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
<table>
<thead>
<tr>
<th>Menu Item</th>
<th>Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Double Beef</strong></td>
<td>Bacon and cheese</td>
<td>$9.35</td>
</tr>
<tr>
<td><strong>Western Burger</strong></td>
<td>Fried onion rings, grilled onion, BBQ sauce</td>
<td>$6.00</td>
</tr>
<tr>
<td><strong>Organic Turkey Burger</strong></td>
<td>1/3 lb patty, lettuce, tomato, pickle, jalapeño and a special sauce.</td>
<td>$8.75</td>
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<tr>
<td><strong>Lamb Burger</strong></td>
<td>Lamb patty, arugula, feta cheese, and tomato with chimichurri sauce served on a soft roll.</td>
<td>$8.25</td>
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<tr>
<td><strong>Chipotle Garden Burger</strong></td>
<td>Veggie patty, lettuce, tomato, pickles, grilled onions, pepper jack cheese, avocado and house-made chipotle sauce.</td>
<td>$8.25</td>
</tr>
<tr>
<td><strong>Chicken Sandwich</strong></td>
<td>Free-range, antibiotic and hormone-free. Grilled or fried</td>
<td>$6.60</td>
</tr>
<tr>
<td><strong>Fish Sandwich</strong></td>
<td>Haddie. Marine Stewardship Council Sustainable Fish. Grilled or fried and served with house-made tartar sauce and a lemon wedge.</td>
<td>$6.60</td>
</tr>
<tr>
<td><strong>Cubano Sandwich</strong></td>
<td>Roasted pulled pork, sliced ham, Swiss cheese, pickled onions, pickles, vegan mayo and mustard served on a sourdough roll.</td>
<td>$6.80</td>
</tr>
<tr>
<td><strong>Zesty Chicken Sandwich</strong></td>
<td>Fried seasoned chicken patty, lettuce, tomato, pickles, onions, and ranch dressing on a soft roll</td>
<td>$6.75</td>
</tr>
<tr>
<td><strong>Vietnamese Sandwich Root Style</strong></td>
<td>Shredded pork, with cilantro, Asian slaw and chipotle sauce served on a soft roll.</td>
<td>$6.75</td>
</tr>
<tr>
<td><strong>BBQ Pulled Pork Hoagie</strong></td>
<td>Slow roasted pork from Shalhoob of Santa Barbara, served with house-made organic coleslaw.</td>
<td>$6.30</td>
</tr>
<tr>
<td><strong>Chicken Club Sandwich</strong></td>
<td>Grilled or fried, served with organic lettuce, tomato, cheddar cheese, natural bacon, pickle and house-made ranch dressing.</td>
<td>$8.25</td>
</tr>
<tr>
<td><strong>Pesto Chicken</strong></td>
<td>Grilled or fried, served lettuce, tomato, swiss cheese, mushrooms, and pesto sauce.</td>
<td>$8.60</td>
</tr>
</tbody>
</table>
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**

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