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 sourdough bread.

Breakfast Pita .................................................................................. $6.75
Sliced ham, cream cheese, arugula, tomato and 2 eggs served on Pita 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 ............................................................................... $6.90
Eggs, potatoes, bacon, pepper jack cheese, salsa, served on a sundried tortilla.

Veggie Burrito .................................................................................. $6.55
Organic pepper jack cheese, potato, green bell pepper, zucchini, seared mushroom, eggs, cilantro and cholula sauce served on a sundried tortilla.

Breakfast Sandwich with Arugula ..................................................... $6.75
Organic cheddar cheese, all natural bacon, egg, tomato, and arugula served on an English muffin.

GRILLERS

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

Veggie Grilled Cheese Sandwich ..................................................... $6.60
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, served on sliced french bread.

Pesto Grilled Cheese Sandwich ....................................................... $6.45
Organic cheddar and pepper jack cheese, tomato, onion, and pesto sauce served on sliced french bread.
SPECIALTY SANDWICHES
Many of our specialty sandwiches are made with all natural, antibiotic and hormone-free meat, served with organic veggies and locally sourced breads.

Gaucho Burger ........................................................................................................ $9.45
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. .................. $5.70

Double Beef Bacon and Cheese ............................................................................. $9.00

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

Organic Turkey Burger ........................................................................................ $8.35
1/3 lb, lettuce, tomato, pickle, jalapeño and a special sauce.

Lamb Burger ......................................................................................................... $8.00
Lamb, arugula, feta cheese, and tomato with chimichurri sauce served on a soft roll.

Chipotle Garden Burger ........................................................................................ $8.00
Veggie patty, lettuce, tomato, pickles, grilled onions, pepper jack cheese, avocado and house-made chipotle sauce.

Veggie Burger Organic all vegetable vegan patty. ..................................................... $6.15

Hummus Veggie Burger ........................................................................................ $6.60
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.

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.

Gaucho Fish Tacos (2) ............................................................................................ $8.25
Haddie, pepper jack cheese, organic shredded cabbage, diced onions and tomatoes, cilantro and sour cream served on corn tortillas.
Street Tacos (2) .......................................................................................... $5.50
Shredded pork, organic, shredded green cabbage, onions, cilantro and special seasoning.

Chicken Taco (2) .................................................................................... $4.25
Marinated diced chicken, cilantro, onions and special seasoning.

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 ............................................................................ $8.00
Grilled or fried, served with organic lettuce, tomato, cheddar cheese, natural bacon, pickle and house-made ranch dressing.

Pesto Chicken ........................................................................................... $8.35
Grilled or fried, served lettuce, tomato, swiss cheese, mushrooms, and pesto sauce.

Buffalo Chicken Sandwich ......................................................................... $7.70
Grilled or fried, served with organic lettuce, tomato, bleu cheese, house-made pickles and spicy buffalo sauce.

PITA SANDWICHES

Turkey and Ham Pita ................................................................................ $7.50
Sliced ham and turkey, bacon, lettuce, tomatoes, house made pickles, pickled onions.

Greek Beef Pita ........................................................................................ $6.75
All-natural burger, tomatoes, pickles, pickled onions, jalapenos, shredded lettuce and Tzatziki sauce served on Pita bread.

Lamb Pita .................................................................................................. $7.95
Lamb, diced tomato, pickled onions, pickles, green leaf 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 .......................................................................... $7.50
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 wrap, with organic lettuce, tomato, cheddar cheese, house-made pickles and ranch dressing.

Chipotle Turkey Wrap ..................................................... $8.80
Turkey patty, lettuce, tomato, pickles, grilled onions, pepper jack cheese and house-made chipotle.

Chicken Pesto Wrap ....................................................... $8.00
Grilled chicken, organic cheddar, tomato, lettuce, avocado and pesto, served on a sundried tortilla.

Chicken-Less Wrap ......................................................... $7.50
Vegan chicken, tomatoes, house made pickles, pickled onions, organic shredded lettuce, house made chipotle sauce served on a sundried tortilla.

Hummus Veggie Wrap ...................................................... $6.60
Shredded carrots, organic garbanzo, cucumber, tomato, lettuce, and cilantro with hummus and chimichurri sauce.

QUESADILLAS

Cheese Quesadilla .......................................................... $5.25
Cheddar and pepper jack cheese, avocado and a side of salsa.

Chicken or Beef Quesadilla ............................................. $7.70
Cheddar and pepper jack cheese, avocado and a side of salsa.

Vegetarian Quesadilla ..................................................... $7.70
Pepper jack and cheddar cheese, mushrooms, grilled onions, bell pepper, zucchini, avocado.

SALADS

All salads made with local organic produce consisting of mixed greens, tomatoes, cucumbers and garbanzo beans. Served with house-made balsamic dressing.

Small Salad .................................................................... $4.20

Big Salad ......................................................................... $6.30

Big Salad with protein Choice of fish, chicken, beef, or veggie patty. ........ $9.35
(add organic turkey patty 1/3 lb)........................................ $10.50

BBQ Chicken Salad ....................................................... $9.45
Grilled chicken, bacon bits, onions and cilantro with BBQ sauce
**SWEETS**

**Brownie Ice Cream Sammy** ................................................................. $3.15

**Ice Cream Cookie Sammy** ............................................................... $3.95

Check board for todays flavor ..........................................................

**SIDES**

Mix & Match, french fries, onion rings, sweet potato fries ............... $3.25

Pesto fries .......................................................................................... $5.25

Organic cole slaw or Asian slaw ....................................................... $2.15

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), salsa ................................................................. $0.75