

# Breakfast



## MAIN PLATES

☞ 🌱 Southwest Tofu Scramble* .....	13
☞ 3 Eggs With Protein* .....	11
☞ Denver Omelette* .....	13
☞ Ham & Cheese Omelette* .....	13
☞ Veggie Omelette* .....	13
🌱 Avocado Toast (add egg \$2) .....	8
Biscuits & Gravy .....	11
Waffles** .....	8
Pancakes** .....	8

\*Includes choice of side and toast

\*\*Includes choice of protein

## Protein Choices

- Sausage
- Bacon
- Ham
- 🌱 Soyrizo
- 🌱 Beyond Ground Sausage
- 🌱 Plant-Based Ground Beef
- 🌱 Black Bean Burger Crumble

## Side Choices

Fruit, Hash Browns or Cottage Cheese

## Toast Choices

Sourdough, White, Wheat or Rye

## Add-Ons

Protein .....	3
Avocado .....	2
Cheese or Vegan Cheese .....	2

## A LA CARTE

Toast .....	2
Fruit .....	3
Sausage, Ham or Bacon .....	3
Soyrizo .....	3
Avocado .....	2
Hash Browns .....	3
2 Eggs .....	4
Waffle .....	5
Short Stack Pancake .....	5

# Lunch



Burgers, sandwiches, wraps include choice of salad, fruit, fries, tots or cottage cheese

Add avocado, cheese or vegan cheese \$2

## BURGERS

Hamburger .....	9
🌱 Black Bean Burger.....	10
🌱 Three Bean Chili Burger .....	12
Salmon Burger .....	11
Pastrami Burger .....	13
San Francisco Burger .....	12

## SANDWICHES

Grilled Cheese .....	8
Cheese Quesadilla .....	7
BLT .....	9
🌱 Avocado Toast (add egg \$2) .....	8
Ham, Turkey, Roast Beef, Tuna .....	10
Melts: Tuna, Pastrami, Philly .....	11
Beef Dip .....	11
Reuben .....	12
Cafe Club .....	12

## WRAPS

Spicy Fajita .....	12
🌱 Veggie Avocado .....	10
Buffalo Chicken .....	11
Turkey, Bacon & Avocado .....	11

## SALAD & MORE

🌱 Garden Salad .....	8
Greek Salad .....	11
☞ 🌱 Quinoa Bowl w/Tofu, Kale, Chickpea .....	12
Chinese Chicken Salad .....	12
Chef Salad .....	12
🌱 Three Bean Chili .....	6
🌱 Three Bean Chili Fries .....	10

## EXTRAS

🌱 Fruit .....	3
Cottage Cheese .....	3
Egg Roll (Veggie or Pork) .....	5
🌱 French Fries, Tater Tots .....	5
🌱 Sweet Potato Fries, Onion Rings .....	7
Hot Dog, Chicken Tenders, Wings .....	8
Fish & Chips .....	12

### Fri & Sat Dinner

Specials are posted on the cafe board each week

# Taco Night

## PLATES & BOWLS

*Plates and bowls include self-serve toppings and choice of beans (pinto or black)  
Add avocado, cheese or vegan cheese \$1*



**Taco Plate** ..... 12  
Three tacos with your choice of protein, with rice and beans on the side. Includes self-serve toppings.

**Grilled Burrito** ..... 11  
Beans, rice, veggies and choice of protein. Rice and beans on the side.

**Taco Salad Bowl** ..... 12  
Choice of protein with beans, avocado and tomatoes. Served on lettuce or in a deep fried taco shell bowl.

## Protein Choices

- ✔ Black Beans\*
- ✔ Pinto Beans\*
- Carnitas
- Chicken
- Beef
- ✔ Soyrizo\*
- ✔ Beyond Ground Sausage\*
- ✔ Plant-Based Ground Beef\*
- ✔ Black Bean Burger Crumble\*

*\* Plant-based options include avocado*

## A LA CARTE

- 1 Taco ..... 3
- 3 Tacos ..... 8
- Rice and Beans ..... 6
- Quesadilla (add protein \$2) ..... 8
- Tostada (add protein \$2) ..... 7

# Pizza Night

## BUILD YOUR OWN PIZZA

*3 toppings included, \$1 each additional*



### Sizes

- Small Pizza (7") ..... 8
- Large Pizza (12") ..... 13
- ✔ Gluten Free Small (10") ..... 9
- ✔ Gluten Free Large (12") ..... 13

### Sauce Choices

Marinara, Pesto, Barbecue, Alfredo

### Cheese Choices

Cheese, Vegan Cheese, No Cheese

## SALADS

- ✔ Garden Salad ..... 8
- Greek Salad ..... 11
- Chinese Chicken Salad ..... 12
- Chef Salad ..... 12

## Protein

- Sausage
- Bacon
- Ham
- Chicken
- Turkey
- Pepperoni
- Roast Beef
- Pastrami
- ✔ Soyrizo
- ✔ Beyond Ground Sausage
- ✔ Plant-Based Ground Beef
- ✔ Black Bean Burger Crumble

## Veggies

- Mushrooms
- Peppers
- Onions
- Olives
- Tomatoes
- Garlic
- Jalapeño
- Cilantro
- Basil

## EXTRAS

- Egg Roll (Veggie or Pork) ..... 5
- ✔ French Fries, Tater Tots ..... 5
- ✔ Sweet Potato Fries, Onion Rings ..... 7
- Chicken Tenders, Wings ..... 8
- Fish & Chips ..... 12

✔ Vegan