

W U N O B

PLEASE ALERT YOUR SERVER OF YOUR DIETARY PREFERENCES!

V=vegan VEG=vegetarian C=contains local meat

***GF= can be made gluten free**

Vegan options come with house cashew vegan spread

****THESE ITEMS CONTAIN RAW OR UNDERCOOKED EGGS EATING THESE ITEMS CAN INCREASE CHANCES OF FOOD BORNE ILLNESS.**

AS WE DO OUR BEST TO ACCOMMODATE DIETARY RESTRICTION WE ARE NOT AN ALLERGEN FREE KITCHEN.

POACHED OR SUNNY SIDE EGGS.**

SUBSTITUTE HOUSE MADE GLUTEN FREE OR BRIOCHE \$2

BURGERS

CHOOSE BETWEEN OUR LOCAL GRASSFED BEEF OR LOCAL TEMPEH PATTY

SERVED ON A GRILLED POTATO BUN, OR VEGAN FOCCACIA.

ADD GARLIC FRIES, SALAD, SEASONAL SOUP \$3

BYOB \$7.5 C C, VEG, V *GF

SERVED W/ LETTUCE, TOMATO, RED ONION,

AND CHOICE OF MAYO (sriracha, garlic basil, miso aioli, vegan sriracha, vegan basil)

ADD CHEESE \$.50

(cheddar, jack, swiss, feta, blue cheese, queso fresco, cashew spread)

ADD VEGGIES \$.50 Roasted jalapeno, roasted poblano, pickled jalapenos, grilled onion, mushrooms, cabbage salsa, grilled spinach, garlic.

ADD SLICED BACON, PORK CHORIZO, TVP CHORIZO OR HAM \$2

ADD AN EGG \$1

ADD AVOCADO \$2

WILD RICE BURGER \$9 V, VEG, C *GF

Wild rice, swiss, basil mayo, lettuce, tomato and red onion.

CALIFORNIA \$10 V, VEG, C *GF

Topped with cheddar, roasted jalapeno, avocado, cabbage salsa, sriracha mayo.

HEART ATTACK \$10 VEG, C *GF

Topped with cheddar, chorizo, an egg, avocado, sriracha mayo.

ROASTED JALAPENO BACON \$10 C *GF

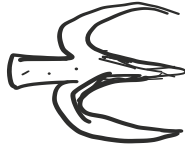
Topped with roasted jalapeno, sliced bacon, cheddar or swiss, basil mayo, tomato, lettuce, red onion.

MISO SPINACH BURGER \$9.5 V, VEG, C

Spinach, roasted tahini shitakes, miso aoli, swiss.

FETA MINT \$9.5 C *GF

Grassfed beef mixed with feta and mint, topped with sriracha mayo, cucumber, tomato, onion, lettuce.



SANDWICHES

COMES ON GRILLED SOUR DOUGH, RYE OR MULTI-GRAIN, WITH A PICKLE.

SUBSTITUTE GLUTEN FREE BREAD \$2

ADD SIDE SALAD, GARLIC FRIES, OR SOUP (SEASONAL) \$3

CABBIE \$8 VEG *GF

Melted cheddar, roasted jalapenos, two scrambled eggs, basil mayo, tomato, spring mix.

Add avocado \$2

Add choice of protein \$2.5

JONATHAN RICHMAN \$8 V

Tofu spread, basil vegan mayo, fried tofu, veggie sausage, tomato, spring mix.

2012 MELT \$11 V, VEG, C *GF

Turkey or seitan, sauted with onions, green peppers, mushrooms, roasted jalapenos, spinach, melted cheddar or tofu spread and french fries on toasted hoagie. (*Seitan is not gluten free.)

TUNA MELT \$8 C *GF

House tuna salad, melted cheddar, tomato and spring mix.

TRIPLE CHEESE \$8 VEG *GF

Three pieces of grilled bread, swiss, feta, local cheddar, basil mayo, tomato.

VOYEUR MELT \$9 V, VEG, C *GF

Turkey or tempeh topped with sauted onions, green peppers, mushrooms, melted swiss, or tofu spread avocado, tomato, basil mayo.

BLT/TLT \$8.5 V, VEG, C *GF

Bacon or tempeh, basil mayo, tomato, lettuce.

DON QUIXOTE \$9 V, VEG, C *GF

Turkey or tempeh, cabbage salsa, melted cheddar, or tofu spread, avocado, tomato and poblano sour cream.

CROQUE MONSIEUR \$10 C *GF

Grilled brioche or gluten free, local ham or tempeh, melted gruyere, with spring greens in vinaigrette.

SIDES

SIDE SALAD \$5

HASHBROWNS \$3/ \$5

GARLIC FRIES \$3/ \$5

GARLIC KALE \$3.5

MIXED VEGGIES \$3

ROASTED BEETS \$3

BROWN RICE \$2

WILD RICE \$2

PROTEIN \$4

Bacon, pork sausage, turkey sausage,

pork chorizo, turkey,

veggie sausage, tvp chorizo, tempeh, seitan.

EGG \$1.5/TWO EGGS \$2.5

FRIED OR SCRAMBLED TOFU \$2

ADD CHEESE \$2

CABBAGE SALSA \$3

AVOCADO \$2

BREAKFAST FOR LUNCH

SERVED WITH TOAST OR TORTILLAS

SOUTHSIDE HASH \$14/ \$10 V, VEG, C *GF

An order of hashbrowns cooked with onions, green peppers, mushrooms, and roasted jalapenos. Topped with melted cheddar, or cashew spread, tvp or pork chorizo, two eggs your way or seasoned scrambled tofu, and poblano sour cream.

GOOD MORNING HEALING EARTH \$10.5 V, VEG, *GF

Two eggs your way or curried tofu served over a bed of stir fried onions, green pepper, mushrooms, roasted beets, carrots, broccoli, zucchini, kale. Topped with tahini sauce.

CHAKRA KHAN \$11 V, VEG *GF

Onions, green pepper, mushrooms, roasted beets, carrots, broccoli, zucchini, kale, garlic scrambled with eggs or tofu, brown rice and local cheddar or cashew spread.

HASHBROWN RANCHEROS \$13 WHOLE / \$9 HALF V, VEG, C *GF

Two eggs your way or seasoned scrambled tofu served on an order of hashbrowns, melted local cheddar, or cashew spread, ranchero sauce and poblano sour cream. Served with cabbage salsa, avocado and corn tortillas.

BREAKFAST BURRITO \$10 V, VEG, C

Spanish rice, pickled jalapenos, grilled queso fresco, black beans, scrambled egg or seasoned tofu, in a flour tortilla grilled and topped with ranchero sauce, poblano sour cream, cabbage salsa.

MAKE IT A BOWL WITH CORN TORTILLAS

ADD AVOCADO \$2

ADD TVP OR PORK CHORIZO \$2.5

SALADS

Choice of house made dressing. **BASIL VINAIGRETTE, BLUE CHEESE, CARROT GINGER, LEMON TAHINI.**

CRISPY RICE \$14 V, VEG, C *GF

Crispy brown rice, spring greens, basil, cilantro, cucumber, red onion, tomato, avocado, choice of sausage or tempeh, egg or tofu, carrot ginger dressing.

TY COBB \$14 VEG, C

Spring greens, onion, tomato, cucumber, avocado, blue cheese, turkey and bacon, or tempeh and tofu, and a sunny egg.

AVOCADO BROWN RICE \$13 *GF

Spring greens, tomato, cucumber, red onion, brown rice, bacon or tempeh, avocado.

GREEK CHOP \$12 VEG

Spring greens, cabbage, pepperocini, feta, kalamata olives, red onion, cucumber, tomato, fried garbanzos.

BEET SALAD \$12 VEG, C

Local wild rice, spinach, warm roasted beets, goat cheese, candied nuts, bacon or tempeh. Add an egg \$1.5



BOWLS

ADD AVOCADO \$2

ADD PROTEIN \$2.5

ADD EGG OR TOFU \$1.5

ADD TAHINI SHITAKES \$2

VEGGIE BOWL \$9.5 V *GF

Brown rice topped with stir fried cabbage, broccoli, carrots, zucchini, garlic, kale topped with lemon tahini, or carrot ginger dressing, green onions and lemon.

BEET BOWL \$13 V, VEG, C *GF

Brown rice, roasted beets, garlic kale, choice of protein, tahini or carrot dressing, green onion and lemon.

JIM BAKER BOWL \$13 V, VEG *GF

Brown rice, spring greens, roasted beets, shitakes, avocado, an egg or tofu, carrot ginger dressing, green onion and lemon.

MISO BOWL \$13 V, VEG *GF

Brown rice, garlic kale, tahini shitakes, an egg or tofu, miso aioli, bacon or tempeh, green onion and lemon.

ROASTED JALAPENO MACARONI AND CHEESE \$10 VEG *GF

Elbow macaroni, or gluten free noodles roasted jalapenos, cheese sauce. served with spring greens. ADD BACON OR TEMPEH \$2.5

HOUSE MADE SEASONAL SOUP

CUP \$4 BOWL \$6 served with toast

DRINKS

BOTTOMLESS ORGANIC FAIR TRADE COFFEE \$3

FULL ESPRESSO MENU (SEE BLACKBOARD)

COLD PRESS \$3.50/ \$4

HOUSE MADE CHAI \$3.75/ 4.25

TEA \$2.5

JUICE \$3

COW OR SOY MILK \$2.5

KIDS JUICE, MILK, CHOCOLATE MILK \$1.5

SODA 2.75

(Maine Root Root Beer, Ginger Beer, Virgil's Black Cherry, Mexican Coke, Zero-cal Cola, Seasonal choices)

TAPUAT KOMBUCHA \$4

FORAGE KOMBUCHA \$3.5

LACROIX \$1.5

COBRA VERDE \$4

PROUD DISTRIBUTORS

Organic fair trade coffee **B&W**

Tea from **Tea Source**

Pork from **Beelers, Peterson Craftsman Meats,**

Pastures Of Plenty and **Turnip Rock Farms**

Ground beef from **Turnip Rock Farms**

Eggs and seasonal produce from **Dragsmith Farms**

Organic produce from **Goop Partners Warehouse,** and

Shared Ground Farmers Coop.

Organic beans from **Rising Wind Farm.**

Chicken and Turkey from **Larry Schultz Organic farm.**

Ground and smoked turkey from **Ferndale Market.**

Tempeh from **Tempeh Tantrum.**