**BREAKFAST**

**Deluxe Breakfast Sandwich** ................................................................. $6.50
Sliced ham, sausage or bacon, diced tomato, cheddar and jack cheese, grilled onions, 2 eggs and green bell peppers served on sliced french bread.

**Breakfast Sandwich** ........................................................................ $6.40
Sausage or bacon, fried egg and cheddar cheese served on a soft roll.

**Breakfast Plate** .................................................................................. $6.90
Eggs, Swiss cheese, potatoes, sausage and bacon.

**Breakfast Burrito** .............................................................................. $7.00
Eggs, potatoes, bacon, pepper jack cheese, salsa, served on a sundried tortilla.

**Veggie Burrito** .................................................................................. $7.00
Organic pepper jack cheese, potato, green bell pepper, zucchini, seared mushroom, eggs, cilantro and cholula sauce served on a sundried tortilla.

**GRILLERS**

**Grilled Cheese Sandwich** ................................................................. $5.50
Organic cheddar cheese and pepper jack, garlic butter, served on a slice french bread.

**Veggie Grilled Cheese Sandwich** ...................................................... $6.75
Grilled mushrooms, onions, green bell peppers, tomato, organic cheddar cheese, pepper jack cheese, served on a slice french bread.

**Bacon Avocado Grilled Cheese Sandwich** ......................................... $6.95
Organic cheddar and pepper jack cheese, avocado, bacon, grilled onions, on french bread.

**Pesto Grilled Cheese Sandwich** ......................................................... $6.45
Organic cheddar and pepper jack cheese, tomato, onion, pesto sauce on sliced french bread.

**Beefy Grilled Cheese Sandwich** ......................................................... $7.50
Pepper jack cheese and seasoned beef served on sliced french bread.

**SPECIALTY SANDWICHES**

**Gaudo Burger** ................................................................................ $9.75
Double beef patty grilled to order, served with bacon, avocado, pepper jack cheese, fried onion rings and ranch dressing, on a soft roll.

**Burger** Natural, hormone free beef from Shalhoob of Santa Barbara. ........ $5.95
Double Beef  Bacon and cheese. ................................................................. $9.35

Western Burger  Fried onion rings, grilled onion, BBQ sauce ......................... $6.00

Organic Turkey Burger ................................................................. $8.75
1/3 lb patty, lettuce, tomato, pickle, jalapeño and a special sauce.

Lamb Burger ...................................................................................... $8.25
Lamb patty, arugula, feta cheese, and tomato with chimichurri sauce served on a soft roll.

Chipotle Garden Burger ................................................................. $8.25
Veggie patty, lettuce, tomato, pickles, grilled onions, pepper jack cheese, avocado and house-made chipotle sauce.

Chicken Sandwich ................................................................. $6.60
Free-range, antibiotic and hormone-free. Grilled or fried.

Fish Sandwich ..................................................................................... $6.60
Haddie. Marine Stewardship Council Sustainable Fish. Grilled or fried and served with house-made tartar sauce and a lemon wedge.

Cubano Sandwich ................................................................. $6.80
Roasted pulled pork, sliced ham, Swiss cheese, pickled onions, pickles, vegan mayo and mustard served on a sourdough roll.

Zesty Chicken Sandwich ................................................................. $6.75
Fried seasoned chicken patty, lettuce, tomato, pickles, onions, and ranch dressing on a soft roll.

Vietnamese Sandwich Root Style ........................................................... $6.75
Shredded pork, with cilantro, Asian slaw and chipotle sauce served on a soft roll.

BBQ Pulled Pork Hoagie ................................................................. $6.30
Slow roasted pork from Shalhoob of Santa Barbara, served with house-made organic coleslaw.

Chicken Club Sandwich ................................................................. $8.25
Grilled or fried, served with organic lettuce, tomato, cheddar cheese, natural bacon, pickle and house-made ranch dressing.

Pesto Chicken ................................................................. $8.60
Grilled or fried, served lettuce, tomato, swiss cheese, mushrooms, and pesto sauce.
Buffalo Chicken Sandwich ......................................................... $7.90
Grilled or fried, served with organic lettuce, tomato, bleu cheese, house-made pickles and spicy buffalo sauce.

**VEGAN OPTIONS**

**Veggie Burger** Organic all vegetable vegan patty. .......................... $6.35

**Hummus Veggie Burger** ................................................................ $6.75
Veggie patty, lettuce, tomato, pickles, raw onions and house-made hummus

**Chicken-Less Burger** .................................................................. $7.50
Vegan chicken, organic lettuce, tomato, pickled onions, pickles and chipotle sauce served on a soft roll.

**Slaw Dog** .................................................................................... $4.75
Vegan hot dog, cole slaw, and special sauce, served on a hot dog bun

**Chipotle Dog** ............................................................................. $4.50
Vegan hot dog, diced tomato, pickled onions, and chipotle sauce served on a hot dog bun

**Spicy Dog** .................................................................................. $4.50
Vegan hot dog, grilled onions, jalapeño, and special sauce, served on a hot dog bun

**Vegan Burrito** ............................................................................. $7.50
Vegan sausage, green cabbage, green bell peppers, mushrooms, grilled onions, zucchini, cilantro, and hot sauce served on a sun-dried tortilla

**Ultimate Vegan Sandwich** ......................................................... $6.50
Vegan patty, lettuce, tomato, pickles, and chipotle sauce, served on a soft roll.

**Hummus Veggie Wrap** ............................................................... $7.00
Shredded carrots, organic garbanzo, cucumber, tomato, lettuce, and cilantro with hummus and chimichurri sauce.

**BLEND BURGERS**

**Arugula Mushroom Burger** ....................................................... $7.00
Mushroom beef patty, pickled onions, arugula, swiss cheese, and special sauce, served on a roll
Swiss Mushroom Burger ................................................................. $7.00
Mushroom beef patty, lettuce, tomato, pickles, pickled onions, swiss cheese, and special sauce, served on a soft roll

Pepperjack Mushroom Cheeseburger ............................................. $7.00
Mushroom beef patty, lettuce, tomato, pickles, grilled onions, pepperjack cheese, and root sauce, served on a soft roll

Swiss Bacon Mushroom Burger .................................................... $7.50
Mushroom beef patty, grilled onions, bacon, swiss cheese, and special sauce, on a soft roll

PITA SANDWICHES

Greek Beef Pita ........................................................................... $7.00
All-natural burger, tomato, pickles, pickled onions, jalapenos, shredded lettuce and Tzatsiki sauce served on Pita bread.

Veggie Pita .................................................................................. $5.50
Diced tomato, cucumbers, green bell peppers, pickled onions, shredded lettuce, feta cheese, hummus, and Tzatsiki sauce served on Pita bread.

Crispy Chicken-Less Pita ............................................................... $7.75
Sliced vegan chicken, organic lettuce, tomatoes, house made pickles, pickled onions and Tzatsiki sauce served on Pita bread.

WRAPS

Ranch Chicken Wrap ..................................................................... $7.45
Grilled or fried, served on a sundried tortilla, with lettuce, tomato, cheddar, house-made pickles.

Chipotle Turkey Wrap .................................................................. $9.00
Turkey patty, lettuce, tomato, pickles, grilled onions, pepper jack cheese & house-made chipotle.

Chicken Pesto Wrap .................................................................... $9.00
Grilled chicken, organic cheddar, tomato, lettuce, avocado & pesto, served on a sundried tortilla.

Chicken-Less Wrap ...................................................................... $7.75
Vegan chicken, tomato, pickles & onions, lettuce, chipotle sauce, served on a sundried tortilla.

Carne Asada Burrito ..................................................................... $7.75
With black beans, brown rice, bell pepper & onions, cilantro, and pepper jack cheese.
**QUESADILLAS**

**Cheese Quesadilla** ............................................................... $5.75  
Cheddar and pepper jack cheese, avocado and a side of salsa.

**Chicken, Beef or Veggie Quesadilla** ........................................ $8.25  
Cheddar and pepper jack cheese, meat or veggies, and a side of salsa.

**SALADS**

Mixed greens, tomatoes, cucumbers and garbanzo beans, with house-made balsamic dressing.

**Small Salad** ................................................................. $4.50  
**Big Salad** ................................................................. $6.75  
**Big Salad with protein**  
Choice of fish, chicken, beef, or veggie patty… $9.50  
(add organic turkey patty 1/3 lb).................. $10.50

**SIDES**

Mix & Match:

French fries, onion rings, sweet potato fries ............................... $3.35  
Spicy green beans ................................................................ $5.25  
Pesto fries.............................................................................. $5.50  
Organic cole slaw or Asian slaw .............................................. $2.17  
Organic house-made pickles....................................................... sm $0.25 .................. lrg $1.00

Whole wheat bun ........................................................................ $1.35  
Hoagie roll ............................................................................... $1.35  
Gluten free roll......................................................................... $1.75  
Gluten free roll substitute........................................................... $0.75

Pita bread ................................................................................. $1.00

**DRINKS**

12oz  16oz

Fountain drink............................................................... $1.25  $1.35  
Brewed organic tea............................................................... $1.75  $2.00  
Hibiscus or Black

Aquafina bottled water

Purity Juices – Organic

Strawberry Paradise, Lemonade, Peach

Paradise, Pomegranate Blueberry, Orange

Mango, Half & Half – Lemonade/Tea
ADDITIONS
Organic onions (raw or grilled) ................................................................. No Charge
Organic cheeses (sharp cheddar, swiss, pepper jack, bleu) Bacon (natural and uncured) avocado, mushrooms (seared), sour cream, pesto, hummus ................................................................. $1.50
Jalapeños (seared), Pico de gallo ............................................................... $1.00

SWEETS
Brownie Ice Cream Sammy ...................................................................... $3.15
Ice Cream Cookie Sammy                                             $3.95