

Sandwiches

Includes choice of: chips & salsa, veggies & hummus, french fries or sweet potato fries +\$1

Spicy Tuna 12

tuna, mayo, bacon, cheddar cheese, cilantro, red onion, crushed red peppers, tomato, spinach

Turkey & Cranberry 11

turkey, cranberries, provolone, mayo

Turkey & Pesto 11

turkey, pesto, provolone, mayo, red onion, tomato, spinach

Turkey, Bacon & Avocado 12

turkey, bacon, guacamole, provolone, mayo, red onion, tomato, spinach

Reuben 12

sliced pastrami, swiss cheese, sauerkraut, tomato, 1000 island or mustard on Rye

Ham & Cheese 11

ham, swiss cheese, honey mustard, lettuce

BLT 11

Bacon or soy bacon, lettuce, tomato, provolone, red onion, mayo or aioli

Veggie 11

guacamole, provolone, hummus, chipotle aioli, cucumbers, mushrooms, sprouts, red onion, tomato

Tofu Delight 12

pesto or BBQ tofu, tomato, guacamole, provolone, red onion

Grilled Cheese 8 half with cup of soup 8.5

melted cheddar and provolone with choice of pesto, tomato or pickles

Soups

Cup 4 Bowl 7

Half Sandwich + cup of soup 10.5

Chili

Black beans, kidney beans, tomatoes, celery, carrots, bell peppers, jalapeños, spices

Tomato Basil

tomatoes, basil, carrots, zucchini, celery, onions, garlic

Butternut Curry

curry, butternut squash, sweet potatoes, onions, celery, carrots, spices

Gypsy

Garbanzo beans, sweet potatoes, bell peppers, tomatoes, onions, garlic, paprika, spices

Quesadillas

Add chicken, turkey or salmon +2

Cheese 8

provolone and cheddar

Veggies 10

Cheese plus green onion, peppers, zucchini, green chilies, mushrooms

Tamales

Chicken or Vegan Tamales with lettuce, guacamole, sour cream and chips & salsa.

One Tamale Meal: 5

Two Tamale Meal: 9

Burgers

Burgers topped with Spinach, Tomatoes, and Grilled Onions

Includes choice of: chips & salsa, veggies & hummus, french fries or sweet potato fries +1

Optional Protein Choices: bison +1, veggie, tempeh, chicken

The All American 12

cheese, pickles, mayo, ketchup, mustard

The Southwest 12

green chili, pepperjack cheese, chipotle aioli

The Greek 12

feta cheese, feta garlic sauce

The BBQ 13

bacon, cheddar cheese, BBQ sauce, mayo, mustard

The Mushroom Swiss 13

sliced portobello mushrooms, swiss cheese

Wild Salmon Burger 13

aioli sauce

Portobello Burger 12

portobello, chipotle dressing

The Bleu Bacon 13

bacon, bleu cheese dressing

Wraps

Includes choice of: chips & salsa, veggies & hummus, french fries or sweet potato fries +1

Optional Protein Choices: chicken +1, tofu +1, Salmon +2

Veggie 11

tomato basil wrap with chipotle aioli, provolone, hummus, mushrooms, red onion, red cabbage, tomato, cucumber, sprouts, spinach

Greek 11

tomato basil wrap with feta, hummus, mushrooms, red onion, red cabbage, artichoke hearts, black olives, tomato, cucumber, sprouts, spinach

Pesto 10

choice of tofu or chicken house pesto, red onion, lettuce, tomato

Chipotle 10

Choice of tofu or chicken, lettuce, spinach, tomato, cucumbers, onions, parmesan cheese, grilled chicken, and chipotle sauce

BREAKFAST

Eggs and More

Omelet Bar 13

fill a cup with your favorite ingredients & choice of cheese. Served with toast and potatoes.

Potato Plate 11 *add cheese & salsa +1*

red Potatoes, mushrooms, peppers, green onions & zucchini

Eggs Any Style 12

two eggs, fruit, choice of potatoes, pancakes or toast

Tofu Scramble 12

tofu, zucchini, peppers, mushrooms, green onions, soy cheese served with toast or potatoes

Eggs Benedict 13

ham or salmon, two eggs, hollandaise sauce on english muffin with potatoes

Chipotle Scramble 12

eggs, peppers, green chilies, zucchini, paprika, green onions, chipotle aioli, pepper jack cheese, chips & salsa

Breakfast Sandwich 13

eggs, bacon, mushrooms, peppers, zucchini, guacamole, green onions, provolone with fruit & potatoes

Breakfast Wrap 8

eggs & cheddar with potatoes

Add ham or bacon +2

Add veggies, salsa & guac +2

Topping Bar Choices

2 Pancakes + Topping Bar 9

two sprouted wheat pancakes with your choice of toppings

French Toast + Topping Bar 9

french toast with your choice of toppings

Steel Cut Oatmeal + Topping Bar 8

steel cut oats with your choice of toppings

Breakfast Sides

Egg 2	Soy Bacon 3	Toast 2.50
Red Potatoes 3	Ham 3	Pancake 4
Bacon 3	Seasonal Fruits 3	

Kid's Menu

Served with choice of fruit, corn chips, or veggies and hummus

Peanut Butter & Jelly 6

on whole wheat

Grilled Cheese 6

provolone & cheddar on whole wheat

Grazer Platter 7

carrots, celery, apples, raisins, cheddar cheese with choice of peanut butter or ranch dressing

All American Beef Cheeseburger 7

with fries

Kid's Breakfast 5 *add bacon +2.5*

egg and choice of pancake or french toast.



Just like your table at home, we strive to provide organic and healthy food we can be proud of. Whenever possible we use organic and locally grown food.

226 E Main St, Medford, OR 97501

(541) 773-2500

Hours: 9am - 7pm, Mon - Sat

Salad Bar

Build your own salad. Pay by weight... \$10.00/pound
Over 75 items to choose from, including many vegan house dressings.
All items are organic (subject to availability)