

MENU

Sandwiches

Grilled Cheese (veg)	\$3.50
<i>Sharp cheddar, provolone & swiss cheeses on buttermilk bread. Goopy and perfect!</i>	
Chicken & Basil	\$8.25
<i>Nitrate-free roasted chicken, provolone, organic roasted red peppers & basil walnut pesto aioli</i>	
The Italian	\$8.25
<i>Nitrate-free smoked ham, Olli salami, Mama Lil's peppers, provolone & roasted garlic aioli</i>	
The Cuban	\$8.25
<i>Smoked ham, Tillamook white cheddar, Bubbies dill pickles, mustard & garlic aioli on a ciabatta roll</i>	
Smoky Chicken & Bacon	\$8.25
<i>All-natural roasted chicken, Tillamook white cheddar, bacon, caramelized onions on a ciabatta roll</i>	
Turkey Melt w/Sun-Dried Tomato	\$8.25
<i>Nitrate-free roasted turkey breast, Tillamook white cheddar, caramelized onions & garlic aioli on a ciabatta roll</i>	
Pesto Mozz Melt (veg)	\$7.95
<i>Fresh mozzarella, roasted red peppers & basil almond pesto on a ciabatta roll</i>	
Spicy Peppers & Kale (veg)	\$7.95
<i>Tillamook white cheddar, Mama Lil's peppers, kale & roasted garlic aioli on a ciabatta roll</i>	

**Check out the Menu Board for soup options
(One is always vegetarian.)**

**Small \$4.50 / Large \$6.50
Add a Roll 50¢**

**Small Soup w/Grilled Cheese \$7.75
w/Sandwich \$11.25
Small Soup w/Salad \$11.25**

Salads

Plant Power (vegan)	\$7.95
<i>Chickpeas, carrots, beets, cucumbers, cilantro, organic greens & spicy tahini dressing</i>	
Mountain Goat (veg)	\$7.95
<i>Organic quinoa, baby spinach, mustard-thyme vinaigrette, goat cheese, cranberries, organic green onion & sliced almonds</i>	
Southwest Veggie (veg)	\$7.95
<i>Black beans, feta, ancho-roasted corn, tomatoes, cilantro & habanero lime dressing</i>	

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Wraps

- Asian Tofu (vegan)** \$7.95
Chopped organic tofu w/shredded carrots, cilantro, Sriracha miso lime dressing; pickled carrots & kale in a flour tortilla
- El Compadre (vegan)** \$7.95
Field Roast chipotle vegan sausage, organic bell peppers, roasted corn, organic cilantro, chipotle mayo & organic lettuce in a whole wheat tortilla
- Moroccan Chickpea (veg)** \$7.95
Chickpeas, crumbled feta, shredded carrots, kale & moroccan sun-dried tomato dressing in a flour tortilla
- Yam and Kale (veg)** \$7.95
Roasted yams, kale marinated in balsamic vinaigrette, black beans & feta in a flour tortilla

Tacos

- Mt. Bakon** \$3.90
Flour tortilla, roasted potatoes, farm-fresh eggs, bacon, Sunrise salsa, jack & cotija cheeses
- The Jack (gluten-free and veg)** \$3.90
Corn tortilla, Tex-Mex eggs, black beans, salsa verde, cotija cheese
- Sunbreak (veg)** \$3.90
Flour tortilla, roasted potatoes, farm-fresh eggs, sunrise salsa, jack & cotija cheeses
- Vashon (vegan)** \$3.90
Flour Tortilla, refried black beans, sauteed onions and peppers, soyrizo & avocado
- Two Tacos and a Small Drip Coffee** \$8.75

Tacos always come with your choice of salsa on the side:
Verde (mild) or Tomato (medium)

Cheap Eats

- Peanut Butter and...** \$3.25
Adam's crunchy peanut butter served on Franz buttermilk bread and topped off with your choice of strawberry jam, banana or honey. Toasted or not, your choice.
Add a second or third topping for just another 50 cents each.
- Cream Cheese and Strawberry Jam** \$3.25
Franz buttermilk bread, Philadelphia cream cheese & strawberry jam
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