

## Sandwiches

Includes choice of: chips & salsa, veggies & hummus, French fries or sweet potato fries +\$2

### **Spicy Tuna** 13

Tuna, mayo, bacon, cheddar cheese, cilantro, red onion, crushed red peppers, tomatoes

### **BLT** 12

Bacon or soy bacon, spinach, tomato, red onion, and vegan mayo

### **Turkey & Cranberry** 12

Organic turkey, cranberry spread, provolone, vegan mayo

### **Veggie** 12

Guacamole, provolone, hummus, chipotle aioli, cucumbers, mushrooms, sprouts, red onion, and tomato

### **Turkey & Pesto** 13

Organic turkey, pesto, provolone, vegan mayo, red onion, and tomato

### **Grilled Cheese** 8 half with cup of soup 8.5

### **Turkey, Bacon & Guacamole** 13

Organic turkey, bacon, guacamole, provolone, mayo, red onion, and tomato

## Soups

Cup 4 Bowl 7

Half Sandwich + cup of soup 10.5

### **Vegan Chili**

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

### **Vegan Butternut Curry**

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

### **Vegan Tomato Basil**

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

### **Vegan 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: 8

Two Tamale Meal: 11

## Burgers

Burgers topped with Spinach, Tomatoes, and Red Onions

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

Optional Protein Choices: Organic ground beef, salmon, chicken breast, turkey burger, beyond beef

### **The All American** 13

cheese, pickles, mayo, ketchup, mustard

### **Beyond Beef Burger** 13

Beyond beef patty, garlic mayo

### **Turkey Burger** 13

Ground turkey, cranberry mayo, Swiss cheese,

### **The BBQ** 13

bacon, cheddar cheese, BBQ sauce, mayo, mustard

### **The Mushroom Swiss** 13

Mushrooms, Swiss cheese

### **Wild Salmon Burger** 13

Sundried tomato aioli, sprouts, cucumber, and romaine.

### **Grilled Chicken Caprese** 13

Chicken, fresh mozzarella, balsamic reduction

### **The Bleu Bacon** 13

bacon, bleu cheese crumbles

## 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** 12

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

### **Caesar** 12

Chicken, Romaine lettuce, parmesan cheese, croutons, cherry tomatoes tossed in house Caesar

### **Pesto** 12

Choice of chicken or tofu, house pesto, red onion, spinach & tomato.

### **Chipotle** 12

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

## BREAKFAST

### Eggs and More

#### **Build Your Own Omelet** 13

Choose your favorite ingredients & choice of cheese. Served with toast and potatoes.

#### **Potato Plate** 11 *add cheese & salsa +2*

Red potatoes, mushrooms, peppers, green onions & zucchini

#### **Eggs Any Style** 12

two eggs, bacon or ham, choice of potatoes, pancakes or toast

#### **Tofu Scramble** 13

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

#### **Chipotle Scramble** 12

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

#### **Breakfast Sandwich** 13

eggs, bacon, mushrooms, peppers, zucchini, guacamole, green onions, provolone with breakfast potatoes.

#### **Breakfast Burrito** 8

eggs & cheddar with potatoes

Add ham or bacon +2

Add veggies +2

Add salsa & guac +2

### Topping Bar Choices

#### **2 Pancakes + Topping Bar** 9

two buttermilk pancakes served with real maple syrup and butter.

#### **French Toast + Topping Bar** 9

French toast with your choice of fresh fruit

### Breakfast Sides

Egg 2	Soy Bacon 3	Toast 2.50
Red Potatoes 3	Ham 3	Pancake 6
Bacon 3	Seasonal Fruits 4	Salmon 6



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

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## Salad Bar

Build your own salad. Pay by weight... \$11.00/pound  
Over 75 items to choose from, including many vegan house dressings.  
All items are organic (subject to availability)