

SOUP

Soup of the day (prepared fresh daily) 3.95 served with a slice of organic toast

SALADS

Warm Brown Rice Salad 8.25

brown rice, black eyed peas, black mushrooms, and ginger on a bed of mixed greens, carrots, cabbage & tomato

Mediterranean Salad 7.50

mixed greens, tomatoes, onions, carrots, cabbage, warm potatoes, feta cheese & olives

Salad Niçoise 8.95

tuna salad, mixed greens, tomatoes, warm potatoes, green beans, onions & olives

Avocado salad plate 7.95

half avocado, mixed greens, tomatoes, carrots, cucumbers & half a boiled egg

Chicken salad plate 8.50

Tuna salad plate 8.50

Smoked Salmon plate 9.80

slices of smoked Atlantic salmon, mixed salad, half a boiled egg, onions & capers and organic whole wheat toast

House mixed salad reg. 6.25 small 3.99

HOT SPECIALS

Pasta of the day 6.75 with salad 8.25

Bean Burrito Platter (vegetarian) with rice and salad 11.25

flour tortilla filled with refried pinto beans topped with diced avocados & jalapenos, sour cream & salsa

Chicken Enchiladas with Rice and Salad 11.25

two soft corn tortillas filled with diced chicken, salsa and beans topped with tomato sauce, mozzarella cheese, diced avocados & jalapenos

Vegetarian Lasagna served with salad and a slice of organic toast 10.25

East African chicken stew served with rice and salad 11.50

Chicken Quesadilla served with salad 10.75

Corn Quesadilla with salad 7.75

Tuna Potato Cake (only tues. & fri.) with salad 8.25

spicy tuna, potato & vegetable patty with sour cream

Vegetable Strudel with salad 7.50

CREPES

Vegetable Mozzarella 8.95

eggplant, mushrooms, green onions, peppers, zucchini, mozzarella cheese & tomato sauce

Ham, Cheese Tomato & Avocado 9.25

two crepes filled with black forest ham covered with mozzarella cheese, diced avocados, tomatoes, greens onions & tomato vinaigrette

Mixed Fresh Fruit 7.50

served with whipped cream, yogurt or ice cream & strawberry sauce

Warm Banana Crepe 7.50

served with whipped cream, ice cream & chocolate sauce

SANDWICHES

House Club 7.25

bacon, tomato, hard-boiled egg, lettuce & mayo on toasted organic whole wheat

Vegetarian Club 8.25

avocado, eggplant, carrots, cheese, lettuce & tomato on toasted organic 7 grain

B.L.T. traditional 7.25

bacon, lettuce, tomato & mayo on toasted organic bread

B.L.T. Avocado 7.80

bacon, lettuce, tomato, avocado & mayo on toasted organic bread

Spicy Chick-Pea-Guacamole 6.80

with mixed greens & vegetables in a pita

Mixed Fresh Veggies in a pita 6.80

mixed greens, carrots, cabbage, tomato, cucumber, avocado & grated mozzarella

Chicken Salad with lettuce & mayo 6.50

Chicken Salad w/ slices of avocado 7.25

with lettuce & mayo

Tuna Salad with lettuce & mayo 6.50

Black Forest Ham and Swiss Cheese 6.80

with lettuce & mayo

Egg Salad made to order 5.25

with lettuce & mayo (in a pita add .75)

Bagel with cream cheese 2.50

Bagel with cream cheese and lox 7.75 (smoked salmon) with capers and onions

*choice of organic whole wheat, 7 grain, or sour dough bread.

BREAKFAST

All Day Breakfast

Scrambled eggs and toast 5.50

Scrambled eggs* with bacon 6.50

with sausage (weekends) 7.50

Scrambled eggs and lox * 8.99

Spanish Omelette * 7.50

Vegetable Omelette * 7.50

*includes 2 slices of organic toast

Toast or Bagel toasted with butter, jam or peanut butter 2.25

Fruit Bowl (seasonal) 3.95

BEVERAGES

freshly squeezed orange juice small 2.99 large 3.75

bottled juices 1.20 - 1.95

bottled water 1.30

coffee (regular & decaf.) 1.60

tea (herbal & black) 1.95

cafe latte small 2.99 large 3.65

cappuccino 2.85

espresso 2.35

DESSERTS

Indulge in our wide selection of delicious treats displayed at the front counter.

*Please ask us about our catering platters