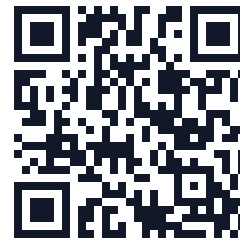


One World Cafe

100 W University Pkwy 21210-3454 · +14102355777 · Updated: Jan 14, 2026

[View online menu](#)



BEGINNINGS 8

Deluxe Nachos

white corn chips smothered with cheddar/jack, topped with tomatoes, onions, lettuce and black olives.
served with salsa and sour cream.

AVAILABLE OPTIONS

\$7.00

Add Our Vegetarian Chili For:

\$2.00

Hummus Dip

carrots, cucumber and broccoli served with warm pita bread

\$7.25

Edamame

organic, steamed with toasted sesame seeds and lemon

\$6.00

Falafel

falafel over romaine with tomatoes, lemon tahini and pita bread

\$8.95

French Fries

fries baked to perfection and seasoned with maryland's old bay

\$3.50

Mexican Refried Pinto Bean Dip

topped with our house salsa, fresh cilantro and tortilla chips

\$4.95

Soy Cheese Quesadilla

two flour tortillas filled with black beans, tomatoes, onions, soy cheese, salsa and soy sour cream

\$9.95

Quesadilla

two flour tortillas filled with black beans, tomatoes, onions, cheeses, salsa and sour cream

\$7.95

SOUPS AND SALADS 9

Soup Of The Day

our hearty soups are homemade daily using organic and local produce when available. sorry no
soup on sunday

AVAILABLE OPTIONS

Cup: \$3.50

Bowl: \$5.00

Miso Soup

our version of the light japanese-style soup with bean curd, scallions and mushrooms

\$5.00

Vegetarian Chili

our famous chili is loaded with organic brown rice, vegetables, beans, herbs and spices, ron
novak's favorite

\$6.95

Garden Delights Salad

baby greens, tomatoes, cucumbers, broccoli, sprouts, carrots, mushrooms, onions

\$7.95

Caesar Salad **\$7.95**

romaine lettuce, parmesan cheese and homemade croutons, red onions, tomatoes and cucumbers. no croutons gluten free.

Greek Salad **\$8.50**

romaine, feta cheese, olives, tomato, cucumber and red onions dressed in an oregano vinaigrette

Spinach Salad **AVAILABLE OPTIONS**

baby spinach, caramelized onions, roasted red peppers and apple slices, topped with walnuts.

\$9.95

Add Goat Cheese For An Additional: \$3.00

Tuna Salad Platter **\$8.50**

our garden salad topped with our homemade tuna salad

Homemade Dressings **AVAILABLE OPTIONS**

lemon tahini, homemade russian, greek, ceasar, tangy tahini, balsamic vinaigrette and garlic herb

Add Grilled Tofu For: \$2.00

Add Grilled Tuna For: \$5.00

Add Grilled Portobello Mushrooms For:

\$3.00

SANDWICH AND OTHERS 18

Veggie Burger Of The Day **\$7.95**

our freshly made burger of the day is served on a multi-grain bun with mixed greens, tomatoes, onions and sprouts

Black Bean Burrito **\$7.95**

black beans, tomatoes, black olives, onions, lettuce and cheddar/jack cheese in a whole wheat tortilla. served with salsa and sour cream

Philly Cheese "steak-less" **\$8.25**

hoagie bun stuffed with seasoned organic seitan strips, grilled peppers, onions and shredded lettuce with melted provolone

Smoked Salmon Wrap **\$9.95**

smoked salmon, cream cheese, tomatoes, red onion and capers wrapped in a tortilla, green scallions sprinkled on top

O.w.c. Wrap **\$7.95**

mixed greens, guacamole, sliced tomatoe, grated carrot, fresh herbs and sprouts on a sprouted grain tortilla with garlic herb dressing

Tuna Sandwich **AVAILABLE OPTIONS**

white albacore tuna with bell peppers, celery, light mayo and fresh dill on multi-grain with lettuce, sprouts, red onion and tomato.

\$7.95

As A Melt: \$8.95

Veggie "boca" Burger **\$6.95**

tasty all-vegetable burger on a multi-grain bun with lettuce, tomatoes, onions and sprouts served with lemon tahini

Tempeh Reuben	\$8.50
grilled seasoned tempeh, sauerkraut, russian dressing, swiss cheese, tomato, mixed greens and sprouts on sour dough bread	
"meatball" Sub	\$8.95
house made and hand rolled tofu meatballs with melted mozzarella and slow simmered marinara sauce	
Portabella Wrap	\$9.95
organic baby spinach, caramelized onions, diced tomatoes and basil pesto spread wrapped in a whole wheat tortilla	
Eggplant Gyro	\$8.95
spinach, feta cheese, grilled eggplant, roasted red peppers and black olives stuffed in a large pita, with a side of lemon tahini	
Organic Tofu Club	\$8.95
breaded tofu, fakin bacon, topped with carrots, tomato, sprouts and lettuce, on multi-grain with russian dressing	
Grilled Tuna Steak Sandwich	\$9.95
seasoned to perfection. with wasabi mayo on sourdough bread	
Hummus Sandwich	\$6.95
in a pita with lettuce, tomato, sprouts and cucumbers	
Grilled Cheese Sandwich	AVAILABLE OPTIONS
two slices of multi-grain toast with melted cheese of your choice.	\$5.50
	Add Sliced Tomato For An Additional:
	\$0.75
Portabella Sandwich	\$9.75
smokey portabella, caramelized onions, feta cheese spread, tomato and sprouts. served open face with a side salad	
Fblt	\$7.50
fakin bacon, lettuce and tomato with mayo on multi-grain toast	
Not Dog	\$3.50
served on an organic multi-grain roll.. add chili, kraut, cheese, onion or relish for an additional cost	

ENTREES 10

Crab Cakes	\$11.95
a "crab less" version of a baltimore tradition, topped with romulade sauce. served with roasted corn salsa and garlic mashed potatoes	
Thai Vegetable & Tempeh Saute	\$11.95
mixed vegetables and nutty organic tempeh sauteed in a spicy coconut cilantro sauce. served over rice noodles	
Baked Macaroni And Cheese	\$11.95
with smoked gouda, cheddar, fresh tomatoes and parmesan cheese served with a side salad	

Lasagna	\$11.95
made of specialty cheeses and pasta loaded with vegetables served with a side salad and garlic bread	
Crispy Tofu & Triple P Curry	\$13.95
tofu with potato, pineapple and peanuts over basmati rice	
Tuscan Penne Pasta	\$13.95
penne pasta with a balsamic roma tomato reduction, fresh basil and garlic with mozzarella cheese served with a side salad and garlic bread	
Baked Chicken(less) Parmesan	\$13.95
with marinara over linguini and caramelized onions served with a side salad and garlic bread	
Steamed Veggies And Ginger Baked Organic Tofu	\$9.95
over organic brown rice, topped with tangy tahini sauce. served with ginger baked organic tofu	
Baked Enchilada Rojas	\$12.95
with grilled peppers, onions and melted cheddar cheese. served with refried beans and guacamole.	
Red Bean And Mixed Vegetable Jambalaya	\$11.95
red beans, meatless sausage and cajun mixed vegetables over organic brown rice. served with garlicky greens and jalapeno blue cornbread muffins with house made maple butter.	

SIDES 6

Guacamole	\$4.00
Black Beans	\$4.00
Organic Brown Rice	\$4.00
Cornbread	\$3.00
two muffins and house made sweet butter	
Garlic Mashed Potatoes	\$3.00
Side Salad	\$2.00

DESSERT 7

Strawberry Luv Nugutz
modern day torte with nutz and fruit - indulge yourself
Blondie's
vegan take on a classic chocolate chip cookie. no nuts
Carrot Cake Cupcakes
moist spiced cake topped with a creamy vanilla icing
Chocolate Macaroons
rich and fluffy pastry scoop flavored with a hint of coconut and drizzled in a sweet vanilla glaze

Double Fudge Brownies

double the fudge in our vegan brownies. a fudge lovers dream

Mixed Nut Brownie

chocolate fudge brownies packed with almonds, cashews and walnuts

Red Velvet Cupcakes

rich chocolate cake topped with a sweet vanilla creme frosting