

Lunch

FOR SMALL APPETITES

MEETING MY NEEDS \$8

Black beans & basmati rice with tortilla chips, with your choice of salsa, sour cream or cheddar cheese
Add chicken or tempeh + \$3.50

PALATE PLEASER \$12

Choice of: Soup & Salad OR Salad & 1/2 Sandwich OR Soup & 1/2 Sandwich

BUD'S SPUDS \$10

Roasted potatoes covered with cheddar cheese, sour cream, homemade salsa, and green onions
Add avocado + \$2.25

IT COMES IN A BOWL

COSTA RICAN RICE BOWL \$14

Spiced basmati rice with black beans, cheddar cheese, sour cream, avocado, tomato, green onions, salsa OR chipotle BBQ
Served with corn chips
Add tempeh or chicken +\$3.50

CHILAQUILES \$13

Chips in red sauce, topped with cheddar cheese, salsa, sour cream and olives.
Add 2 eggs your way + \$3
Add avocado + \$2.25

ALL ABOUT THE GREENS

TACO SALAD \$13

Tempeh or chicken with black beans, cheddar, olives, tomato, avocado, roasted corn, and cilantro lime dressing over a bed of mesquite mixed greens, served with corn chips

GINGER WALNUT SALAD \$10.50

Mesquite mixed greens topped with beets, feta, and walnuts, served with sesame ginger dressing

ASIAN SALAD \$11

Sliced mandarin oranges, almonds, and red onion over Napa cabbage with asian dressing
Add chicken or tempeh +\$3.50

SANDWICHES

All sandwiches are served with roasted potatoes, corn chips, or side salad.

MUSHROOM MELT \$14

Shitake mushroom toasted sandwich with basil pesto, mozzarella cheese, and grilled onions.

TEMPEH OR TURKEY MELT \$16

Tempeh or turkey toasted sandwich with basil pesto aioli, avocado, grilled onions, tomato, spinach, and gouda cheese

SOMETHING FISHY \$14

Albacore tuna salad sandwich with lettuce, tomato, onion, pickle, mayo, & mustard,
Add melted cheese & make it a melt + \$3

MONTE CRISTO \$16

Ham, turkey, & swiss cheese on challah bread, with spicy mustard and toasted.
Served with side of maple syrup

LOVING LIFE TEMPEH REUBEN \$13

Tempeh sauteed to perfection & served on rye bread with swiss cheese, sauerkraut, grilled onions, and homemade secret sauce
Substitute tempeh with turkey for + \$3

TANTILIZING TURKEY \$14

Nitrate Free Turkey sandwich served with Mayo, Mustard, Lettuce, Tomato, Onion, & Pickle. Add avocado +\$2.25

SUCCULENT TOMATO, PESTO & CHEESE SANDWICH \$13

Tomato, pesto, and your choice of cheese toasted on whole wheat or gluten free bread
Add avocado +\$2.25

SAVORY SALMON BURGER \$16

Salmon burger toasted on whole wheat bun with tartar sauce, lettuce, tomato, onion, & pickles.
Add avocado \$2.25