



HOMEMADE BREAD BAKED FRESH DAILY

Herbivore Sandwiches

HALF - 6.99

 **PESTO ARTICHOKE MELT** 12.99
artichoke, pesto spread, provolone cheese,
lettuce, tomato, red onion, cucumber, sprouts
on focaccia bread

 **EGGPLANT** 10.99
eggplant, homemade red pepper spread,
provolone, lettuce, tomato

HUMMUS 10.99
homemade hummus, sprouts, lettuce, tomato,
cucumber, red onion

LENTIL 10.99
homemade lentil spread, sprouts, lettuce,
tomato, cucumber, red onion

 **ARTICHOKE** 11.49
artichoke, homemade red pepper spread,
sprouts, lettuce, tomato, cucumber, red onion

OFELIA'S VEGGIE 11.49
carrots, cabbage, mayo, mustard,
sprouts, lettuce, tomato, cucumber,
red onion

GOOD EARTH 11.49
avocado, cream cheese, sprouts,
lettuce, tomato cucumber, red onion

TOFU DELIGHT 10.99
seasoned tofu, sprouts, lettuce, tomato,
cucumber, red onion

 **CARROT SUPREME** 10.99
shredded carrots, raisins,
cream cheese, lettuce, cucumber

 **CHEESE MELT** 10.99
jack and cheddar cheese, sprouts,
lettuce, tomato, cucumber, red onion

PBJ + BANANA 6.99

Omnivore Sandwiches

HALF - 7.49

 **TURKEY CLUB** 12.99
turkey, bacon, cheddar cheese, lettuce,
tomato, mayo

 **THE ITALIAN** 12.99
salami, black forest ham, turkey pastrami,
provolone cheese, mayo, mustard, pickles,
lettuce, tomato, cucumber, red onion, sprouts
on homemade focaccia bread

 **REUBEN** 11.99
turkey pastrami, swiss cheese,
sauerkraut, homemade thousand island

 **B.L.A.T.** 11.99
bacon, lettuce, avocado, tomato, mayo

 **CRAB MELT** 11.99
crab salad (imitation), jack cheese, mayo,
sprouts, lettuce, tomato, cucumber, red onion

 **TUNA MELT** 11.99
tuna salad, jack cheese, mayo, sprouts,
lettuce, tomato, cucumber, red onion

DELI SANDWICHES 11.49

includes: mayo, lettuce, tomato,
cucumber, red onion, sprouts

TURKEY

TURKEY PASTRAMI

ROAST BEEF

BLACK FOREST HAM

TURKEY + HAM

SALAMI

CHICKEN SALAD

TUNA SALAD

TUNA EGG SALAD

CRAB SALAD

(IMITATION)

SEAFOOD SALAD

(CRAB & TUNA SALAD MIX)

EGG SALAD

PICKLES.....NO CHARGE

PEPPERS.....NO CHARGE

MUSTARD.....NO CHARGE

RANCH.....NO CHARGE

OLIVES.....0.75

PESTO.....0.75

ANY SANDWICH CAN BE
PREPARED AS A LETTUCE WRAP

EXTRAS

CRANBERRY SAUCE...0.75

HUMMUS.....0.75

CHEESE.....0.85

JALEPENOS.....0.75

FOCCACCIA BREAD...1.50

AVOCADO.....1.50

MEAT.....1.50

BACON.....1.50



Salads

SIDE SALAD 6.99

cabbage (green/red), carrots, sprouts, tomatoes, cucumbers, dressing on side

GARDEN 13.95

choice of meat, avocado, carrots, sprouts, tomatoes, cucumbers, red/green cabbage, served with bread + butter and dressing on the side

CHICKEN CAESAR SALAD 14.95

chicken, parmesan cheese, croutons, romaine lettuce, served with bread + butter and caesar dressing on the side
Add avocado +1.50

DRESSINGS:

*homemade

italian	blue cheese	*sun-dried tomato
*ranch	*thousand island	raspberry vinaigrette
caesar		*garlic balsamic vinaigrette

HOMEMADE POTATO SALAD 4.99

HOMEMADE PASTA SALAD 4.99

Homemade Soups

most soups lactose-free, low salt, vegetarian

CUP	4.99
BOWL	6.99
QUART	13.99

Check our blackboard for
homemade soups!

Frappes & Fruit Smoothies

blended with real fruit and non-fat yogurt

frappes 7.99

COFFEE CHOCOLATE

GREEN TEA

COOKIES & CREAM

BROWNIES & CREAM

Smoothies 7.99

CHOCOLATE BANANA

CHOCOLATE RASPBERRY

STRAWBERRY BANANA

BLACKBERRY BANANA

RASPBERRY BANANA

BLUEBERRY BANANA

STRAWBERRY KIWI

MANGO

PEACH

PEACH MANGO

PINEAPPLE

PINEAPPLE BANANA

ORANGE JULIA

TRIPLE BERRY

PINEAPPLE PB BANANA



Yogurt

non-fat frozen dessert



MINI	SMALL	MEDIUM	LARGE
3.79	4.79	5.99	6.99

choose your flavor:

VANILLA CHOCOLATE SWIRL

additional toppings 0.75 each

Hot & Cold Beverages

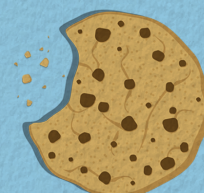
HOT OR ICED COFFEE	2.95
HOT OR ICED TEA	2.95
HOT APPLE CIDER	2.95
COFFEE MOCHA	3.95
HOT CHOCOLATE	3.95
APPLE CIDER FLOAT	4.95

Homemade Baked Goods

COOKIES 3.19

BROWNIE 3.99

MEGA MUFFINS 4.99



*our restaurant may prepare
and serve products that contain
peanuts, fish, eggs, milk, soy and gluten