

WE ARE UNIQUE!! We still make food the old-fashioned way...BY HAND!

Since 1996, traditional & ethnic cuisine emphasizing high quality organic ingredients and fresh seasonal produce



**352 North Main
259-6896**

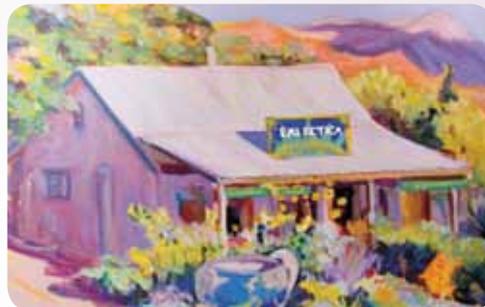
all menu items available to go!

Daily 7:00 am - 2:30 pm



Breakfast

Served all day (except pancakes)



- ⊗ **"Wake Me Up" Wakame** (steamed seaweed) choice of eggs 8.50
or scrambled tofu 10.00
Served on brown rice with sesame soy ginger dressing
and gomasio (coarse ground black & white sesame seeds)
- Breakfast Burrito** (1 pound) - 2 Eggs, brown rice, pintos, 9.00
cheese and salsa in a whole wheat tortilla
- Scrambled Tofu Burrito** - Seasoned tofu, brown rice, 10.50
cheese and salsa in a whole wheat tortilla
- House Taters - 3 Eggs** full order 9.50
Oven-roasted red potatoes, ½ order or split 6.00
Topped w/3 eggs, cheese, salsa & toast.
- Totaters** - Same as above with scrambled tofu - no eggs 11.00
½ order or split 8.00
- Quiche du Jour** - Made with real butter crust. 8.25
With a side of spuds 9.25
- Whole Wheat Buttermilk Pancakes** 9.50
Our special recipe. Served with butter and pure maple syrup.
(pancakes not available after 11 am)
- Banana Nut Whole Wheat Pancakes** 10.00
Our special recipe. Served with butter and pure maple syrup
- Biscuits & Housemade Gravy** with 2 eggs 9.00

- ⊗ **Huevos Rancheros** - Beans, spuds and two eggs with
Corn tortillas smothered in chile verde 10.00
- Bagel Sandwich** - bagels fresh baked
Egg and cheese 5.00
Egg and cheese with ham, sausage or bacon 6.75
- ⊗ **Maple Nut Granola** - Made in house, served with milk 7.00
Add fresh fruit..... 1.50
Add yogurt 1.50
Granola by the pound 12.00
- Eggs, Potatoes & Toast** 7.00
Add ham, bacon, sausage or pork chops 9.50
- Salmon Breakfast** 11.00
Our housemade salmon cake served with eggs,
potatoes, toast & Tarragon Tartar Sauce
- Tofu, Potatoes & Toast...** soy butter available 10.00
- Roasted Veggies & Polenta...** with two eggs and
chile verde 10.00

Bakery

A changing selection of homemade cheesecakes, muffins,
scones, cinnamon rolls, cookies & more from the
wholesome to the decadent!

Lunch

Served Daily 11:30 am - 2:30 pm

All entrées come with choice of chips, salad or cup of homemade soup.

- ⊗ **Indonesian Satay** - chicken or tofu kebobs 10.00
W/curry fried rice; Thai cucumber relish, & spicy peanut sauce.
- Greek Gyros** 9.50
Wrapped in a pita with veggies & our housemade Tzaziki Sauce
- Curried Rice Wrap** 9.00
Curry seasoned basmati rice w/peas, raisins, peanuts
& lemon yogurt. With Thai cucumber relish.
Add chicken or tofu 11.00
- Veggie Wrap** 9.00
Homemade hummus & veggies w/lemon yogurt sauce
- Tofu Wrap** 11.25
Seasoned tofu, brown rice, cheese & salsa
- Quiche du Jour a la carte** 8.25
W/green salad or cup of soup 9.75
- Soup du Jour**
A changing selection of creative, homemade soups, Cup 4.25
served with homemade wheat bread. Bowl 5.25
- House Green Salad** 9.00
Served with homemade wheat bread.
Add chicken, tofu, tuna salad or gyros 12.00
- BLT & Avocado Wrap** - with chipotle mayonnaise 9.50
- Reuben Sandwich** - with homemade Russian dressing 9.50
- Premium Hamburger** – Best in Town 8.75
Add cheddar or Swiss - 1.00
Add bacon - 1.00
- Southwestern Veggie Burger** 9.00
Add cheddar or Swiss - 1.00
- Housemade Salmon Burger** 11.00
- Quesadilla** - Jack cheese, whole wheat tortilla 7.00
Add Chicken - 2.00
- Tuna Melt on Rye** - Waldorf style (no nuts) 9.25
- Smoked Turkey Wrap** - with cranberry jalapeño mayo 9.50

⊗ = **Gluten Free**

Gluten Free Bread Available for Breakfast or Lunch

Coffee & Tea - Celebrating 21 years of serving Organic, Fair Trade, Shadegrown coffee from Ibis Roasters of Logan, Utah.