.65
Colleen: falafel, bacon, cheese, sesame sauce, onion & veggies (not vegetarian!!)	14.25

PIZZA BY THE SLICE

Cheese	6.05
Pepperoni	6.95
Veggie: falafel, onion, green pepper & olives	8.75

SPINACH & ESCAROLE PIES

Spinach Pie: spinach & onion baked in dough (V)	10.85
Spinach Pie with Muenster Cheese:	11.85
IRS: spinach pie with cheese & mushrooms	12.85
Capetown: spinach pie with cheese, raisins & mushrooms	13.25
DB: spinach pie with mushrooms, veggies & sesame sauce (V)	14.65
Ruth: spinach pie with cheese, mushrooms, veggies & BBQ sauce	14.65
Lindsay: spinach pie with tuna, cheese, mushrooms, tomatoes & sunflower seeds	14.95
Mary Lynne: spinach pie with hummus, cheese, olives, mushrooms & veggies	14.95
Paisano: spinach pie with baba, cheese, mushrooms & veggies	14.95
Fred: spinach pie with tuna, baba, mushrooms & cheese	15.35
MR: spinach pie with falafel, cheese, mushrooms & sesame sauce	14.75
MR 2: spinach pie with baba, cheese & mushrooms	14.95
MR 3: spinach pie with falafel, baba, cheese, curry powder, mushrooms & sesame sauce	15.65
MR 4: spinach pie with falafel, cheese, bananas, curry powder & sesame sauce	15.45
Escarole Potato Pie: escarole, onion, potatoes & Italian spices baked in whole wheat dough (V)	12.45
Escarole Potato Pie with Muenster Cheese:	13.45
Jane: escarole potato pie, cheese & broccoli	14.65

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

Please inform your server of any food allergies.

TOASTED CHEESE

Toasted Cheese: muenster cheese with lettuce, tomatoes & green peppers on toasted pita	10.35
RJ: toasted cheese w/ sunflower seeds & veggies	10.85
FF: toasted cheese with mushrooms & veggies	10.85
Ripp: toasted cheese with sunflower seeds, mushrooms & veggies	11.35
W.Zedd: toasted cheese w/ sesame sauce & veggies	11.25
Zippy: toasted cheese with sunflower seeds, sesame sauce & veggies	11.75
Quigley: toasted cheese with five kinds of cheese & veggies	11.65
Quinn: toasted cheese with five kinds of cheese, homemade peanut butter & veggies	11.95
Lite Toasted Cheese: lo-salt/lo-cholesterol cheddar or Swiss, lettuce, tomato & green peppers	11.65
Vegan Toasted Cheese: cheddar or mozzarella, lettuce, tomatoes & green peppers on wheat pita (V)	14.95
Judy: toasted American cheese on white bread	7.85

TOFU, TEMPEH & VEGETARIAN OPTIONS

Tempeh Salad Sandwich: tempeh, celery, onion, Vegenaize, sprouts & tomato; cold on wheat pita (V)	12.65
Becky: wheat spinach pie with tempeh salad & cheese	14.95
Lynne: tempeh salad, sunflower seeds, onion, mustard & cheddar cheese toasted on wheat pita	13.25
Delaney: fried tempeh, spinach, mustard, sauerkraut, Swiss cheese & pickles on grilled rye	14.85
Tempeh Burger: grilled with lettuce, tomato, sprouts & pickle on a whole wheat bun (V)	12.45
Tempeh Burger w/ Muenster Cheese:	12.95
Tofu Salad Sandwich: tofu, celery, onion, garlic Vegenaize, sprouts & tomato; cold on wheat pita (V)	12.65
Veggie Burger: fried brown rice, scallion, carrot, garlic, parsley & adzuki bean patty on a wheat bun with lettuce, tomato, onion, sprouts & pickle (V)	12.85
Veggie Burger w/ Muenster Cheese:	13.85
Not Dog: vegan hot dog made from tofu & spices (V)	7.05
Mackenna: 3oz of seitan fajita strips, grilled onion & pepper, lettuce, tomato & salsa in pita (V)	12.75
Chick-Free Sandwich: soy patty on a wheat bun with lettuce, tomato & sprouts (not vegan)	12.35
Chick-Free with Cheese:	13.35
Tim's Boca Burger: soy patty with grilled onion, tomato, lettuce & pickle on a wheat bun (V)	12.45
Tim's Boca Burger w/ Muenster Cheese:	12.95
Seitan Sub: 4 oz of seitan, Swiss cheese, green pepper, onion, lettuce & tomato with Italian dressing on a hoagie bun	14.25
BBQ Seitan: 4 oz of seitan, BBQ sauce, lettuce & tomato on a wheat bun (V)	12.45

HAM & CHEESE, ETC.

Angelo: ham, cheese, pepperoni, mushrooms, onion & veggies on pita	12.65
KS: grilled ham & Swiss with lettuce & tomato on pita	11.75
Chuckwagon: ham & cheese toasted on a white bun	11.75
Curley: grilled ham, Swiss, colby, onion & green peppers toasted on pita	12.25
Torpedo: hoagie with assorted lunch meats, cheese, lettuce & tomato (may contain nuts)	13.95
BLT: served on pita with mayo	12.95
TNT: hoagie with lunch meats with corned beef, cheese & veggies (may contain nuts)	15.75
Shawarma: spiced lamb/beef, onion & tomato with tahini or yogurt rolled in a pita (chicken available)	12.95
Elaine: flip steak, BBQ sauce, cheese, mushrooms, onion, green pepper, lettuce & tomato on toasted pita	13.95

MEAT PIES

Meat Pie: lamb, beef & onion baked in dough	11.65
Meat Pie with Muenster Cheese:	12.65
TG: meat pie, mushrooms & cheese	12.95
Aunt Gay: meat pie, cheese, sesame sauce & veggies	14.35
Big M: meat pie with cheese, BBQ & veggies	14.35
PR: meat pie, cheese, falafel, sesame sauce & veggies	14.85
Keith: meat pie with cheese, baba, falafel, curry powder, sesame sauce & mushrooms	15.25
Gordon: meat pie with cheese, corned beef, BBQ sauce, mushrooms & veggies	16.25
Ralph: meat pie with cheese, ham, BBQ sauce, mushrooms & veggies	15.25

TUNA

Tuna Salad Sandwich: tuna, lettuce, tomato & green peppers served cold in a pita	11.85
Rah: tuna, cheese & mushrooms on toasted pita	13.25
Uncle Gay: tuna, cheddar cheese, mustard, sunflower seeds & onion on toasted pita	13.25
AD: tuna, falafel, mushrooms, cheese & tomato	13.65
Georgia: tuna, hummus, cheese, mushrooms & tomato on toasted pita	13.65

TURKEY & CHICKEN

TLT: turkey, lettuce, tomato & mayo on toasted pita	11.75
TLT with Muenster Cheese	12.75
THC: 4oz of turkey with ham, cheese, lettuce, tomato & mayo on toasted pita	13.65
Steph: turkey, ham, bacon, cheese, lettuce, tomato & mayo	13.95
Chicken Salad Sandwich: diced chicken, celery, cucumber, poppy seeds & Loui dressing cold on pita with lettuce & tomatoes	12.65
Chicken Breast Sandwich: grilled chicken w/ lettuce & tomato on a bun; pickle & mayo on side	12.70
Chicken Breast Sandwich w/ Muenster Cheese	13.70

ROAST BEEF & CORNED BEEF

served on toasted pita

RLT: 4 oz of roast beef, lettuce, tomato & mayo	11.85
Benjamin Lee: roast beef, cheese, veggies & mayo	12.85
Corned Beef: 8 oz on pita with pickle on the side	13.85
Silver: 4 oz of corned beef, onion, pickle, mustard & cheese on a toasted pita	13.45
TLW: 4 oz of corned beef, scrambled egg, pickles green peppers, onion, mustard & cheese	14.95
Cigar: 4 oz of corned beef, onion, pickles, mustard, mushrooms, sesame sauce & cheese	13.95
Big Bear: 4 oz of corned beef, BBQ sauce, pickles, onion, mustard, cheese & veggies	13.95

BURGERS & HOT DOGS

(lettuce & tomato side 1.29; burger works 1.99)

Hamburger: with pickles on the side	9.25
Cheeseburger: with pickles on the side	9.85
Bacon Cheeseburger: with pickles on the side	10.75
Curt Burger: bacon cheeseburger with grilled onion and mushrooms, lettuce, tomato & mayo	13.95
Turkey Burger: with lettuce, tomato & pickle	10.75
Turkey Burger with American cheese:	11.35
Sharp Burger: turkey burger on a hoagie with pizza sauce, Italian cheeses, lettuce, tomato & pickle on side	14.95
Hot Dog: all beef	7.75

WRAPS

AJ Wrap: whole wheat wrap filled with black bean chili, pickles, lettuce, brown rice & veggies (V)	15.25
Jenny Wrap: whole wheat wrap with chicken, black bean chili, cheddar, brown rice & veggies	15.95

SIDES: HOMEMADE FRIES 12 oz intentionally unsalted **4.99**; 3 Falafel Balls w/ Sesame Sauce **6.25** Side of Hummus **6.75**; Side of Baba **6.79**; Steamed Veggies **6.89**; Brown Rice **4.99**; Tuna or Chicken Salad **5.89** Tofu or Tempeh Salad **6.49**; Corn Muffin **1.99**; Pickle **1.89**; Bag of Kettle Chips **2.49**; Falafel Chips **market price**; Pita **1.25** Fresh Fruit **market price**

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