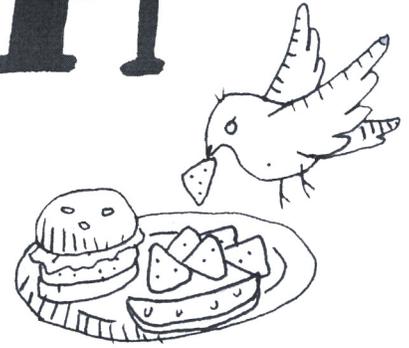


LUNCH

served from 11AM to 5PM



salads served with your choice of balsamic vinaigrette, creamy feta, or cucumber tahini dressing

Soup of the Day see our specials board for seasonal soups served with a slice of grilled house-made herb bread

Bowl.....5.00 **Cup**..... 3.50

House Salad lettuce, spinach, carrot, tomato, red onion, cucumber.....5.50

Hummus and Pita house made hummus served with warm pita bread.....4.00

Greek Salad lettuce, spinach, cucumber, tomato, red onion, kalamata olives and feta cheese.....7.00

Hummus and Veggie Plate house made hummus served with carrots, cucumber, tomato, broccoli, kalamata olives, spinach, red onion and warm pita bread.....7.50

add feta for 1.00

Cranberry Apple Walnut Salad spinach, sliced green apple, walnuts, dried cranberries and sliced red onion.....8.00

Add marinated tempeh to any salad.....3.00

Local Corn Chips and Housemade Salsa..4.00



Nachos local, organic corn chips topped with your choice of black or pinto beans, white cheddar, tomato and scallions. Served with salsa, sour cream and a lime wedge.....8.00 **vegan nachos** 9.00
add local, free range, spicy pulled chicken for 3.00

Tacos three tacos with organic black or pinto beans, lettuce, tomato, pickled red onion, cilantro, and melted white cheddar on locally made corn tortillas. Served with salsa and sour cream.....8.00
add local, free range, spicy pulled chicken for 3.00

Radical Roots Stir Fry organic tofu or local organic tempeh stir-fried with broccoli, carrots, beets, kale, ginger and garlic. Served on a bed of organic brown rice.....9.25

Macaroni and Cheese cavatappi noodles and steamed broccoli tossed in house made white cheddar cheese sauce.....8.00

Vegan Macaroni and Cheese cavatappi noodles and steamed broccoli tossed in our house made vegan cheese sauce.....8.00



Midwestern Veggie Burger house made patty of Minnesota-harvested wild rice topped with fried Wisconsin cheese curds and grilled mushrooms, lettuce, tomato, red onion and mayonaise. Served on a house-made french roll.....8.50

Wizard Burger house-made, vegan, cilantro-currried mung bean patty with lettuce, cucumber, tomato, sliced red onion and spicy veganaise on a whole grain bun.....7.50
add feta for 1.00

Spicy Chicken Sandwich slow roasted, hand pulled, local free range spicy chicken with fried Wisconsin cheese curds, pickled red onion, lettuce and mayonaise. Served on a house-made french roll.....8.75

Tempeh Gyro marinated tempeh with cucumber, lettuce, tomato, and red onion wrapped in a warm pita with kalamata olives on the side. Served with your choice of cucumber tahini or creamy feta sauce8.00
add feta for 1.00

Spicy Chicken Gyro slow roasted, hand pulled local free range spicy chicken with cucumber, lettuce, tomato, and red onion wrapped in a warm pita with kalamata olives on the side. Your choice of cucumber tahini or creamy feta sauce.....9.00

Half Sandwich
 with a **Cup of Soup** or **Side Salad**
*choose a salad or seasonal soup
 to go with half of any of our herb bread
 sandwiches*
 7.00

Tempeh Pesto Deluxe marinated tempeh with grilled mushroom and red onion, melted white cheddar cheese and tomato with vegan, house-made walnut pesto on grilled herb bread.....8.50

BLT local, free range bacon with lettuce, tomato and mayonaise on grilled herb bread.....8.50

TLT local, organic, marinated tempeh with lettuce, tomato and veganaise on grilled herb bread.....8.00

Hummus Sandwich house-made chickpea hummus with cucumber, spinach, tomato, and red onion on grilled herb bread.....7.50

Grilled Cheese melted white cheddar and sliced tomato on grilled herb bread.....7.00