


## BREAKFAST

**Deluxe Breakfast Sandwich**..... **\$6.50**  
Sliced ham, sausage or bacon, diced tomato, cheddar and jack cheese, grilled onions, 2 eggs and green bell peppers served on sliced french bread.


**Breakfast Sandwich**..... **\$6.40**  
Sausage or bacon, fried egg and cheddar cheese served on a soft roll.


**Breakfast Plate**..... **\$6.90**  
Eggs, Swiss cheese, potatoes, sausage and bacon.

**Breakfast Burrito** ..... **\$7.00**  
Eggs, potatoes, bacon, pepper jack cheese, salsa, served on a sundried tortilla.


**Veggie Burrito** .....  **\$7.00**  
Organic pepper jack cheese, potato, green bell pepper, zucchini, seared mushroom, eggs, cilantro and cholula sauce served on a sundried tortilla.

## GRILLERS

**Grilled Cheese Sandwich**.....  **\$5.50**  
Organic cheddar cheese and pepper jack, garlic butter, served on a slice french bread.

**Veggie Grilled Cheese Sandwich**.....  **\$6.75**  
Grilled mushrooms, onions, green bell peppers, tomato, organic cheddar cheese, pepper jack cheese, served on a slice french bread.

**Bacon Avocado Grilled Cheese Sandwich** ..... **\$6.95**  
Organic cheddar and pepper jack cheese, avocado, bacon, grilled onions, on french bread.

**Pesto Grilled Cheese Sandwich** .....  **\$6.45**  
Organic cheddar and pepper jack cheese, tomato, onion, pesto sauce on sliced french bread.

**Beefy Grilled Cheese Sandwich** ..... **\$7.50**  
Pepper jack cheese and seasoned beef served on sliced french bread.

## SPECIALTY SANDWICHES

**Gaucha Burger**..... **\$9.75**  
Double beef patty grilled to order, served with bacon, avocado, pepper jack cheese, fried onion rings and ranch dressing, on a soft roll.

**Burger** Natural, hormone free beef from *Shalhoob* of Santa Barbara. .... **\$5.95**

**Double Beef** Bacon and cheese. .... **\$9.35**

**Western Burger** Fried onion rings, grilled onion, BBQ sauce. .... **\$6.00**

**Organic Turkey Burger** ..... **\$8.75**

1/3 lb patty, lettuce, tomato, pickle, jalapeño and a special sauce.

**Lamb Burger** ..... **\$8.25**

Lamb patty, arugula, feta cheese, and tomato with chimichurri sauce served on a soft roll.

**Chipotle Garden Burger** ..... **\$8.25**

Veggie patty, lettuce, tomato, pickles, grilled onions, pepper jack cheese, avocado and house-made chipotle sauce.



**Chicken Sandwich**..... **\$6.60**

Free-range, antibiotic and hormone-free. Grilled or fried.

**Fish Sandwich**..... **\$6.60**

Haddie. *Marine Stewardship Council* Sustainable Fish. Grilled or fried and served with house-made tartar sauce and a lemon wedge.



**Cubano Sandwich**..... **\$6.80**

Roasted pulled pork, sliced ham, Swiss cheese, pickled onions, pickles, vegan mayo and mustard served on a sourdough roll.

**Zesty Chicken Sandwich** ..... **\$6.75**

Fried seasoned chicken patty, lettuce, tomato, pickles, onions, and ranch dressing on a soft roll

**Vietnamese Sandwich Root Style** ..... **\$6.75**

Shredded pork, with cilantro, Asian slaw and chipotle sauce served on a soft roll.

**BBQ Pulled Pork Hoagie** ..... **\$6.30**

Slow roasted pork from Shalhoob of Santa Barbara, served with house-made organic coleslaw.

**Chicken Club Sandwich** ..... **\$8.25**

Grilled or fried, served with organic lettuce, tomato, cheddar cheese, natural bacon, pickle and house-made ranch dressing.

**Pesto Chicken** ..... **\$8.60**


Grilled or fried, served lettuce, tomato, swiss cheese, mushrooms, and pesto sauce.

**Buffalo Chicken Sandwich** ..... **\$7.90**

Grilled or fried, served with organic lettuce, tomato, bleu cheese, house-made pickles and spicy buffalo sauce.

## **VEGAN OPTIONS**


**Veggie Burger** Organic all vegetable vegan patty. ....  **\$6.35**

**Hummus Veggie Burger** .....  **\$6.75**

Veggie patty, lettuce, tomato, pickles, raw onions and house-made hummus

**Chicken-Less Burger**.....  **\$7.50**

Vegan chicken, organic lettuce, tomato, pickled onions, pickles and chipotle sauce served on a soft roll.

**Slaw Dog** .....  **\$4.75**

Vegan hot dog, cole slaw, and special sauce, served on a hot dog bun

**Chipotle Dog**.....  **\$4.50**

Vegan hot dog, diced tomato, pickled onions, and chipotle sauce served on a hot dog bun

**Spicy Dog**.....  **\$4.50**


Vegan hot dog, grilled onions, jalapeño, and special sauce, served on a hot dog bun

**Vegan Burrito** .....  **\$7.50**

Vegan sausage, green cabbage, green bell peppers, mushrooms, grilled onions, zucchini, cilantro, and hot sauce served on a sun-dried tortilla

**Ultimate Vegan Sandwich**.....  **\$6.50**

Vegan patty, lettuce, tomato, pickles, and chipotle sauce, served on a soft roll.

**Hummus Veggie Wrap** .....  **\$7.00**

Shredded carrots, organic garbanzo, cucumber, tomato, lettuce, and cilantro with hummus and chimichurri sauce.

## **BLENDED BURGERS**

**Arugula Mushroom Burger** ..... **\$7.00**

Mushroom beef patty, pickled onions, arugula, swiss cheese, and special sauce, served on a roll


**Swiss Mushroom Burger** ..... **\$7.00**  
Mushroom beef patty, lettuce, tomato, pickles, pickled onions, swiss cheese, and special sauce, served on a soft roll


**Pepperjack Mushroom Cheeseburger** ..... **\$7.00**  
Mushroom beef patty, lettuce, tomato, pickles, grilled onions, pepperjack cheese, and root sauce, served on a soft roll

**Swiss Bacon Mushroom Burger** ..... **\$7.50**  
Mushroom beef patty, grilled onions, bacon, swiss cheese, and special sauce, on a soft roll

## **PITA SANDWICHES**

**Greek Beef Pita** ..... **\$7.00**  
All-natural burger, tomato, pickles, pickled onions, jalapenos, shredded lettuce and Tzatsiki sauce served on Pita bread.

**Veggie Pita** .....  **\$5.50**  
Diced tomato, cucumbers, green bell peppers, pickled onions, shredded lettuce, feta cheese, hummus, and Tzatsiki sauce served on Pita bread.


**Crispy Chicken-Less Pita** .....  **\$7.75**  
Sliced vegan chicken, organic lettuce, tomatoes, house made pickles, pickled onions and Tzatsiki sauce served on Pita bread.

## **WRAPS**

**Ranch Chicken Wrap** ..... **\$7.45**  
Grilled or fried, served on a sundried tortilla, with lettuce, tomato, cheddar, house-made pickles.


**Chipotle Turkey Wrap** ..... **\$9.00**  
Turkey patty, lettuce, tomato, pickles, grilled onions, pepper jack cheese & house-made chipotle.

**Chicken Pesto Wrap** ..... **\$9.00**  
Grilled chicken, organic cheddar, tomato, lettuce, avocado & pesto, served on a sundried tortilla.

**Chicken-Less Wrap** .....  **\$7.75**  
Vegan chicken, tomato, pickles & onions, lettuce, chipotle sauce, served on a sundried tortilla.

**Carne Asada Burrito** ..... **\$7.75**  
With black beans, brown rice, bell pepper & onions, cilantro, and pepper jack cheese.





## QUESADILLAS

**Cheese Quesadilla** .....  **\$5.75**  
Cheddar and pepper jack cheese, avocado and a side of salsa.

**Chicken, Beef or Veggie Quesadilla** ..... **\$8.25**  
Cheddar and pepper jack cheese, meat or veggies, and a side of salsa.

## SALADS


Mixed greens, tomatoes, cucumbers and garbanzo beans, with house-made balsamic dressing.


**Small Salad** .....   **\$4.50**    **Big Salad** .....   **\$6.75**

**Big Salad with protein** Choice of fish, chicken, beef, or veggie patty.... **\$9.50**  
(add organic turkey patty 1/3 lb)..... **\$10.50**



## SIDES



Mix & Match:

French fries, onion rings, sweet potato fries .....  **\$3.35**

Spicy green beans .....  **\$5.25**

Pesto fries.....  **\$5.50**

Organic cole slaw or Asian slaw .....   **\$2.17**

Organic house-made pickles.....   sm \$0.25 ..... lrg **\$1.00**

Whole wheat bun ..... **\$1.35**

Hoagie roll..... **\$1.35**

Gluten free roll.....  **\$1.75**

Gluten free roll substitute .....  **\$0.75**

Pita bread ..... **\$1.00**

## DRINKS

12oz    16oz

Fountain drink.....\$1.25    \$1.35

Brewed organic tea.....\$1.75    \$2.00

Hibiscus or Black

Aquafina bottled water

Purity Juices – Organic

Strawberry Paradise, Lemonade, Peach

Paradise, Pomegranate Blueberry, Orange

Mango, Half & Half – Lemonade/Tea

**ADDITIONS**

Organic onions (raw or grilled).....	No Charge
Organic cheeses (sharp cheddar, swiss, pepper jack, bleu) Bacon (natural and uncured) avocado, mushrooms (seared), sour cream, pesto, hummus.....	\$1.50
Jalapeños (seared), Pico de gallo.....	\$1.00

**SWEETS**

<b>Brownie Ice Cream Sammy</b> .....	\$3.15
<b>Ice Cream Cookie Sammy</b> Check board for todays flavor .....	\$3.95