**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**

**Gaucho 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  1/3 lb patty, lettuce, tomato, pickle, jalapeño and a special sauce.  $8.75

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

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

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

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

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

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

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

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

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

Pesto Chicken  Grilled or fried, served lettuce, tomato, swiss cheese, mushrooms, and pesto sauce.  $8.60
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.

**BLENDED 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

- **Fountain drink** .................. $1.25  
  - 12oz .................................................. $1.35  
  - 16oz ..............................................

- **Brewed organic tea** ............... $1.75  
  - 12oz .................................................. $2.00  
  - 16oz ..............................................

- **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
Check board for today's flavor ................................................................. $3.95