MEDITERRANEAN SALAD
Mixed grilled vegetables, artichoke hearts, feta cheese, grape tomatoes, black olives, and a blend of lettuces tossed with balsamic vinaigrette (balsamic vinegar, basil, honey, olive oil) and served with house-made croutons.

SANTA FE SALAD
A blend of crisp romaine lettuce, red onions, fire-roasted red peppers, cheddar-jack cheese, grape tomatoes and corn all mixed with our spicy Santa Fe dressing (chipotle, buttermilk, lime, cilantro, cumin, salt, parsley, black pepper, onion) then topped with crunchy tortilla strips and served with a warm cheese quesadilla.

SANDWICHES

BBQ MEATLOAF SANDWICH
Soy meatloaf glazed with BBQ sauce, fresh coleslaw, milk dipped and hand breaded crisp onion straws all piled high on a multigrain baguette.

BLACK BEAN BURGER
Zesty patty made with black beans, quinoa, corn and oatmeal all mixed together with our special blend of spices. Served with lettuce, tomato and pickles on a whole wheat bun. Made-without-gluten burger available upon request.

BLT
Sliced soy bacon, crisp lettuce, fresh tomatoes with mayonnaise on toasted wheat bread.

CAPRESE MELT
Grilled sour dough bread, basil pesto (walnut, olive oil, parmesan cheese, basil), melted mozzarella, sliced tomato all combined in a scrumptious non-traditional way.

GRILLED CHEESE
A blend of your favorite cheeses and fresh baked bread grilled to perfection. Start with choosing either hearty wheat or sour dough bread and then add any three slices of cheddar, Swiss, pepper jack, American or provolone cheese.

HERB-GRILLED PORTABELLA
A fresh portabella mushroom cap marinated in a blend of aromatic herbs served with lettuce, tomato, pickle and our spicy chipotle-ranch aioli (chipotle chili, cilantro, mayonnaise, buttermilk) served on a whole wheat bun.

MUSHROOM PHILLY
A trio of fresh sautéed mushrooms mixed with grilled onions and bell peppers and topped with melted provolone cheese on a grilled multigrain baguette.

RUBEN SANDWICH
Our version of the classic, sliced corned soy beef on marbled rye bread, Swiss cheese, sauerkraut and Thousand Island dressing (mayonnaise, ketchup, pickles, spices, white vinegar, sugar).

VEGGIE BURGER
A tasty house-made healthy patty made with colby jack, eggs, sunflower seeds, soy sauce, and bread crumbs. Served with your choice of melted cheese, lettuce, tomato and pickle on a whole wheat bun.

PHILLY CHICKEN or STEAK
Seasoned soy beef or soy chicken mixed with grilled onions, bell peppers, and topped with provolone cheese on a grilled multigrain baguette.