

Vegetarian Menu

Soups

Black Bean Soup - seasoned black beans with sautéed peppers, onions and celery in a rich vegetable stock
cup \$1.75 || bowl \$3.25

Smokey Poblano and Cheese - roasted poblano chilies, red peppers, corn and onions in a smokey broth
cup \$1.75 || bowl \$3.25

Cream of Tomato - Creamy tomato soup finished with basil cup \$1.75 || bowl \$3.25

Salads

Dressing Choices

Ranch, ♥Fat Free Ranch, ♥Fat Free Raspberry Vinaigrette, ♥Fat Free French, ♥Fat Free Italian, Caesar, Bleu Cheese, Honey Dijon Mustard, Balsamic Vinaigrette, Poppysseed, Thousand Island, ♥Oil & Vinegar

House salad - Romaine topped with carrots, cucumber, red onion, cherry tomatoes, dried cranberries, feta cheese and croutons
half \$3.00 || full \$4.50

Harvest Apple Salad - Romaine with toasted sunflower seeds, fuji apples, dried cranberries, cherry tomatoes, red onion, feta cheese and shredded carrots
full only \$6.00

Balsamic Salad - Romaine with Kalamata olives, parmesan cheese, hearts of palm, cherry tomatoes, red onion, cucumber and a balsamic drizzle
full only \$6.00

Orange Berry Almond Salad - Romaine with blueberries, mandarin oranges, toasted almonds, cherry tomatoes, red onion and Asiago cheese
full only \$6.00

Sandwiches

served with one choice of the following sides

French fries, Sweet Potato Waffle Fries, Onion Rings, Coleslaw, Fruit Salad, Cottage Cheese, or Chunky Applesauce

Breaded Zucchini Wrap - Breaded and deep fried zucchini wrapped in a flour tortilla with sundried tomato pesto, lettuce, red onion, fresh tomatoes and Asiago cheese full only \$6.00

Black Bean Quesadilla - Lightly toasted flour tortilla with melted Mexican cheese, and stuffed with a black bean and corn mixture full only \$7.00

Black Bean Burger - Savory black bean burger on a toasted Kaiser bun topped with provolone cheese, lettuce, tomato and red onion full only \$7.00

Toasted Spinach and Egg - Toasted Sourdough bread topped with a hard fried egg, sautéed fresh spinach, sliced tomato and a lemon aioli full only \$6.00

Corn and Tomato Frittata - Fresh corn, tomatoes and red onion omelet topped with feta cheese full only \$6.00

Cheese Pizza - Crispy pizza crust topped with traditional tomato sauce, fresh tomatoes, and mozzarella cheese
full only \$7.00

Flatbreads

Mediterranean Flatbread - Hearts of palm, Kalamata olives, basil pesto, cherry tomatoes, red onions and feta cheese
full only \$5.00

Balsamic Spinach Flatbread - Fresh spinach, sliced tomatoes, mozzarella cheese, red onion and balsamic reduction
full only \$5.00

Hummus and Roasted Red Pepper Flatbread - Classic hummus, roasted red peppers, red onion and Asiago cheese
full only \$5.00

Beverages available: Coke, Diet Coke, Sprite, Root Beer, Apple, Orange, or Cranberry Juice, Lemonade, Regular or Decaf Coffee, Hot Tea, Unsweetened Iced Tea, Raspberry Iced Tea, V8, Whole or 2% Milk, Hot Chocolate
\$1.00

Items marked with a ♥ signify the ability to adjust cooking methods, seasoning and sauces to accommodate heart healthy dietary needs.