

SANDWICHES

HALF | WHOLE

Sandwiches are served on your choice of bread with corn chips and a pickle spear. Condiments by request.

TURKEY 'N' BERRIES

Premium turkey breast (nitrite-free), cream cheese, whole cranberry sauce, lettuce, tomato, red onion.

CURRY MANGO TURKEY

Premium turkey breast (nitrite-free), egg-free curry mayo, mango chutney, lettuce, tomato, red onion.

DELI LAMA™

Our ultimate veggie with avocado, shredded red cabbage, carrots, lettuce, tomato, red onion.

CHICKEN SALAD

Made with low-cholesterol egg-free mayo, lettuce, tomato, red onion.

TUNA SALAD

With egg-free mayo, sweet pickle relish, dill, lettuce, tomato, red onion.

MIXED CHEESE

Choice of two cheeses (Swiss, cheddar, provolone) with lettuce, tomato, red onion.

AVO & CREAM CHEESE

With fresh avocado, cream cheese, lettuce, tomato, red onion.

TURKEY

Premium turkey breast (nitrite-free) with lettuce, tomato, red onion.

ORGANIC PB & J

Organic peanut butter and jam.

GRILLED PANINIS

TURKEY

Premium turkey breast (nitrite-free) with pesto, tomato, and provolone cheese on a rustic roll, toasted when you order. Served with chips.

PROVOLONE

Pesto, tomato, and provolone cheese on a rustic roll, toasted when you order. Served with chips.

BEVERAGES

Organic Juices
Strawberry Lemonade

Pepsi Fountain Drinks
Brewed Iced Tea

Bottled Sodas
Beer & Wine

Tea Lady™ Organic Teas
Café Yumm! Organic Coffee

SOUPS & SALADS

HOUSE SOUPS

Small | Medium | Large

Daily selection of soups from classic to ethnic gourmet. Served with French bread.

SOUP, SALAD & BREAD

Bowl of soup and fresh green salad served with French bread.

FRESH GREEN SALAD

Organic field greens, tomato, carrots, red cabbage, red onion, choice of dressing.

SECRET ASIAN MAN™

Organic field greens, red cabbage, carrots, tomato, cilantro, crispy noodles, sliced almonds, Ginger Miso dressing. Choice of seasoned, organic Tofu or premium Turkey.

HEARTY SALAD

Choose your favorite Hearty Salad: Chicken salad, Tuna salad, or Seasoned Organic Tofu. Served on organic field greens with French bread.

QUICHE

Our original recipes prepared with organic, free-range eggs.

QUICHE, SOUP & BREAD

Warm quiche, hot soup and fresh French bread with butter.

QUICHE & SALAD

Quiche served with a fresh green salad. Your choice of dressing on the side.

DRESSINGS & SAUCES

- Sweet Ginger Miso
- Creamy Ginger Asian
- Toasted Black Sesame
- Bleu Cheese
- Thai Vinaigrette (spicy)
- Buttermilk ranch
- Balsamic vinaigrette
- Teriyaki sauce
- Organic Red Salsa (mild)
- Jalapeno Sesame Salsa (hot)
- Original Yumm! Sauce®
(sugar-free, dairy-free, egg-free, wheat-free, gluten-free, vegan)

SKEWERS

TOFU SKEWERS

Seasoned, baked, and glazed with barbecue sauce

TEMPEH SKEWERS

Marinated, baked with teriyaki glaze

CHICKEN SKEWERS

Baked, and glazed with teriyaki sauce

CAFÉ YUMM! COOKIES

REGULAR | DIPPED

GINGER SPICE

Made with organic oat flour, wheat-free, regular cookie is vegan

OATMEAL RAISIN

Organic oat flour, wheat-free

CHOCOLATE CHIP

Organic whole wheat flour

EXTRAS

ADDITIONAL TOPPINGS

Nori: roasted, salted seaweed
Pepitas: roasted, salted pumpkin seeds

BREADS

- Sourdough
- Light Rye
- Whole Wheat
- Spelt (\$.60 extra)

CONDIMENTS

- Original Yumm! Sauce
- Dijon Mustard
- Yellow Mustard
- Ketchup
- Vegenaïse®

ORGANIC INGREDIENTS

INCLUDE:

Brown rice, red beans, black beans, tempeh, red salsa, free-range eggs, field greens, yogurt, tofu, peanut butter, and more. We also serve: trans fat-free tortillas and all-natural chicken skewers.