



SOUPS & SIDEKICKS 9

Black Bean Veggie Chili

w/ bread.

AVAILABLE OPTIONS

Cup: \$4.25

Bowl: \$4.95

Soup Of The Day

w/ bread.

AVAILABLE OPTIONS

Cup: \$4.25

Bowl: \$4.95

Sauteed Fresh Baby Spinach

\$2.75

Steamed Veggies

\$2.95

Blue Corn Chips

\$2.00

Oscar's Wild Side Salad

\$4.00

Asian Sesame Slaw

\$2.00

Sweet Cubano Plantains

\$2.50

Brown Rice

\$2.00

SALADS 4

Shiraz Glazed Salmon Salad

\$10.95

a char-grilled, wine glazed canadian salmon filet, served on a leafy greens salad dressed in a rice wine vinaigrette.

Soiree' Salad

\$9.95

a red leaf and watercress salad layered w/grilled lemon chicken or crispy spicy tofu, fresh mango, sliced avocado, grape tomatoes & thin red onion, w/a lemon herb vinaigrette.

M.henry Harvest Salad

\$9.50

leaf lettuce and spinach salad topped with roasted beets, grilled seasonal fruit, jicama, grape tomato, cucumber, radish, dried apricots, roasted cashews, shaved gouda & a pomegranate vinaigrette.

Fresh Fruit Salad

\$7.25

PEASANT BOWLS 3

Azteca Black Bean Bowl

organic brown rice topped with our homemade black bean chili, sharp cheddar, tomatoes, sour cream, chipotle sauce and green onions.

AVAILABLE OPTIONS

\$7.75

Top W/ A Chili Crusted Chicken Breast:

\$9.25

Mickey's Pan Asian Noodle Bowl

flat wheat noodles, carrots, red & green peppers, onions and red cabbage sauteed in a spicy sweet & savory sauce.

AVAILABLE OPTIONS

\$7.75

Add Chicken, Tofu Or Tempeh: \$9.25

Veritable Veggie Bowls

organic brown rice w/sauteed or steamed veggies.

AVAILABLE OPTIONS

\$7.25

Add Chicken, Tofu Or Tempeh: \$9.25

SAND-WICH-CRAFT 11

The Great White Tuna Sandwich

\$8.95

our all white albacore tuna salad, served on toasted cranberry walnut bread w/leaf lettuce & plum tomato.

M. Henry Reuben

\$9.50

turkey pastrami, sauerkraut, lorraine swiss, & dijon mustard on marble rye. served w/ choice of side.

Juciful Jerk Chicken

\$9.25

a fire grilled jerk spiced chicken breast, with grilled red onion, tomato, & leaf lettuce, served on a crusty baguette with a side of fresh mango salsa.

Tango Tilapia Wrap

\$9.50

cajun spiced grilled tilapia in a flour tortilla w/plum tomato, leaf lettuce, sweet pea sprouts, chinese mustard & mango salsa, w/ your choice of side.

Chicken Balsamique

\$9.25

a char-grilled, herbed chicken breast, topped w/cherry tomato & golden raisin relish, a dollop of goat cheese & leaf lettuce, drizzled w/tamarind balsamic syrup & served on a soft ciabatta w/choice of side.

Tom Turkey Sandwich

AVAILABLE OPTIONS

roasted turkey, leaf lettuce, plum tomato, lorraine swiss, avocado, red onion, & walnut pesto, on choice of bread w/cranberry sauce.

\$9.25

Cranberry Walnut Bread:

\$0.75

Chicken Caprese Sandwich

\$9.25

grilled lemon herb chicken, plum tomatoes, fresh mozzarella, fresh basil, walnut pesto, & a balsamic glaze served open face on toasted sourdough w/your choice of side.

Country Nutmeat Loaf Sandwich

\$9.25

our vegetarian take on an american classic is made from an assortment of nuts, grains, and fresh herbs, layered between toasted pain di mie, w/white cheddar, leaf lettuce & tomato basil ketchup, served w/your choice of side.

The Veggie Dagwood Stacked Sandwich

\$8.95

wisconsin sharp cheddar, lorraine swiss, avocado, leaf lettuce, plum tomato, tempeh, red onion, walnut pesto, sweet pea sprouts, pickles, & dijon mustard, on multi-grain, topped with the requisite olive.

Neo-classic Grilled Cheese

AVAILABLE OPTIONS

lorraine swiss or wisconsin sharp cheddar on multi-grain or sour boule, w/a choice of two of the following:
tomato, red onion, green apple, chives, walnut pesto, sprouts, watercress, bosc pear, applewood bacon.

\$7.95

Additional Ingredient: \$0.50

All Grown-up Grilled Cheese

\$8.95

grilled pain di mie with caramelized shallots, leeks, parrano cheese and walnut pesto. served w/your choice of side.

DESSERT 7

Chocolate Chip Cookie

\$1.00

French Apple Chopin

\$3.50

Belgian Chocolate Brownies

\$2.50

w/ whip cream

Petite Cookies

\$1.00

lemon drop, mexican wedding, peanut butter

Petite Fruit Tarts & Pies

\$2.95

Lemon Custard Tart

\$3.50

Cinnamon Roll

\$2.75