

# Café Menu

## Lunch:

### Soup of the Day

Bowl 6.50 Cup 4.50

Try our house made soups. We offer both meat base and vegetarian/vegan options. Ask about our daily selections. Served with a side of bread.

### Salads

#### **-Farm Fresh Salad-**

Main 7.50 Side 4.50

Mixed locally grown greens, carrots, cucumbers, sun-dried tomato, almonds, dried cranberries, and topped with feta cheese, choose from house made balsamic or citrus dressing.

+chicken salad 3.00

#### **-\*Caesar Salad-**

Main 7.50 Side 4.50

### Sandwiches

All sandwiches include a choice of house made old fashioned white, whole wheat, rye or baguette. Gluten-free millet (white) or sorghum (multi-grain) bread+ 1.00

+cup of soup with sandwich 3.00

#### **-Build Your Own Sandwich-**

Whole 8.50 Half 6.50

Meat: smoked ham, oven roasted turkey, or roast beef

Cheese: cheddar, Swiss, pepper jack or provolone

Vegetables: spinach, red onion, cucumbers, tomato, shredded carrots

Condiments: chipotle mayo, mayo, yellow mustard, or spicy mustard. All sandwiches come with crisp mixed greens.

Option to sub avocado for meat

#### **-Chicken Salad Sandwich-**

Whole 8.00 Half 6.00

Fresh hand-shredded chicken, golden raisins, toasted almonds and crispy spinach. served on a fresh baguette with spinach.

-Bacon Lettuce Tomato Sandwich-

Whole 8.00 Half 6.00

#### **-Grilled Cheese-**

Whole 7.50 Half 6.00

Choose 3 cheeses: provolone, Swiss, pepper jack, old fashioned cheddar ham or turkey for 1.00 or tomato, onion, or spinach for .50

#### **-Reuben-**

Whole 8.50 Half 6.50

Grilled house made rye, corned beef, Swiss cheese, naturally fermented sauerkraut and thousand island dressing.

#### **-Veggie Wrap-**

Whole 8.50 Half 6.50

Cucumbers, shredded carrots, red onions, red ripened tomatoes,

spinach with toasted almondsChoice of : chipotle mayo, mayo, yellow mustard or spicy mustard. cheese or hummus for .50

\*All sandwiches served with chips

**Cafe Hours- Open everyday 7am-3pm Café Menu**

# Café Menu

## Breakfast:

### **-House Bagel-**

3.00

Try one of our fresh baked sesame, onion, or plain bagel. + cream cheese or jam for .50

### **-Bagel and \*Lox-**

10.00

Fresh salmon lox served with tomato, red onion, capers and cream cheese on your choice of sesame, onion, or plain bagel.

### **-Biscuits and Gravy-**

6.50

House sausage gravy served over our fresh baked vegan biscuits.

+ egg 7.50

+ egg & bacon 9.00

### **-\*Breakfast Sandwich-**

7.25

Choice of biscuit or bagel: plain, sesame, or onion

Egg: regular, scrambled or using egg whites only

Meat: applewood bacon, smoked ham or sub avocado

Cheese: old fashioned cheddar, Swiss, pepper jack or provolone

Vegetables: choice of 2: tomatoes, red onion, spinach, shredded carrots, or mixed greens.

### **-\*Breakfast Bowl-**

7.25

Scrambled eggs or egg whites, breakfast potatoes with onions and your choice of avocado or bacon served in a bowl on a bed of spinach.

### **-\*Old Fashioned Plate-**

7.50

A warm plate of scrambled eggs, breakfast potatoes with onions, your choice of ham or 2 slices of bacon with a side of toast.

### **-\*Breakfast Burrito-**

7.25

Fried egg, homemade salsa, cheddar cheese, bacon, potatoes & onion wrapped in a warm tortilla.

Your choice of hot or mild salsa.

### **-Sourdough Belgium Waffle-**

5.50

House made Belgium style waffle served with butter and maple flavored syrup + real maple syrup 2.00 + whipped cream, chocolate sauce, chocolate chips, bananas, or nuts .75

+ \*fried egg on top 1.50

+ avocado or bacon 1.50

-House Made Granola-

6.50

Gluten-free oats, coconut, almonds, vanilla, and cranberries.

Served with milk +milk alternatives- (rice, soy, hemp, oat, coconut, almond) .75 +Greek yogurt 1.50

### **-Warm Vegan Biscuit-**

3.25

+ .50 for cream cheese. peanut butter , jelly or honey

\*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness.