

# 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



#### **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 Cookie . . . .90**

#### **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.



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

## 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

## PASTA PRIMAVERA . . . 6.90

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



# VEGAN

## 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

# 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.

## 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