


SUNDAY BRUNCH

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| * Hash Brown Casserole Cheesy and delicious! | 4.79 |
| Oatmeal Bake Warm, nourishing, oh so tasty. | 4.99 |
| * Yogurt Fruit Cup Blueberries, strawberries, banana & granola in vanilla yogurt | 4.79 |
| † Southwest Tofu Scramble Tofu scrambled with scallions, bell pepper, roasted chilis and spices. Served with toast. | 7.19 |
| Waffle Delight Our famous malted yeast waffles – thin style – topped with peaches, blueberries, strawberries, banana, maple syrup, and homemade whipped cream. | 6.99 |
| * French Toast Fruit Wrap - “our Signature Brunch Item” Blueberries, strawberries, banana, granola and yogurt in a French-toasted whole wheat tortilla. | 8.99 |
| * Banker’s Breakfast A scrambled-egg-and-cheese sandwich. Add bacon for 1.29 | 4.99 |
| * Immigrant Scramble Sort of a “melting pot” of scrambled eggs, cheddar, ham, bell pepper, onion & tomato. Toast, too. | 6.49 |
| * Noah’s Ark 2 eggs + 2 sausage links + 2 slices multigrain toast. | 6.99 |
| * Breakfast Burrito Black beans, brown rice, onion, cheddar, tomato, salsa and a scrambled egg in a plain tortilla. | 5.99 |
| †* New Street Burrito Ya’ take a breakfast burrito (above), lose the egg, add greens, expand the beans & rice a bit and it’s lunch! in a tortilla. On a bed of greens as a salad | 6.49 7.59 |
| †* Garden Wrap Raw veggies in a spinach tortilla with your choice of cream cheese, hummus, or cheddar & House dressing. | 6.79 |
| * BLT Bacon, lettuce, tomato and our secret ingredient (soy mayo) on sourdough white, multigrain or plain tortilla. | 4.99 |
| Rockin’ Roast Beef Roast beef, roasted red pepper, greens, and cream cheese/ horseradish spread, on multigrain bread or in a whole wheat tortilla. | 6.99 |
| * The Taj Mahal – our “Signature Wrap” Chicken or sautéed peanut-ginger tofu, jasmine sticky rice, peanuts, sautéed garlic/carrot/onion, and sweet mango curry sauce in a chili tortilla. On a bed of greens as a salad | 7.99 9.99 |



Healthful foods & natural remedies.
“Eat well. Feel GREAT.”
Sun 7:30-2:30 • Mon-Wed 7:30-5:30 • Thu-Sat 7:30-7:30
(December through March we close at 5:30 every weekday.)

| | |
|--|--------------------|
| Wee Garden Salad | 3.49 |
| * Quiche | 4.29 |
| Soup | cup 2.79 bowl 4.79 |
| * Quiche & Wee Garden Combo | 6.99 |
| Quiche & Cup ‘o Soup Combo | 6.79 |
| Bowl of Soup & Wee Garden Combo | 7.29 |

CHILDREN’S MENU

| | |
|---|------|
| Organic Peanut Butter & Jam on multigrain bread | 3.49 |
| Cheese Quesadilla Melted cheddar cheese on a flour tortilla | 3.49 |
| Chicken n’ Cheese Quesadilla Grilled chicken & melted cheddar on a flour tortilla | 3.79 |
| Grilled Cheese & Chips | 4.29 |

DESSERTS

Selections & prices are at the deli case. Or just ask!

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|------------------------------|----------------------------------|
| Gourmet Gelato | local, artisan, unbelievable |
| † Big Cookie | in a number of marvelous flavors |
| * Gluten-free Cookies | chocolate chip or cinnamon thins |
| Rum Cake of the Day | homemade and amazing |
| Chef’s Surprise | wowie zowie! |



* Gluten-free version available upon request.
† Vegan version available upon request.

BEVERAGES

SUNDAY MIMOSAS

The perfect complement to brunch.

Mimosa (champagne & orange juice)
with free refill 5.99

Fauxmosa (lemon-lime soda & orange juice) 2.99

JUICE BAR

Freshly squeezed while you wait.

| | 12oz | 20oz |
|---|-----------|------|
| Apple | 3.29 | 5.29 |
| Carrot | 3.29 | 5.29 |
| Apple-Carrot | 3.29 | 5.29 |
| Carrot & Celery | 3.29 | 5.29 |
| Orange | 3.29 | 5.29 |
| Carrot Orange | 3.29 | 5.29 |
| Ginger 'n Orange | 3.39 | 5.39 |
| Celtic Elixir <i>our "Signature Juice Drink"</i> <i>Apple, carrot and celery with a wee bit o' beet and gingerroot</i> | 3.69 | 5.69 |
| Fountain of Youth <i>Granny apple & wheatgrass</i> | 5.49 | 7.29 |
| Wheatgrass | 2.79/shot | |

SMOOTHIES

Made fresh from scratch. No mixes.

| | 12oz | 20oz |
|---|------|------|
| The Crancherry – our "Signature Smoothie" <i>Cranberry juice, cherries, banana, vanilla soy protein powder</i> | 3.99 | 5.99 |
| Blueberry Thrill <i>Blueberries, banana, cranberry juice, vanilla soy protein powder</i> | 3.99 | 5.99 |
| Strawberry Banana <i>Strawberries, banana, cranberry juice, vanilla soy protein powder</i> | 3.99 | 5.99 |
| Choc Snack Attack <i>Chocolate rice frozen dessert, chocolate rice milk, tofu, banana</i> | 3.99 | 5.99 |
| Java Snack Attack <i>Coffee, chocolate rice frozen dessert, chocolate rice milk, tofu, banana</i> | 3.99 | 5.99 |
| Lean 'n Green <i>Honeydew melon, green grapes, white grape juice & a kiss of cucumber</i> | 3.99 | 5.99 |
| Red 'n Raw <i>Freshly squeezed carrot and apple juices, banana, strawberries & cherries</i> | 4.99 | 6.99 |
| Spinach Banana Powerhouse <i>Raw, fresh spinach leaves, banana, local honey & a pinch of spirulina</i> | 4.99 | 6.99 |

SPIKES!

Add to any smoothie or juice drink 1.19

Stress Reliever *Chamomile, skullcap*

Immune Booster *Astragalus root, bee pollen,
echinacea, vitamin C*

Energizer *Bee pollen, ginko, ginseng*

WINES chardonnay or merlot 3.99/glass

BRITISH BEERS 4.19/glass

ORGANIC BEER 4.49/glass

TEA

| | 12oz | 16oz |
|---|------|------|
| Hot Tea | 1.99 | 2.19 |
| Chai Latté | 3.49 | 3.99 |
| Iced Tea, unsweetened (includes free refill) | | 1.79 |
| Iced Chai Latté | | 3.49 |

HOT CHOCOLATE

| | | |
|-------------------------------|------|------|
| | 1.99 | 2.29 |
| Top it with whipped cream for | | 0.49 |

LESTER'S COFFEE

We are the exclusive outlet for *Lester's Best* organic coffees & espresso.

| | 12oz | 16oz |
|------------------------------|------------------|--------------|
| Coffee/refill | 1.99/1.99 | 2.19/1.09 |
| Mug (includes a free refill) | 1.99 | |
| Americano | 2.99 | 3.69 |
| Red Eye | 3.99 | 4.99 |
| Latté | 3.39 | 4.29 |
| Café au Lait | 2.49 | 2.79 |
| Mocha | 3.69 | 4.49 |
| Turtle Mocha | 4.49 | 5.29 |
| Iced Americano | | 1.99 |
| Iced Latté/Capp | | 3.29 |
| Iced Mocha | | 3.79 |
| Frozen Mocha | | 4.49 |
| Espresso | single double | 1.99 2.89 |
| Cappuccino | single double | 3.09 3.89 |
| Italian Macchiato | single double | 2.29 2.99 |
| Whipped Cream | | 0.49 |
| Brevé or Soy milk | | 0.59 |
| Flavor shot* | | 0.69 |
| Add'l espresso shot | | 0.89 |

*Almond, Blackberry, Caramel, Ginger, Hazelnut, Mint, Raspberry, Vanilla, Sugar-free Caramel & Sugar-free Vanilla.