

soups

spicy grain :: vegetable stock, carrot, onion, guajillo, celery, tortilla, tomato, lentil, brown rice, herbs & spices // \$7 // with chicken: \$8 **v/g**

roasted tomato :: tomato, onion, carrot, celery, olive oil, garlic, herbs; served with a grilled cheese garnish // \$7 **v/v*/g**

turkey chili :: turkey, medley of beans, tomato, onion, chili, butternut squash, peppers, spices // \$8 **g**

cuban black bean :: black beans, peppers, onion, celery, garlic, spices // \$7 **v*/g**

seasonal selections also available.

salads

harvest :: baby mixed greens, poached pear, grilled red onion, garbanzo beans, radish, candied pecans, spiced pepitas, bleu cheese, cranberry vinaigrette // \$9.50 // with turkey or chicken: \$11 **v/v*/g**

cobb :: romaine, chicken breast, bleu cheese, bacon, candied pecans, apple, radish, scallions, cranberry vinaigrette // \$11.50 **v/v*/g**

latin hip hop :: romaine, roasted cauliflower, tomato, scallions, grilled red onion, radish, queso fresco, spiced pepitas, tortilla strips, mojito vinaigrette // \$9.50 // with chicken: \$11 **v/v*/g**

apple & baby lettuce side salad :: baby mixed greens, tomato, radish, green apple // \$4.50 **v***

quiches

broccoli & cheddar :: broccoli, cheddar // \$9.50 **v**

bacon & sweet onion :: bacon, onion, mozzarella // \$9.50

mediterranean :: spinach, goat cheese, sundried tomato, mushroom // \$9.50 **v**

served with a mixed green side salad.

sandwiches

chicago style vegetarian :: spinach, mushroom, grilled red onion, smoked gouda, cheddar, catsup, mustard, pickle relish // \$9 **v/v***

goat cheese & roasted vegetable :: spinach, mushroom, roasted cauliflower, poached pear, grilled red onion, goat cheese, sundried tomato // \$9.50 **v/v***

abuelita's tuna salad :: spanish tuna salad, romaine, tomato // \$10.50

smoked ham & cheddar :: smoked ham, grilled red onion, smoked gouda, cheddar, sundried tomato, mustard // \$9.50

smoked turkey & white cheddar :: smoked turkey, grilled red onion, romaine, white cheddar, cranberry cherry chutney // \$9.50

chicken curry :: chicken curry salad, romaine // \$10.50

chicken & bleu cheese :: chicken breast, grilled red onion, spinach, bleu cheese, sundried tomato // \$10.50

duck confit & mozzarella :: duck confit, spinach, mushroom, grilled red onion, mozzarella, sundried tomato // \$10.50

chicken & guacamole :: chicken breast, red onion, romaine, pinto beans, chihuahua, guacamole // \$10.50

beef barbacoa :: shredded barbacoa, tomato, avocado, romaine // \$10.50
served with chips & a mixed green side salad.
substitute a '70s style salad for \$2 (veggie) or \$3 (meat)

for the kids

grilled cheese :: with chips and fruit // \$5 **v**

macaroni & cheese :: with fruit // \$5 **v**

'70s style salads

curry chicken :: poached chicken breast, green apple, dried cherry, scallions, shredded carrot, yellow curry, yogurt sauce **g**

cucumber chicken :: diced chicken, cucumber, red onion, carrot, scallions, yogurt dressing **g**

southwest lentil :: lentil, brown rice, scallions, roasted cauliflower, giardinera, queso fresco, spiced pepitas, mojito dressing **v/g**

pesto tortellini :: tri-color cheese tortellini, mayonnaise, fresh basil, basil pesto, cherry tomato **v**

abuelita mimi's tuna :: spanish tuna, red onion, celery, green bell, parsley, mayonnaise, lemon juice, black pepper **g**

roasted beet & poached pear :: roasted beets, poached pear, red onion, lemon juice, spiced pepitas, spinach **v*/g**

greek grain :: cucumber, bulgar wheat, tomato, red onion, garbanzo beans, kalamata olives, feta, parsley **v**
served over a bed of romaine with garlic toast.
single \$8 // combo of two \$9 // combo of three \$10 *add \$1 for double protein*

community plates

green lasagna :: butternut squash, spinach, mushroom, with a side salad // \$9.50 **v**

traditional meat lasagna :: beef & pork sausage, with a side salad // \$9.50

black bean & mushroom tamales :: two tamales, queso fresco, salsa, with a side salad // \$8.50 **g** // single: \$4

coffee braised pork burritos :: coffee braised pork, roasted apple, black beans, with a side salad // \$9.50

v=vegetarian

v*=vegan

v/v*=vegetarian, easily made vegan

g=gluten free

Please note that all food is prepared in a facility that processes soy, wheat, peanuts and tree nuts