

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 . . . 1.00 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

FRUIT FILLED PANCAKE . . . 2.50 each FRUIT FILLED 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 . . . 5.90
with strawberries, syrup and whipped cream

Gluten Free *Continued*

GLUTEN FREE WRAP OR BREAD
AVAILABLE FOR ANY SANDWICH \$.65 XTRA

Lunch and Dinner Items

SMALL BOWL OF CREAMY POTATO AND HAM SOUP . . . 2.90

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



TURKEY & AVOCADO BLT WRAP . . . 6.90

gluten-free wrap filled with sliced turkey breast, bacon strips, lettuce, tomato, avocado and ranch dressing. Includes chips.

MACARONI & CHEESE CASSEROLE . . . 3.90

gluten-free elbows with our own cheese sauce

PASTA MARINARA PLATE . . . 3.90

gluten-free spaghetti topped with our own marinara sauce

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

CHICKEN PARMESAN with spaghetti . . . 7.90

CHICKEN TENDERS (3) with fries or mac & cheese . . . 6.90

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 . . . 2.90

MEATLESS SECTION

GLUTEN FREE WRAP OR BREAD
AVAILABLE FOR ANY SANDWICH \$.65 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.

[RED PEPPER HUMMUS ALSO AVAILABLE]

Daiya cheese is available as a substitute for dairy cheese on sandwiches .70 extra



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.



PASTA PRIMAVERA . . . 6.90

Fettucini topped with a vegetable alfredo sauce. Includes a tossed salad

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

FRUIT FILLED 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 CHICKEN & RICE FLORENTINE

(CELERY, ONION, CARROTS, SPINACH, RICE AND PROTEIN PLANT STRIPS IN A 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



KALE COLOR CRUNCH SALAD . . . 5.90

Made with kale, cabbage, carrot, broccoli, cauliflower, pineapple, nuts, raisins, and seeds.

BLACK BEAN & CORN QUESADILLA . . . 5.90

Your choice of tortilla filled with tomatoes, onions, corn, black beans, cilantro and *Daiya* cheddar cheese served with vegan sour cream and salsa.



VEGAN TORTELLINI . . . 5.90

Filled with vegetables and tofu,
topped with pomodoro sauce

CHICKEN PARMESAN . . . \$ 5.90

Grilled plant protein strips covered with marinara sauce
and *Daiya* mozzarella cheese