

## BREAKFAST

Tofu can be substituted for scrambled eggs.

### Mexican Scramble \$11

Two eggs with potatoes, cheese, peppers, onion & tomato. Comes with salsa, corn tortillas, beans & rice.

### Ham & Cheese Scramble \$11

Comes with a side of home-fries and toast with jam & butter.

### Two Egg Breakfast \$8

Cooked to order with a side of home-fries and toast with jam & butter.

### 3 Egg Omelet \$10

Choose 4 ingredients from the ingredients list. Comes with toast (or sub home-fries).

### BYO Scramble \$9

Choose 4 ingredients from the ingredients list to scramble with 2 eggs. Comes with toast (or sub home-fries).

### French Toast \$9

Made with our home-made sourdough bread. With real maple syrup & butter. Small size available \$7.

### Huevos Rancheros \$10

Two eggs poached in mild salsa. Served with beans, rice and corn tortillas.

## BURRITOS

Come with our fresh salsa. Add extras from the ingredients list for \$1 each.

### Breakfast Burrito \$8

Two eggs, potatoes & cheese. With pepper, onion and tomato.

### Bean & Cheese Burrito \$5

Home-made pinto beans & Monterey Jack.

### Burrito Supreme \$9

Bean & cheese burrito with lettuce, tomato & olives. Plus sour cream and avocado.

## SANDWICHES

Made on our home-made whole wheat bread.

### Tempeh \$8

Grilled tempeh with lettuce, tomato & carrot relish.

### Turkey \$8

Turkey breast roasted in-house with mayo, lettuce, tomato & carrot relish.

### Vegetarian \$8

Herb cream-cheese with lettuce, tomato & carrot relish.

### Garden Veggie (vegan) \$8

Home-made hummus with avocado, cucumber, lettuce, carrots & tomato.

### Tuna Salad Sandwich \$8

Home-made albacore tuna salad with lettuce & tomato.

### Fried Egg Sandwich \$7

Two fried eggs with lettuce, tomato & carrot relish.

### Tuna Melt \$12

Tuna salad & melted jack cheese grilled toasty. Comes with a small side salad.



## INGREDIENTS

Avocado Onion Peppers Broccoli Basil  
Kale Garlic Jalapeno Lettuce Spinach  
Artichoke Mushrooms Olives Cabbage  
Pineapple Home-Fries Tomato Ground  
Beef Bacon Ham Chicken Sausage  
Pepperoni Turkey Black-Beans Tempeh  
Tofu Cheddar Monterey-Jack Mozzarella  
Cream Cheese Salsa Sour-Cream

## SOUP

### Home-Made \$7

Large bowl of today's soup. Comes with 3 slices of our french bread and butter.

## SALAD

### House Salad \$8

Greens, cucumber, tomato, carrots and cabbage. Comes with dressing & 3 slices of our french bread & butter.

### Avocado Chef Salad \$11

House salad topped with Jack cheese, olives, artichoke hearts & avocado. Comes with dressing & 3 slices of our french bread.

### Tostada Salad \$7

Black beans on crispy corn tortillas topped with shredded lettuce, salsa & jack cheese.

## BURGERS

Local & grass-fed from Knee-Deep Cattle Company on our home-made buns. Comes with home-fries or small side salad. Sub grilled sliced tempeh for patty. Add cheese or bacon for \$1 each.

### Basic Burger \$11

With lettuce, tomato, pickles & onions.

### Mushroom Swiss \$12

Basic burger with sauteed mushrooms and melted swiss cheese.

### Jalapeno Jack \$12

Basic burger with sauteed jalapenos and melted jack cheese.

### California Burger \$12

Basic burger with melted swiss cheese and fresh avocado.

### Patty Melt \$12

Basic burger with sauteed onions & mushrooms under melted swiss cheese.

## SIDES

### Home Fries \$4

### Toast (with jam & butter) \$3

### Small Side Salad \$7

### Home-Made Salsa \$2

### Beans or Rice \$4

### Bacon or Sausage \$3

### Bagel & Cream Cheese \$4

## PLATES

### Quesadilla Plate \$8

Two flour tortillas grilled with melted jack cheese inside. Comes with a small side of black beans plus lettuce, salsa, sour cream & avocado.

### Spaghetti Plate \$16

Choose vegetarian or meat sauce. Comes with small side salad and 3 pieces of our fresh baked bread.

### Turkey Mole Plate \$14

Our house roasted turkey in mole sauce. Comes with black beans & rice and 3 corn tortillas. May sub tempeh for turkey.

### Fish Taco Plate \$16

Alaskan cod lightly breaded and pan-fried.

Comes with flour tortillas and black beans plus lettuce, salsa, sour cream & avocado.

### Potato Combo Plate \$9

Home-fried potatoes cooked up with your choice of 4 mix-ins from the ingredients list.

## PIZZA & CALZONE

Hearth-baked to order with fresh ingredients.

### Large 1-Topping Pizza \$22

Hand-tossed 16 inch pizza with red sauce & cheese plus 1 topping of your choice from ingredients list. Extra non-meat toppings \$2 each. Extra meat toppings \$3 each.

### Small 1-Topping Pizza \$12

Hand-tossed 10 inch pizza with red sauce & cheese plus 1 topping of your choice from ingredients list. Extra non-meat toppings \$1 each. Extra meat toppings \$2 each.

### Calzone \$14

Red sauce & cheese plus 2 topping of your choice from ingredients list inside folded pizza dough. Extra non-meat toppings \$1 each. Extra meat toppings \$2 each.

## TEA & COFFEE

Coffee	Sm - \$2.00 / Lg - \$2.50
Tea	\$2.00
Espresso	\$2.50 / \$3.00
Americano	\$2.50 / \$3.00
Latte	\$4.00 / \$5.00
Capuccino	\$4.00 / \$5.00
Mocha	\$5.00 / \$6.00
Add Vanilla Syrup	\$0.50
Hot Chocolate	\$4.00

## COLD DRINKS

Iced Tea	\$2.00
Hibiscus Lemonade	\$3.00
Cold Brew Coffee	\$3.00
Bottled Soda	\$2.75
Fountain Soda	\$2.00
Fresh Squeezed Orange Juice	\$7.00
Bottled Beer	\$4.00
Draft Beer	\$5.00
Wine	\$10.00