

# Vegetarian Menu

## Soups

**Seven Bean Stew**— Hearty medley of Beans and Vegetables— **cup \$1.75 || bowl \$3.25**

**Vegetarian Chili** - Mixed roasted vegetables and beans – **cup \$1.75 || bowl \$3.25**

**Garden Vegetable**— Mix of fresh vegetables in rich tomato broth — **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, poppy seed, 1000 Island, ♥oil & vinegar

**House salad** - carrots, cucumber, cranberries, red onion, feta cheese, tomato, croutons — **half \$3.00 || full \$4.50**

**Caesar salad** - with sourdough croutons — **half \$3.00 || full \$4.50**

**South Western Salad**- Romaine lettuce topped with black beans, sweet corn, Mexican cheese, tomatoes, red onion and Corn Chips—**full only \$6.00**

**Harvest Apple Salad** - Romaine lettuce topped with fresh cut apple, sunflower seeds, feta cheese, dried cranberry and red onion — **full \$6.00**

## Sandwiches

served with two choices of the following sides

French fries, Sweet Potato Waffle Fries, Cole Slaw, Fruit Salad, Cottage Cheese, or Chunky Applesauce

**Baja Wrap** - Grilled Veggie Burger topped with our signature baja sauce. Finished with sweet corn, black beans, Mexican Cheese, lettuce, tomato, onion and corn chips; wrapped in a tortilla — **full only \$7.00**

**Roasted Vegetable Wrap**—Tortilla stuffed full of roasted bell peppers, mushrooms, onions, sweet corn, black beans, tomato, Mexican Cheese, honey mustard and romaine lettuce —**full only \$6.00**

**Garden Burger**- Served on a Kaiser bun with lettuce, tomato, onion, and choice of cheese — **full only \$7.00**

**Frisco Melt**—Seasoned Black Bean Burger topped with melted Swiss cheese, mushrooms, onions and 1000 island dressing on toasted Sour Dough Bread—**full only \$7.00**

**Sun Dried Tomato Egg Plant Hoagie** - Crisp Breaded Egg Plant topped with Sun Dried Tomato Chutney, Melted Provolone Cheese, Lettuce, Tomato and red onion - **full only 6.00**

## Special Plates

**Tomato Egg Plant Napoleon** – Breaded Egg Plant Layered between Sliced Tomato and Provolone Cheese on top of Marinara Sauce—choice of one side — **half \$4.00 || full \$5.50**

**Vegetable Lasagna**—House made lasagna with spinach, mushrooms, onions, and sweet corn. Topped with a marinara sauce with choice of two sides— **full only \$6.50**

## Pasta Creations

*Sauteed fresh vegetables tossed with your choice of pasta and sauce.*

*Served with a Garlic Knot ....full \$7.50 / half \$6.00*

**Pasta Choices:**

Fettuccini, Linguini , or Cheese Tortellini

**Sauce Choices:**

Marinara, Alfredo, Sun Dried Tomato Alfredo, or Pesto Alfredo

**Beverages** - Coke, Diet Coke, 7up, lemonade, root beer, cranberry, apple, Orange juices, milk (whole, 2%, skim), iced tea, hot tea and coffee , hot chocolate . **\$1.00**

All special requests will be honored whenever possible. Cooking method can be altered to meet specific needs. We cook with canola oil and use no MSG

Non-residents add 25% surcharge per person and sales tax

