Served with fries or pasta salad Green salad or fruit add \$2.00

BLT \$7.99 VGA \$8.50

A classic or Wildflowered by adding avocado & melted jack both served on whole wheat toast

MONTEREY CLUB \$8.50

Turkey breast, bacon, avocado, tomato, sprouts, mayo & melted jack on whole wheat toast

CLASSIC REUBEN \$7.99

Corned beef, sauerkraut, Swiss cheese & 1000 island dressing on rye toast

TURKEY REUBEN \$7.99

Sauerkraut, pepperoncini, tomato, Swiss cheese & 1000 island dressing on rye toast

RIGHTEOUS TURKEY \$7.99

Sautéed green peppers, mushrooms, onions, mayo è melted mozzarella on long roll

PHILLY \$7.99

Sautéed green peppers, onions & American cheese



Wild Potatoes

VEGGIE SUPREME \$7.99

Dill cream cheese, lettuce, sprouts, cucumber, tomato & Carrots served in pita or on toasted whole wheat

Sandwhiches, Pitas & Sala

MARRAKECH \$7.99

Homemade hummus, sprouts, cucumber, tomato, Carrot, onion & Miso on the side served in pita

CHICKEN OR STEAK FAJITA PITA \$7.99

Fajita style meat, green peppers, onions, avocado, melted cheese & salsa

GARDEN LOVER SALAD \$6.75

Greens & an array of fresh seasonal veggies *Not served with a side

MARMALADE SALAD \$7.99

Greens, sprouts, Cranberries, walnuts, Carrots, sliced apples → blue cheese Add chicken \$3.25, steak \$3.75 or burger patty \$3.00 *Not served with a side

SPINACH SALAD \$7.99

Cranberries, walnuts, onion, sliced apple & feta cheese Add chicken \$3.25, steak \$3.75 or burger patty \$3.00 *Not served with a side

EGGS BENEDICT - Grilled ham, tomato & two poached eggs served on English muffin EGGS FLORENTINE - Sautéed spinach, mushroom, onion, tomato & two poached eggs served on English muffin

GPS BENEDICT – Sautéed spinach, sausage, tomato & two poached eggs served on English muffin BLACKSTONE - Sautéed spinach, bacon, tomato & two poached eggs served on English muffin VEGGIE LOVER'S CREPES - Two crepes filled with sautéed veggies & scrambled eggs TURKEY DILL CREPES - Two crepes filled with sautéed veggies, turkey & a hint of dill VEGGIE SKILLET – Wild Potatoes topped with refried beans, sautéed veggies & two eggs



PB&J with fries

Half turkey & cheese with fries

Mickey pancake

Grilled cheese with fries Vanilla yogurt with fruit

Chicken strips

Milk \$1.00/\$2.00

Orange Juice \$2.25/\$3.25

Coffee \$1.75

Chai Tea \$3.00

Chocolate Milk \$1.50/\$2.50

Tomato, Cran or Apple \$1.00/\$2.00 Hot or Iced Tea \$1.95 Hot Chocolate \$2.00