

Breakfasts

Breakfast Wrap	\$4.99
<i>Two scrambled eggs, tomato, Canadian veggie bacon and cheese melted in a wheat wrap</i>	
<i>Regular bacon/sausage</i>	\$5.50
Huevos Rancheros	\$5.25
<i>Two scrambled eggs, black beans, salsa and cheese melted in a wheat wrap</i>	
Breakfast Sandwich	\$3.99
<i>Fried egg, fakin bacon, Canadian veggie bacon or veggie sausage, with your choice of cheese on an organic whole wheat English muffin.</i>	
<i>Add turkey bacon or chicken sausages</i>	\$4.50
Veggie Scramble	\$4.50
<i>With cheese</i>	\$4.99
<i>In a wrap</i>	\$5.50

Mary's Muffins

Made with love from all natural organic ingredients.

Selections change daily.....

Salads

Caesar Salad	\$5.99
<i>The classic caesar with croutons.</i>	
Spinach Salad	\$5.99
<i>Baby spinach with artichoke hearts, feta, olives, tomato and balsamic dressing.</i>	
Garden Salad	\$5.99
<i>Fresh garden veggies with your choice of dressing.</i>	
<i>Add grilled chicken, tuna or chicken salad</i>	\$3.00

Hot Entrees & Deli Selections

A variety of hot and cold items available daily, including veggie lasagna, pizzas on whole wheat crust, bean burritos, chicken quesadillas, stuffed portabellas, sesame noodles, chicken sausage etc. Call for daily entrees!

Soups

Three freshly made soups available daily from organic ingredients, including veggies, poultry and beans.

Sandwich Basics

All sandwiches come with the choice of bread and dressing. Standard fixins include *lettuce, tomato, carrots and cucumbers*.

Breads: *Whole wheat, multigrain, organic whole wheat bun and spinach or whole wheat wraps.*

Dressings: *Veganaise, basil vegan mayo, dijon mustard, honey mustard, vegan cajun mayo, wasabi mayo and balsamic vinaigrette*.....

Additional toppings: *Red onions, caramelized onions, roasted red peppers, pickles, salsa jalapeno peppers, artichoke hearts & mushrooms*.....

Cheeses: *Casin free soy, Swiss, cheddar & provolone*.....

Sandwiches

Hummus	\$5.50
<i>Lettuce, tomato, carrots, cucumber</i>	
Hummus and Tabouli	\$5.99
<i>Lettuce, tomato, carrots, cucumber</i>	
Avocado	\$5.99
<i>Perfectly ripe sliced avocado with lettuce, tomato and red onion</i>	
Greek Wrap	\$5.99
<i>A mixture of spinach, tomato, olives, red onion and basil mayo with feta</i>	
Tuna Salad	\$5.99
<i>Dolphin-safe tuna with fixins</i>	
Raisin Walnut Tuna	\$6.50
<i>Tuna sandwich with the addition of raisins and walnuts</i>	
Turkey with apple, honey mustard & cheddar	\$6.50
Tempeh Rueben	\$6.50
<i>Golden baked tempeh strips topped with sauerkraut, Russian dressing and melted Swiss on seven grain bread</i>	
Fakin' Bacon Tempeh	\$5.99
<i>Tempeh lightly brushed with olive oil and baked to golden brown, served with lettuce, tomato, and non-dairy mayo</i>	
Turkey Avocado	\$6.99
<i>Turkey, avocado, basil mayo, grilled onions, lettuce and tomato</i>	
Cranraisin Walnut Turkey	\$6.99
<i>Nitrite-free turkey, lettuce, tomato, cranberry sauce, raisins and walnuts</i>	
Turkey Melt	\$5.99
<i>Nitrite-free turkey, tomato, onion and choice of cheese</i>	
Organic Sunshine Burger	\$5.99
<i>Veggie burger made with brown rice, sunflower seeds and veggies served on a sprouted whole wheat bun with all the fixins</i>	
Blackened Chicken	\$5.99
<i>With cajun mayo, lettuce and tomato and cheese</i>	
Mediterranean	\$5.99
<i>Basil mayo, artichokes, olives, caramelized onions, spinach, sundried tomatoes and cheese</i>	
Blackened Tofu	\$5.99
<i>With lettuce, tomato and vegan cajun mayo.</i>	
<i>Add avocado</i>	\$6.50
Baked Marinated Tofu	\$5.99
<i>Tofu baked to a golden brown with maple syrup glaze, served with all of the fixins. Add avocado</i>	
Country Chicken Salad	\$5.99
<i>All natural chicken salad with all the fixins</i>	
Curry Chicken Salad	\$5.99
<i>All natural chicken tossed with mango chutney, currants, tamar, roasted almonds, scallions and mayo</i>	
Chicken Sausage	\$5.99
<i>With peppers, onions, tomatoes and cheese</i>	
Veggie Apple	\$5.50
<i>Veggies, sliced apple with honey mustard and all of the fixins.</i>	
<i>With cheese</i>	\$6.50
Veggie Apple Three Cheese	\$5.99
<i>Same as veggie apple, then add three cheeses</i>	
Roasted Veggie and Cheese	\$5.99
<i>Roasted veggies, tomato, balsamic dressing and melted cheese</i>	
Peanut Butter and Jelly	\$3.99
<i>For kids big and small. All natural peanut butter and fruit jam with the option of banana, honey and raisins added</i>	
Grilled Chicken Pesto	
<i>With spinach, sundried tomatoes and cheese</i>	
Roasted Salmon Wrap	\$6.99
Chicken Quesadilla with Salsa	\$4.99
Grilled Chicken	\$5.99
<i>With basil mayo, lettuce, tomato and grilled onions</i>	
Chicken Special of the Day	\$6.50