

MENU FOR THE DAY, ALL DAY, ANY DAY, HERE OR TO GO!

Soups, Breads and Salad

- 4.00 SOUPS OF THE DAY: BOWL up to 5 soups to choose from, served with a portion of local baked bread
- 3.00 SOUPS OF THE DAY: CUP up to 5 soups to choose from, served with a portion of local baked bread
- 4.50 GARDEN SALAD best on the day, best in summer
- 2.00 ARTISAN TOAST & LOCAL OR ORGANIC JAM best bread available on the day

Light Meals \$5.50 any of the choices below

- Black Beans & Wild Rice Blend Organic ~ Jose's Salsa and Sour Cream great flavor
- Chili ~ Pinto and red beans, veggies and pure Mexican spices, no additives. Served with red onion and shredded cheese
- Quinoa & Brown Rice ~ raisins, basil & turmeric, topped with raw cashews and ginger lime dressing
- Burgers ~ Wheat onion bun, choice of Black Bean, Veggie or Beef Pattie, fresh red onion, tomato, lettuce, cheese, with mayo. Pickled beets & pepperoncini on the side

Meals \$7.50 any of the choices below

Sweet Vegetable Curry and Brown Rice ... Everyone's favorite

With your choice of chicken, tofu or organic garbanzo ... made from scratch

Chili Stack ... Sirloin Beef Pattie, Black Bean or Veggie Pattie, cheese, free range egg, tomato or Salsa, raw red onion, lettuce. Topped with a river of home-style vegetarian chili, you add the hot sauce! A big meal!

Drinks Cold drinks ~ from the in-store frig, prices marked

- 1.50 Coffee ~ pour-over or individual French press locally roasted
- 1.50 Tea ~ loose leaf and fresh in your individual French Tea Press or selection of tea bags
- 1.50/2.50 Chai ~ Blue Lotus varieties, dry blend of black tea or rooibos and spices on water or milk
- 1.50/2.50 Hot Chocolate ~ Swiss Miss or Dutch chocolate raw and organic on water or organic milk
- 50 cents extra Milk Choices ~ Almond, Rice, Coconut, Almond/Coconut, Hemp, Soy

SPECIAL BREAKFAST ALL DAY

- Describe your **favorite breakfast** and I will make it as close to your description as possible, priced to match the order

*Special ingredients and substitutions given full consideration

*Tell us how you want your meat or eggs cooked

WE SHARE A FREE MEAL ON CHRISTMAS and THANKSGIVING FROM 2PM

