

VEGAN FRIENDLY MENU

BREAKFAST

| AVOCADO TOAST | |
|--|---------|
| Sourdough or Rye | \$6.99 |
| on plain bagel add | \$.95 |
| VEGAN WAFFLE @P | |
| Freshly baked Vegan Waffle topped with powdered sugar Each additional side (served on side) Blueberry, | \$13.59 |
| Strawberry, Apple Cinnamon | \$.95 |
| OATMEAL N'FRUIT | **** |
| Served with Oatmeal and Fresh Fruit | \$13.29 |
| FRESH FRUIT PLATE | |
| Served with Sourdough or Rye toast | \$14.49 |
| LUNCH | |
| A.L.T. SANDWICH | |
| Avocado, Lettuce, and Tomato on toasted Sourdough | |
| served with tomato slices | |
| VEGAN SALAD® | |
| Raw Spinach, Greenleaf, Mushroom, Avocado, Tomato, | |
| Caramelized Onion, Raisins | \$14.49 |
| Half Salad | \$12.49 |
| VEGAN HALF SANDWICH & HALF SALAD | \$15.99 |
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SIDES

| FRUIT | \$7.89 | SIDE SALAD | \$5.99 |
|-------------------------|--------|-----------------|--------|
| 1/2 GRAPEFRUIT | \$2.99 | BROCCOLI | \$5.79 |
| 1/2 MELON | \$4.79 | SPINACH | \$5.79 |
| HASH BROWNS | \$4.79 | SLICED AVOCADO | \$4.59 |
| TOAST, SOURDOUGH OR RYE | | TOMATO SLICES | \$3.49 |
| OATMEAL OR GRITS | \$7.89 | | 4 |
| BAGEL | \$3.49 | FLOUR TORTILLAS | \$3.29 |

