

MADE-TO-ORDER FOOD

HOT SANDWICHES

all sandwiches available on sourdough, rye, wheat, gluten-free bread or stirato roll and comes with a pickle and chips or carrots

Turkey Pesto Melt sourdough bread with roasted turkey, basil pesto, tomatoes, spinach and provolone cheese	5.99	9.99
Reuben rye bread, corned beef, sauerkraut, Swiss cheese and Thousand Island dressing	5.99	9.99
Ruby rye bread, baked sesame tempeh, sauerkraut, Swiss cheese and vegan Thousand Island dressing	5.99	9.99
Turkey Pepper Melt stirato roll with roasted turkey, Swiss cheese, pickled pepper relish, chipotle Neufchâtel spread and caramelized onions	5.99	9.99
Fancy Grilled Cheese sourdough bread with cheddar, Swiss, chèvre, tomatoes, spinach, avocado and red onion	4.99	7.99

WRAPS

all wraps are available on wheat or white tortillas, or MWOG on gluten-free bread

Hummus & Veggie Wrap garlic hummus, alfalfa sprouts, cucumber, red bell pepper, tomatoes and onions	6.99
Tempeh Tahini Wrap baked sesame tempeh, avocado, tahini dressing, alfalfa sprouts, spinach and tomatoes	8.99
Mock Duck Wrap marinated mock duck, miso dressing, carrots, red bell pepper, red cabbage, cucumber and spinach	8.99
Turkey Avocado Sprout Wrap roasted turkey, avocado, alfalfa sprouts, mayo, mustard, lettuce and tomato	8.99

BURRITOS

all burritos are available on wheat or white tortillas, or MWOG as a burrito bowl

Vegan Burrito brown rice, seasoned black beans, tomato, onions, lettuce, salsa and avocado	6.99
Big Burrito brown rice, seasoned black beans, cheddar, tomato, onions, lettuce, salsa, avocado and sour cream	7.99
Chicken Burrito brown rice, seasoned black beans, salsa verde chicken, sour cream, cheddar jack, lettuce, tomatoes and onions	8.99

EXTRAS

salsa or chipotle Neufchâtel spread	0.49
avocado, spinach, pepper relish, sour cream, cheese, caramelized onions	0.99
goat cheese spread, marinated mock duck, baked sesame tempeh, salsa verde chicken	1.99

\$1 OFF

a half sandwich with any purchase from the salad bar or hot soup

Salad Bar: **9.99/lb**

Hot Soup: **5.99/lb**

RICE & BEANS

SEASONED ORGANIC	ORGANIC
Black Beans 1.99/lb	Brown Rice 1.99/lb