

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
435-259-6896

all menu items available to go!

Serving Daily 7:00 am - 2:30 pm



BREAKFAST

Served all day! Pancakes not served after 11am

⊗ **Gluten Free!** Gluten free bread or tortilla substitution 50¢



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|---|-------------------------|--|---|-------|
| ⊗ "Wake Me Up" Wakame | with eggs 8.50 | ⊗ Huevos Rancheros | ½ order or split 7.00 | 10.00 |
| Scrambled egg or tofu | or scrambled tofu 10.00 | two eggs, roasted potatoes, pinto beans & corn tortillas | smothered in jack cheese and vegetarian chile verde | |
| & organic brown rice topped with | or Salmon 11.00 | | | |
| steamed seaweed, toasted sesame seeds & Soy Sesame Ginger Dressing | | Bagel Sandwich - bagels fresh baked | | |
| | | Egg and cheese | | 5.25 |
| Breakfast Burrito (1 pound) - 2 Eggs, organic brown rice, | 9.00 | Egg and cheese with ham, bacon or local sausage | | 7.00 |
| pintos beans, jack cheese & salsa wrapped in a whole wheat tortilla | | | | |
| Scrambled Tofu Burrito - Scrambled tofu, organic brown | 10.50 | ⊗ Maple Nut Granola - Made in house, served with milk | | 7.00 |
| rice, jack cheese and salsa, wrapped a whole wheat tortilla | | add fresh fruit &/or yogurt 1.50 each; | | |
| House Taters - 3 Eggs | ½ order or split 6.00 | add soy or almond milk 75¢ | | |
| roasted potatoes, 3 eggs, jack cheese & salsa with fresh bakery toast | full order 9.50 | Granola by the pound 12.00 | | |
| Totaters | ½ order or split 8.00 | Eggs, Potatoes & Fresh Bakery Toast | | 7.00 |
| same as above with scrambled tofu - no eggs | 11.00 | with ham, bacon, or local sausage | | 9.50 |
| Quiche du Jour - Homemade with real butter crust | 8.25 | with porkchops | | 10.00 |
| Whole Wheat Buttermilk Pancakes (3) | 9.50 | with Housemade Salmon Patty | | 11.00 |
| served with pure maple syrup (not available after 11 am) | | Scrambled Tofu, Potatoes & Fresh Bakery Toast | | 10.00 |
| Banana Nut Whole Wheat Pancakes (3) | 10.00 | ⊗ Roasted Veggies & Polenta | | 11.00 |
| served with real maple syrup (not available after 11 am) | | roasted bell pepper, mushroom, tomato, onion, | | |
| Biscuits & Housemade Sausage Gravy with 2 eggs | 9.50 | zucchini on polenta with two eggs and chile verde | | |

BAKERY

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 homemade soup, green salad or potato chips.

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| ⊗ Indonesian Satay - chicken or tofu kebobs | 11.00 | BLT & Avocado Wrap - with chipotle mayonnaise | 9.50 |
| served on curried basmati rice with Thai cucumber relish, and spicy peanut sauce. | | Apple smoked bacon, lettuce, tomato, avocado | |
| Greek Gyros (seasoned beef & lamb) | 10.00 | Veggie Wrap | 9.00 |
| wrapped in a grilled pita with cucumbers and onions and our housemade tzaziki sauce | | Homemade hummus, seasonal veggies & lemon yogurt dressing. | |
| Curried Rice Wrap | 9.00 | Reuben Sandwich - with housemade Russian dressing | 10.00 |
| Chicken or Tofu Curried Rice Wrap | 11.00 | Premium Hamburger - Best in Town | 9.00 |
| Thai cucumber relish, curried basmati rice & lemon yogurt dressing. | | Substitute a southwestern veggie burger for 25¢ | |
| Tofu Wrap | 11.50 | add cheddar, Swiss or bacon for \$1 | |
| Scrambled tofu, organic brown rice, jack cheese & salsa | | Housemade Salmon Burger | 11.00 |
| Smoked Turkey Wrap - with cranberry jalapeño mayo | 9.50 | Quesadilla - Jack cheese, whole wheat tortilla | 7.00 |
| Quiche du Jour a la carte | 8.25 | Chicken Quesadilla - Jack cheese, whole wheat tortilla | 9.00 |
| add a green salad or cup of soup for \$1.50 | | Albacore Tuna Melt on Rye - Waldorf style (no nuts) | 10.00 |
| Soup du Jour served w/fresh bakery bread | cup 4.25 bowl 5.25 | House Green Salad | 9.00 |
| | | Seasonal greens & veggies served with fresh bakery bread | |
| | | add chicken, tofu, tuna salad or gyros | 12.00 |

Coffee & Tea - CELEBRATING 22 YEARS of serving Organic, Fair Trade, Shadegrown coffee from Ibis Roasters of Logan, Utah.