

# LUNCH MENU

(Everyday, served after 11am)

## BOWLS, WRAPS, SANDWICHES, BURGERS and MORE

### Enchilada Bowl \$12.25

**Vegan**

Grilled seasonal vegetables with slow-cooked black beans, delicious homemade enchilada sauce, fresh salsa and slices of avocados on top of organic brown rice

homemade

### Mother Nature Bowl \$12.25

**Vegan**

Grilled seasonal vegetables with grilled pinto bean-beet patties on top of organic brown rice topped with avocado-cilantro sauce

Wrap-style instead of brown rice upon request

### Supreme Burrito \$12.50

**Vegan**

Grilled seasonal vegetables with slow-cooked black beans, organic brown rice, enchilada sauce, fresh homemade salsa wrapped in a whole wheat flour tortilla

Add 1/4 avocado for \$1.25, Add cheddar cheese \$1.50, Add sour cream \$1.25

### Bliss Burger \$12.15

**Vegan**

**Contains walnuts**

Homemade Pinto Bean-Beet Burger patty on a thin multi-grain bun, topped with, lettuce, tomatoes, grilled onions, dill pickles and flavorful special vegan sauce. Served with mixed greens

Salad-style Available (served on a bed of mixed green salad instead of bun)

### Beyond Burger \$14.50

**Vegan**

Beyond Burger (Gluten-Free) patty on a thin multi-grain bun, topped with lettuce, tomatoes, grilled onions, dill pickles and vegan mayo. Served with mixed greens

Substitute multi-grain bun for gluten-free toast \$1.75

Salad-style Available (served on a bed of mixed green salad instead of bun)

### Neat Loaf Sandwich \$12.15

Sliced Neat Loaf on toasted multi-grain bread with mayo, tangy BBQ sauce, lettuce, tomatoes and dill pickles. Served with mixed greens.

Salad-style Available (served on a bed of mixed green salad instead of bun)

### B.L.T. with Avocado \$11.99

Soy bacon, lettuce, tomato and sliced avocados with mayonnaise on toasted sourdough bread. Served with mixed greens.

Salad-style Available (served on a bed of mixed green salad instead of toast)

### Caprese Sandwich \$11.99

Fresh mozzarella cheese, sliced tomatoes and our homemade basil pesto on toasted sourdough bread. Served with mixed greens

### Neat Loaf \$12.15

A hearty vegetarian loaf topped with our tangy BBQ sauce. Served with mashed potatoes and mushroom gravy.

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## SALADS and SOUPS

Dressings: Lemon-Tahini (V, GF) or Balsamic-Vinaigrette (V)

**House Salad** (V, GF) **Vegan** Regular **\$5.50** Large **\$9.00**  
Green leaf lettuce, carrots, cucumbers and tomatoes. Served with your choice of dressing  
Add grilled, marinated tofu **\$2.50** extra

**Asparagus and Goat Cheese Fiesta Salad** (GF) **\$12.00** **Vegan upon request**  
One poached egg, asparagus, goat cheese and toasted walnuts on a bed of mixed greens.  
Served with your choice of dressing

**Caprese Salad** (GF) **\$12.00**  
Fresh mozzarella cheese, sun-dried tomatoes, toasted walnut and our homemade fresh basil pesto on a bed of mixed greens. Served with your choice of dressing

**Soup of the day or Dal** (V, GF)  
Cup (6 oz) **\$3.65** Regular (8 oz) **\$4.45** Large (16 oz) **\$6.75**

**Soup, Salad and Pesto Bread** **\$10.99** **Vegan upon request**  
Soup of the day, house salad and a slice of grilled sourdough bread topped with homemade basil pesto

All of our dishes are prepared in a gluten-/nut- friendly environment and may contain trace amount of these allergens

(V): Many of our dishes can be made vegan. Please ask your server

*\*The WA State Health Department requires us to inform you that eggs sunny-side-up, over easy or soft poached are considered undercooked and may increase your risk of foodborne illness.*