

Third Place

1811 Glenwood Ave Raleigh NC 27608-2323 · +19198346566 · Updated: Jan 14, 2026

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SALADS 5

Spinach & Sprout Salad **\$4.95**

spinach, tomato, scallions & sprouts

Vegetable Salad **\$5.25**

organic mixed greens, tomato, red onion, cucumber, green peppers, carrots, sprouts, green onions, sunflower seeds and the dressing of your choice

Chips & Salsa **\$3.50**

organic white corn chips with homemade salsa

Hummus Plate **\$5.50**

homemade middle eastern garbanzo dip with warm tortilla wrap and vegetables

Cottage Cheese Plate **\$4.50**

cottage cheese with assorted veggies and mixed greens cottage cheese 1.50 cottage cheese & tomato 2.50 small side salad 2.00 large 3.00 (choice varies daily)

MONTHLY SALAD FOR JANUARY 1

Spinach Salad

crumbled bacon, tomato, mozzarella, peaches, balsamic vinaigrette

SPECIALS 3

Traditional Ragu Sandwich

with mushrooms, onions and green pepper on homemade focaccia bread toasted

Traditional Ragu Sandwich

with cheddar cheese and spinach

Traditional Ragu Sandwich

with your choice of a side salad, small soup or chips

"NEW ON THE MENU" SANDWICHES 3

The Dusty

apple brie melt

The Dusty

southwest quesadilla

Soup Du Jour

chunky tomato

SANDWICHES 10

Apple Brie Melt \$6.50

sliced apples with caramelized onions and brie, on toasted bread with spinach

Bean Burger \$5.95

a mixed bean patty baked on whole grain bread with lettuce, onion, tomato, mayonnaise and melted cheddar cheese

Baked Cheese & Tomato \$5.75

your choice of swiss, havarti or white cheddar cheese baked with a slice of tomato on whole grain bread or bagel

Southwest Quesadilla \$6.50

a quesadilla packed with black beans, red onions, corn, tomatoes and white cheddar. served with sour cream and chips

The Dusty \$6.50

portabella mushrooms, peppers, onions, cheese, lettuce and mayo on a sub roll

Three Cheese \$5.75

swiss, havarti, white cheddar, lettuce, tomato and sprouts on whole grain bread

Plethora \$5.95

homemade hummus, homemade tabouli, pico de gallo, sprouts, scallions, sunflower seeds, havarti cheese and mustard baked together on whole grain bread

Hummus & Tabouli Wrap \$5.75

homemade hummus, homemade tabouli, cucumbers and sprouts, in a wrap

Veggie Wrap \$5.25

organic mixed greens, carrots, cucumbers, green pepper, red onion, tomato, scallions, sprouts, and sunflower seeds (add cheese .75)

Pb&h \$3.95

fresh homemade peanut butter and honey (or jelly) on whole grain bread

ESPRESSO DRINKS 8

Espresso AVAILABLE OPTIONS
Quad: \$3.30
Triple: \$2.75
Double: \$2.20
Single: \$1.65

Espresso Macchiato AVAILABLE OPTIONS
Quad: \$3.50
Triple: \$2.95
Double: \$2.35
Single: \$1.75

Espresso Con Panna	AVAILABLE OPTIONS	
	Quad:	\$3.50
	Triple:	\$2.95
	Double:	\$2.35
	Single:	\$1.75

Cafe Americano	AVAILABLE OPTIONS	
	Quad:	\$3.30
	Triple:	\$2.75
	Double:	\$2.20
	Single:	\$1.65

Cappuccino	AVAILABLE OPTIONS	
	Quad:	\$4.05
	Triple:	\$3.50
	Double:	\$2.95
	Single:	\$2.40

Cafe Latte	AVAILABLE OPTIONS	
	Quad:	\$3.85
	Triple:	\$3.30
	Double:	\$2.75
	Single:	\$2.35

Cafe Mocha	AVAILABLE OPTIONS	
	Quad:	\$4.35
	Triple:	\$3.75
	Double:	\$3.05
	Single:	\$2.50

Vegan Latte	AVAILABLE OPTIONS	
	Quad:	\$4.35
	Triple:	\$3.75
	Double:	\$3.05
	Single:	\$2.50

DRINKS 19

Drip Coffee	AVAILABLE OPTIONS	
	Large:	\$2.20
	Medium:	\$1.90
	Small:	\$1.65

Cafe Au Lait	AVAILABLE OPTIONS	
	Large:	\$3.30
	Medium:	\$2.75
	Small:	\$2.20

Hot Cocoa	AVAILABLE OPTIONS	
	Large:	\$3.30
	Medium:	\$2.75
	Small:	\$2.20

Steamed Milk	AVAILABLE OPTIONS	
	Large:	\$3.30
	Medium:	\$2.75
	Small:	\$1.95

Chai	AVAILABLE OPTIONS	
	Large:	\$3.45
	Medium:	\$2.85
	Small:	\$2.35

Hot Cider	AVAILABLE OPTIONS	
	Large:	\$3.30
	Medium:	\$2.50
	Small:	\$2.00

Apple Cider	AVAILABLE OPTIONS	
	Large:	\$3.30
	Medium:	\$2.50
	Small:	\$2.00

Steamer	AVAILABLE OPTIONS	
	Large:	\$2.50
	Medium:	\$2.00
	Small:	\$1.50

Milk	AVAILABLE OPTIONS	
	Large:	\$1.90
	Medium:	\$1.75
	Small:	\$1.40

Chocolate Milk	AVAILABLE OPTIONS	
	Large:	\$2.50
	Medium:	\$2.00
	Small:	\$1.50

Italian Soda	AVAILABLE OPTIONS	
	Large:	\$2.25
	Medium:	\$1.75

Italian Cream Soda W/ Monin Syrup	AVAILABLE OPTIONS	
	Large:	\$2.50
	Medium:	\$2.00

Iced Tea	AVAILABLE OPTIONS	
	Large:	\$1.75
	Medium:	\$1.50

Naked Juice	\$2.75
Naked Smoothie	\$3.25
Bottled Water, Root Beer Or Ginger Ale	\$1.60
Frozen Drinks	\$3.70
Frozen Drinks	
Hot Tea	\$2.00