

WE ARE UNIQUE!! We still make food the old-fashioned way...BY HAND!
 Offering traditional & ethnic cuisine emphasizing the use of high quality organic ingredients and fresh seasonal produce



352 North Main • 259-6896

all menu items available to go!

Hours:
 Mon - Sat 7:00 am - 2:30 pm • Sun (Breakfast Only) 7:00 am - 1:00 pm



Breakfast

- "Wake Me Up" Wakame** (steamed seaweed) choice of eggs 7.50
 or scrambled tofu 8.50
 Served on brown rice with sesame soy ginger dressing
 and gomasio (coarse ground black & white sesame seeds)
- Breakfast Burrito** (1 pound) - 3 Eggs, brown rice, pintos, 7.50
 cheese and salsa in a whole wheat tortilla
- Scrambled Tofu Burrito** - Seasoned tofu, brown rice, 8.50
 cheese & salsa
- House Taters - 3 Eggs** full order 8.00
 Oven-roasted red potatoes, ½ order or split 5.00
 Topped w/3 eggs, cheese, & salsa.
- Totaters** - Same as above with scrambled tofu - no eggs 8.95
 ½ order 6.00
- Quiche du Jour** - Made with real butter crust. 7.00
 With a side of spuds 8.75
- Whole Wheat Buttermilk Pancakes** 8.50
 Our special recipe. Served with butter and real maple syrup.
 (not available after 11 am)
- Banana Nut Whole Wheat Pancakes** 9.25
 Our special recipe. Served with butter and pure maple syrup
 Extra pure maple syrup - 1 oz. 1.50

- Bagel Sandwich** - bagels fresh baked
 Egg and cheese 4.00
 Egg and cheese with ham, sausage or bacon 5.75
- Maple Nut Granola** - Made in house, served with milk 5.50
 Add fresh fruit 1.50
 Add yogurt 1.50
 Granola by the pound 10.00/lb
- Eggs, Potatoes & Toast** 6.25
 Add ham, bacon or sausage 8.00
- Salmon Breakfast** 8.95
 Our housemade salmon patty served with eggs,
 potatoes, toast & Tarragon Tartar Sauce
- Tofu, Potatoes & Toast** 7.75

Bakery

A changing selection of homemade muffins, scones,
 cinnamon rolls, cookies & more from the
 wholesome to the decadent!

Kid's Menu - \$4.50

A selection of items for breakfast and lunch.

Lunch

Served Mon-Sat 11:30 am - 2:30 pm • Most Breakfast items available for lunch.
 ✓ See our Chalkboard for Daily Specials, Soup of the Day & Quiche of the Day.
 All sandwiches come with choice of chips, salad or cup of soup.

- Indonesian Satay** - chicken or tofu kebobs 8.95
 W/curry fried rice; Thai cucumber relish, & spicy peanut sauce.
- Greek Gyros** 7.25
 Wrapped in a pita with veggies & our housemade Tzaziki Sauce
- Curried Rice Wrap** 7.00
 Curry seasoned basmati rice w/peas, raisins, peanuts
 & yogurt. With Thai cucumber relish.
 Add chicken or tofu 8.50
- Veggie Wrap** - with chips 7.25
 Homemade hummus & veggies w/lemon yogurt sauce
- Tofu Wrap** 8.75
 Seasoned tofu, brown rice, cheese & salsa w/chips & salsa
- Quiche du Jour ala carte** 7.00
 W/green salad or cup of soup 8.75
- Soup du Jour**
 A changing selection of creative, homemade soups Cup 3.50
 Bowl 4.75

- House Green Salad** 7.00
 Served with homemade wheat bread.
 Add chicken, tofu or tuna salad 8.95
- Veggie Wrap** -with hummus 7.50
- BLT & Avocado Wrap** - with chipotle mayonnaise 8.00
- Reuben Sandwich** - with homemade Russian dressing 8.50
- Premium Hamburger** – Best in Town 7.50
 Add cheddar or Swiss - \$1.00
 Add bacon - \$1.00
- Southwestern Veggie Burger** 8.25
 Add cheddar or Swiss - \$1.00
- Housemade Salmon Burger** 8.95
- Quesadilla** -Jack cheese, whole wheat tortilla 4.50
 Add Chicken 5.50
- Tuna Melt on Rye** -Waldorf style (no nuts) 6.75

Box Lunches Available 48 hours notice for 4 or more. Cold Sandwich, Chips, Cookie, Fruit & Water 11.50
Coffee & Tea - Celebrating 14 years of serving Organic, Fair Trade, Shadegrown coffee from Ibis Roasters of Logan, Utah.