

MENU

BREAKFAST

ALL BAKED GOODS ARE MADE ONLY WITH ORGANIC WHOLE WHEAT FLOUR AND LOCAL HONEY

Cinnamon Rolls 3.17

Made fresh daily with optional honey-butter

Scones 1.95

Different everyday

Whole Wheat Waffle 4.95

Served with pure organic maple syrup & butter
or homemade jam

Side

Maple syrup butter Homemade jam

Homemade Organic Granola 4.25

With milk or nonfat yogurt

Side

Milk Nonfat yogurt

Item

Banana +1.00 Huckleberries +1.00

Organic Oatmeal with Raisin 4.25

Steamed Scrambled Eggs 0.80 per egg

Extra

Mushrooms +0.50 Cheese +0.50

Ham +0.85 Cilantro sauce +0.50

Spinach +0.65

Quiche

Size

Small 4.00 Large 6.50

Bagel

Style

With butter 1.25 With cream cheese 2.50

*With smoked salmon cream cheese tomato,
sprouts, and onions 4.25*

Toast

Bread

Wheat 0.60 Rye 0.60 Heels 0.45

LUNCH & DINNER

SANDWICHES

Includes potato chips or green salad.

Choice of wheat or rye bread

Sprout and Tomato

Size

Whole 5.75 Half 3.95

Avocado Cheese Sprout & Tomato

Size

Whole 8.75 Half 5.95

Cheese Sprout and Tomato

Size

*Whole 7.25 Half 4.95***Cucumber & Cream Cheese**

Size

*Whole 7.25 Half 4.95***Tuna**

Size

*Whole 7.50 Half 5.10***Egg Salad**

Size

*Whole 7.50 Half 5.10***Mushroom and Cheese**

Size

*Whole 8.75 Half 5.95***Veggie**

Size

*Whole 8.75 Half 5.95***Hummus Sprout and Tomato**

Size

*Whole 7.25 Half 5.95***Peanut Butter and Homemade Jam**

Size

*Whole 4.00 Half 2.75***Turkey**

Size

*Whole 8.75 Half 5.95***Ham**

Size

*Whole 7.50 Half 5.10***Ham and Cheese**

Size

*Whole 8.75 Half 5.95***Corned Beef**

Size

*Whole 8.75 Half 5.95***Salami and Cheese**

Size

*Whole 8.75 Half 5.95***Sardine**

Size

*Whole 8.75 Half n/a***Poorboy**

Size

*Whole 9.25 Half n/a***Meatloaf**

Size

*Whole 8.75 Half 5.95***Rueben**

Size

*Whole 9.25 Half 6.25***Bagel Special**

4.25

smoked salmon cream cheese, sprouts, tomato, onion, capers

SPECIALS

Quiche

Size

Whole 7.75 Half 5.25

Spinach Lasagna

Size

Whole 8.75 Half 5.95

Black Bean Burrito

With homemade enchilada sauce

Size

Whole 7.95 Half 5.40

Turkey and Cheese Enchilada

With homemade enchilada sauce

Size

Whole 8.75 Half 5.95

Combo

1 Burrito, 1 enchilada

Size

Whole 8.75

Hummus with Pita

Size

Whole 5.75

Extra

Pita +1.00

SALADS

Homemade Dressings: Honey Mustard, Lemon Tahini, Oil & Vinegar, Berry Vinaigrette, Ranch, Bleu Cheese, Caesar

Tossed Salad	6.95	Small Salad Bowl	4.25
Super Tossed	9.50	Side Salad	1.75
Chef	8.75	Tabouli	3.50
Super Chef	11.00		
Tuna Salad	8.75		

HOMEMADE SOUP

Homemade Soup of the Day

Rotating selection include calm chowder, turkey noodle, black bean, lentil, vegetable, mushroom barley, gazpacho, and many others!

Size

Bowl 4.25 Cup 2.90

TOAST

Bagel and Butter	1.25	Toast	0.60
		Wheat or rye	
Bagel & Cream Cheese	2.50	Bread	
		Wheat Rye	
Rye Bun	1.50		
		Heels	0.45

DESSERTS

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Cheesecake	4.25	Bread Pudding	3.25
Espresso, Plain, Huckleberry, Specials			
Homemade Pies	3.95	Ice Cream	2.00
Peach Blueberry, Marionberry, Peanut butter, and other specials		Cookies	1.25
Chocolate Espresso Cheesecake	4.25	Milkshakes	
		Chocolate, Espresso, Berry, Vanilla, Banana, Fresh Orange, Peanut Butter	
Gingerbread	3.25	Size	
Molasses sweetened		Super Large 4.50	
Cakes	3.95		
Fruit-Bars & Peanut Butter Fudge	1.25		

DRINKS

Fresh Apple Cider		Tomato Juice	
Size		Size	
Small 1.60 Medium 2.40 Large 3.25		Small 1.60 Medium 2.40 Large 3.25	
Fresh Apple-Berry		Fresh Honey Sweetened Lemonade	
Size		Size	
Small 1.60 Medium 2.40 Large 3.25		Small 1.60 Medium 2.40 Large 3.25	

Milk or Buttermilk

Size

Small 1.60 Medium 2.40 Large 3.25

Fresh Squeezed Orange Juice

Size

Small 2.00 Medium 3.00 Large 4.00

Natural Soda Pops

Size

Bottle 1.95

Homemade Honey Sweetened Chai

Hot or Iced

Size

Small 2.00 Medium 3.00 Large 4.00

Freshly Ground Coffee

Size

Cup with refills 1.61

Espresso Drinks

Hot Chocolate

Size

Small 2.00 Medium 3.00 Large 4.00

Milkshakes

Chocolate, Espresso, Berry, Vanilla, Banana, Fresh Orange, Peanut Butter

Size

Super Large 4.50

TEAS

Pot of Tea

2.00

HERBAL TEAS

Black Cherry

Cran-Apple Zinger

Wu Wei

Lemon Zinger

Red Zinger

Tension Tamer

Peppermint

Blood Orange

World Peace

Chamomile

Mixed Berry

Mandarin Orange

Sleepy Time

Blueberry

Tangerine Zinger

GREEN TEAS

Genmaicha

Sencha

Moroccan Mint

Jasmine

Tropical Green

BLACK TEAS

Assam

Earl Grey

Irish Breakfast

Darjeeling

English Breakfast

Oolong

ICED TEAS

Herbal Blend

A blend of our celestial seasonings herb teas

Paradise Tropical Tea

Black tea blended with a hint of unsweetened fruit flavors