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Split your sandwich for \$1.00 or
-Make it a combo for \$3.25 extra-
Includes homemade coleslaw or cottage cheese,
coffee or soft drink

SERVED WITH CHIPS

SAN FRANCISCO	\$8.00
Turkey, Monterey Jack, avocado, tomato, sprouts, and mayo on crunchy sourdough	
HAM FROM CISCO	\$8.00
Ham, Monterey Jack, avocado, onions, sprouts, and mayo on toasted sourdough	
REUBEN	\$7.00
Grilled corned beef, Swiss cheese, sauerkraut, and 1000 Island dressing on grilled pumpnickel {Substitute turkey or sautéed tofu for no additional cost}	
CLASSIC BLT	\$6.00
Bacon, lettuce, and tomato on your choice of toasted bread	
THE DAGWOOD	\$10.50
Triple decker with roast beef, ham, turkey, salami, Swiss, American and Monterey Jack cheeses with lettuce, tomato, onion, mayo, mustard, and horseradish on your choice of bread {Make it a half for \$8.50}	
CLUB	\$8.50
Double decker piled high with ham, bacon, turkey, Swiss and American cheeses, lettuce, tomato, and mayo on your choice of toasted bread {Make it a half for \$7}	
GRILLED CHICKEN CLUB	\$7.25
Grilled chicken breast topped with crispy bacon, Swiss cheese, lettuce, tomato, and mayo on a grilled onion roll	
THE SEAN	\$7.50
A BLT topped with avocado and a fried egg on grilled sourdough	
GRILLED CHEESE	\$4.25
Pick any cheese on any bread and we will grill it to perfection	
HAMBURGER	\$6.00
Served any way you like it on a toasted onion roll. Add cheese for \$.50	
SLOPPY TOM	\$5.50
Made just like Joe but with ground turkey	
DILLY SALMON	\$7.50
Salmon filet topped with Monterey Jack Cheese, yummy dill dressing, tomatoes, and onions on a grilled onion roll	
GRILLED TUNA MELT	\$7.00
Tuna, lightly tossed with mayo and celery, topped with Swiss cheese and tomatoes on your choice of bread	
HOT ITALIAN SUB	\$7.00
Ham, salami, mozzarella, provolone, and onions with pizza sauce on a warm 8" sub bun	
PHILLY CHEESE STEAK SUB	\$7.00
Grilled roast beef, Swiss cheese, and sautéed onions on a toasted 8" sub bun	
BUILD YOUR OWN SUB	\$7.00
Choose 1 meat, up to 2 cheeses, and your choice of veggies and condiments. Served hot or cold {each additional meat \$.50}	

AWARD WINNING

Vegetarian Chili (Mild or Spicy)

HOMEMADE

Soup of the Day	
CUP.....	\$2.50
BOWL.....	\$3.75

Fresh Salads

ROMAINE – ADD \$1
CHICKEN – ADD \$1.50

GREEK	\$8.00
Chopped romaine lettuce, black olives, cucumbers, tomatoes, cucumbers and onions with your choice of dressing	
CHEF	\$8.75
Turkey ham, Cheddar and Swiss cheeses, tomatoes, cucumbers, and onions on a bed of Iceberg lettuce with your choice of dressing	
VEGGIE TACO SALAD	\$8.00
A bowl of chopped Iceberg lettuce topped with our award winning vegetarian chili (mild or spicy), shredded cheddar cheese, diced tomatoes, black olives, sour cream, and corn chips for dipping. *Salsa upon request	
TUNA SALAD PLATE	\$8.25
Albacore tuna salad served on a bed of Iceberg lettuce. Served with cottage cheese and sliced tomatoes.	
VEGGIE GARDEN SALAD	\$7.25
An assortment of fresh veggies piled high on Iceberg lettuce	

\$8.50

PICK 2 COMBO

Choose two of the following:

- 1/2 Sandwich
- Side Salad
- Cup of Soup

Vegetarian Options

4 STAR VEGGIE CLUB	\$7.75	Half \$6.75
Double decker layered with Monterey Jack and American cheeses, hummus, avocado, tomatoes, shredded carrots, cucumbers, sprouts, and mayo on your choice of bread		
SPICY BLACK BEAN BURGER	\$7.00	
Grilled black bean patty topped with salsa red onion, cheddar cheese, tomato, avocado and sour cream on an onion roll. Served with tortilla chips		
VEGGIE RANCH WRAP	\$6.75	
Cucumbers, carrots, avocado, onion, sprouts, Monterey Jack and ranch dressing in a lawash wrap		
VEGGIE MELT	\$7.00	
Avocados, Monterey Jack, tomatoes, onions, sprouts, and mayo on your choice of grilled bread. {Soy cheese or mayo for \$.50}		
MIDEASTERN	\$6.50	
Pita bread stuffed with hummus, tomato, cucumber, and sprouts		
AVOCADO CREAM CHEESE PITA	\$6.75	
Pita bread smothered with avocado, whipped cream cheese, onions, tomatoes, and sprouts		
KELLI-JODY PITA SPECIAL	\$7.00	
Hummus, avocado, TVP, carrot, tomato, onion, cucumber, and sprouts on a grilled pita		

Breakfast

Served All Day!

WAFFLE.....	\$3.00
Add whipped cream and strawberries.....	\$4.50
PANCAKES (2).....	\$4.50
Flint area's best choice for buttermilk pancakes!	
Add warm wild berries.....	\$5.50
SWEET NUT.....	\$6.00
Thick homemade bread, egg dipped & grilled to perfection and topped with warm syrup, nuts, and bananas	
NICHOL'S SPECIAL OATMEAL.....	\$5.75
Quaker oats topped with walnuts, pecans, raisins, and cinnamon.	
Choice of toast or English muffin	
CHRIS'S VERY BERRY OATS.....	\$5.75
A warm bowl of oats swimming in blueberries & strawberries.	
Choice of toast or English muffin	
SUMMER D'LITE.....Cup \$4.25.....Bowl \$5.50	
Wild berries or fresh fruit layered with low fat yogurt & topped with crunchy granola	
FRENCH TOAST.....	\$5.50
Thick Texas Toast, egg dipped and grilled. Served with syrup and butter on the side	

Richard's Special:
Combine these two for \$7.00



3-Egg Omelettes

SERVED WITH TOAST AND HOME FRIES
SUBSTITUTE EGG WHITES FOR \$.75

WESTERN.....	\$6.50
Ham, American cheese, onions, and green peppers	
FARMERS.....	\$7.00
Sausage, American cheese, onions, green peppers, and tomatoes	
GREEK.....	\$6.75
Spinach, onions, Feta Cheese, and tomatoes	
CALIFORNIA.....	\$7.00
Turkey, Monterey Jack cheese, onions, and tomatoes	
YOLKS ON US.....	\$6.50
3 egg whites, soy cheese, brown rice, onions, and mushrooms	
SEAFOOD OMELETTE.....	\$6.50
Imitation crab, grilled mushrooms, tomatoes, Monterey Jack cheese, and sprouts	
SOUTH OF THE BORDER.....	\$7.00
Stuffed with our mild or spicy chili & Monterey Jack cheese, and topped with avocado, cheddar cheese, tomatoes, and sour cream. Salsa upon request	
VEGGIE.....	\$6.25
Stuffed with broccoli, onion, green peppers, and Swiss cheese	

Create a Plate

SERVED WITH TOAST AND HOME FRIES

Sorry, no poached eggs!

SUBSTITUTE EGG WHITES FOR \$.75

1 EGG.....	\$3.50
2 EGGS.....	\$4.00
3 EGGS.....	\$4.25
ADD MEAT.....	\$2.00

Ham, Turkey, Turkey Sausage, Sausage, or Bacon

Breakfast Sandwiches

SERVED ON AN ENGLISH MUFFIN

SUBSTITUTE A BAGEL FOR \$.50

SUBSTITUTE EGG WHITES FOR \$.75

EGG ONLY.....	\$3.50
EGG & CHEESE.....	\$4.00
EGG, MEAT, & CHEESE.....	\$4.25
THE KARIANNE.....	\$4.25

Egg, turkey sausage, and Swiss cheese

Beverages

COFFEE.....	\$1.50
HOT TEA.....	\$1.00
HOT CHOCOLATE.....	\$1.50
With Milk.....	\$2.50
ICED TEA.....	\$2.00
PINK LEMONADE.....	\$2.00
ITALIAN SODA.....	\$2.50
SOFT DRINK.....	\$2.00
ORANGE JUICE.....	\$2.00 Large \$3.00
MILK (2%, SKIM, CHOCOLATE).....	\$2.00 Large \$3.00

-SIDE ORDERS-

HOME FRIES.....	\$2.00	BROWN RICE.....	\$1.75
TOAST.....	\$1.50	COLE SLAW.....	\$1.75
BOWL OF OATMEAL.....	\$3.00	COTTAGE CHEESE.....	\$1.75
BAGEL.....	\$1.75	PITA & HUMMUS.....	\$3.50

Specialty Coffee Drinks

ESPRESSO.....	Single \$2.25	Double \$3.00
CAPPUCCINO.....	Single \$3.00	Double \$3.50
CAFÉ MOCHA.....	Single \$4.00	Double \$4.50
CAFÉ LATTE.....	Single \$3.50	Double \$4.00
HERBAL TEA.....		\$1.10
CHAI TEA.....		\$3.75
With Soy.....		\$4.25

*NOTICE: CONSUMING RAW OR UNDERCOOKED MEAT, Poultry, SEAFOOD, SHELLFISH OR EGG PRODUCTS CAN INCREASE YOUR RISK OF FOODBORNE ILLNESS

KIDS MENU

Served with chips & a small drink
Milk or Juice \$.50 extra

- PEANUT BUTTER & JELLY\$3.00
Choice of jelly and bread
- GRILLED CHEESE.....\$3.25
Choice of cheese and bread
- MICKEY'S PANCAKE.....\$3.75
With choice of meat
- CHILDREN'S FARM BREAKFAST.....\$3.50
1 egg & choice of meat and toast

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