

Organic Breakfast Items

Vegetable, Cranberry, Apple or Orange Juice
Soy or Almond Milk, 2% Milk

8 oz . . . 1.80 12 oz . . . 2.70 16 oz . . . 3.40

Vanilla yogurt . . . 2.20 Oatmeal . . . 2.20

ALDERFER FARMS Jumbo Brown Egg . . . 1.10 each

Gluten Free

We understand that Celiac disease and gluten intolerance is a serious medical condition and that you need the assurance that those preparing food for you are extremely cautious in the cooking environment, so as to not come in contact with Gluten containing grains in any way.

Breakfast Items

WHOLEGRAIN TOAST . . . 1.10 per slice

BLUEBERRY MUFFIN . . . 2.20

ICED CINNAMON ROLL . . . 2.20

OATMEAL . . . 2.60

WHOLEGRAIN FRENCH TOAST . . . 1.90 each TWO SLICES . . . 3.60

PANCAKE . . . 2.10 each SHORT STACK . . . 3.90

BLUEBERRY PANCAKE . . . 2.50 each BLUEBERRY SHORT STACK . . . 4.70

FRESH STRAWBERRY PANCAKE with syrup and whipped cream . . . 3.20 each

FRESH STRAWBERRY SHORT STACK with syrup and whipped cream . . . 5.40



CREAM CHEESE CREPES . . . 6.20

with strawberries, syrup and whipped cream

Gluten Free *Continued*

GLUTEN FREE WRAP OR
BREAD AVAILABLE FOR ANY
SANDWICH \$1.20 XTRA

Lunch and Dinner Items

SMALL BOWL OF CREAMY CHICKEN, BROCCOLI & CHEDDAR SOUP . . . 3.20

today's other soup selections also listed on whiteboard

CHICKEN POT PIE . . . 5.90

broth based bowl of soup made with our own homemade gluten-free noodles along with carrots, potatoes, celery, onion, green peas and white meat chicken



PENNE & CHEESE WITH BROCCOLI . . . 5.90

baked gluten free pasta, white cheddar and broccoli.
Served with side salad

PASTA MARINARA . . . 4.90

gluten-free penne pasta topped with our own vegetable marinara



From the Fryer only gluten-free items are
fried in our designated gluten-free fryer

CHICKEN PARMESAN with penne pasta . . . 7.90

CHICKEN TENDERS (3) . . . 5.90

FRIED WHITEFISH with fries and slaw . . . 7.90

For Your Sweet Tooth

Gluten Free Chocolate Chip Cookie90

Gluten Free Brownie . . . 1.60

Gluten Free Pie ask for today's flavor . . . 3.20

MEATLESS SECTION

GLUTEN FREE WRAP OR
BREAD AVAILABLE FOR ANY
SANDWICH \$1.20 XTRA

VEGGIE WRAP . . . 5.50

Broccoli, cauliflower, spinach, tomatoes, red peppers and white cheddar cheese and ranch dressing inside a honey wheat, tomato, spinach or plain wrap. Includes chips.

PORTOBELLO MUSHROOM SANDWICH . . . 6.90

A grilled portobello mushroom, a roasted red pepper, caramelized onions, fresh mozzarella and basil, all served on a garlic french roll with fries



VEGGIE BURGER . . . 5.90

WE'VE MIXED THREE WHOLESOME GRAINS, BROWN RICE, QUINOA AND BULGAR WITH ROASTED CORN, BLACK BEANS AND ROASTED RED PEPPERS FOR A PERFECT VEGAN BURGER THAT IS PACKED WITH FIBER AND IS KOSHER served on a french roll with lettuce, tomato, onion and green pepper along with fries

HOT BEANS & RICE . . . 5.90

A favorite as a main course or a side dish. Simple but so delicious. Three kinds of beans, tomatoes, onions, cumin along with other spices. Served over white or brown rice.



VEGETABLE TRIO PARMESAN . . . 6.90

sliced fresh eggplant, zucchini and portobello mushrooms sauteed and topped with marinara sauce and mozzarella cheese. Includes a side salad or vegetable selection

Daiya cheese is available as a substitute for dairy cheese used in entrees or sandwiches on this page for .70 extra

VEGAN

Whether you are a vegan or vegetarian, Welcome. If you just enjoy the health benefits of a purely vegetarian diet or it is by necessity, our goal is to provide you with an array of options to make your time dining out enjoyable.

BREAKFAST ITEMS

BANANA MUFFIN . . . 2.20

PANCAKE . . . 1.90 each

BLUEBERRY PANCAKE . . . 2.30 each

FRESH STRAWBERRY PANCAKE with or without syrup . . . **3.20 each**

our pancakes
are made with
coconut oil

LUNCH AND DINNER ITEMS today's other soup selections listed on whiteboard

SMALL BOWL OF SUMMER VEGETABLE

(NAVY BEANS, ZUCCHINI, TOMATOES, CORN, GREEN BEANS AND RED POTATOES IN VEGETABLE BROTH) . . . **2.90**

GRILLED CHICKEN SALAD PLATE . . . 5.90

grilled plant protein strips, avocado, cucumbers and *Go Veggie* grated cheese over a bed of romaine



STUFFED PORTOBELLO MUSHROOM . . . 7.90

Made with fresh spinach, onions, red peppers, *Daiya* mozzarella cheese and served with one side and a tossed salad

CHICKEN PARMESAN . . . \$ 8.90

Grilled plant protein strips covered with marinara sauce and *Daiya* mozzarella cheese. Served with baked potato (idaho or sweet) or spaghetti and a tossed salad.