

SNACK BITES

Hummus & Friends (V) Freshly made hummus with black olives, veggie sticks, and pita points	4.95
Fried Green Tomatoes (D) Southern style with spicy sauce	4.95
Black Bean Quesadilla (D) Crispy filled quesadilla and cheese.	4.95
Pita Pizza (D) (Rice cheese-add 65¢) Based with cheese, pesto sauce & topped with mixed veggies.	5.25

SOUPS & SALADS

Popeye (V) (GF) Organic Spinach with diced apples, tomatoes, pepper mix, and toasted spicy pecans with house dressing	6.75
Pear & Blue (D) (GF) A bed of greens topped with pears, toasted almonds, white raisins, crumbled blue cheese and our pear poppy seed dressing	7.25
VC's Caesar (D) A classic with our twist of pine nuts and sundried tomatoes . . .	6.95
Mediterranean (V, GF) Mixed greens tossed with black olives, tomatoes, red onions and balsamic dressing.	6.95
Soup of the Day (Check the menu board for daily selection) Cup....3.75 Bowl....4.50	

ALL WRAPPED UP

(Wrap Options: Spinach, Whole Wheat, or Sundried Tomato Tortilla served with small salad, side item, or veggie chips and a pickle)
(Toasted on request)

Tuscan Sunset (V) A blend of spinach, tomatoes, carrots, hummus.	6.25
Texan (V) A mix of black beans, corn, lettuce, tomato.	6.25
BRP (D) A hearty blend of pinto beans, brown rice, and skillet potatoes with tomatoes and cheddar cheese	5.85

SANDWICHES

(All sandwiches are served with a small salad, side item,
or veggie chips and a pickle)

TLT (V) Grilled Tempeh or Tofu with lettuce & tomatoes	6.45
Faceless Reuben Seasoned tempeh, sauerkraut, Dijon, and Swiss cheese on homemade rye.	6.45
3 Cheese Pimento Cheese A combo of white, yellow, and cottage cheese with a kick of spice	5.95
Egg Salad Traditional style with tomato and lettuce.	5.95

ENTREES

(All entrees come with starter salad and
choice of rolls, cornbread, or loaf slice)

Healthy Soul Plate (V) Our house favorite Veggie Loaf served with choice of two side vegetables	7.25
Eggplant Parmesan (V) Fried and baked in marinara and topped with Parmesan cheese	7.85
Daily Feature Check the menu board for our daily entrée	(Market Price)

KIDZ GARDEN

(Kids meals come with juice box and
choice of fresh fruit or chips)

Kennedi's Mac & Cheese (D)	4.25
Nia's Cheese Quesadilla (D)	4.25
Kayla's PB&J (V)	4.25
Raven's Veggie Dog (V)	4.25

For kids 12 and under please ...

V-Vegan Friendly D- Contains Dairy GF- Gluten Free

All dishes can be substituted with soy products for our vegan friends

GREEN PLATE SPECIAL 6.95

(All specials are served with two side items and choice of bread)

Tuesday	Garden Casserole
Wednesday	Marilyn's Lasagna
Thursday	Spinach Pie
Friday	Spaghetti Bake
Saturday	Veggie Explosion

DESSERT

Bread Pudding (D)	3.95
Raisin Rice Pudding (D)	3.95
Muffin & Fruit (V)	4.25
Seasonal Fruit (V, GF)	4.50
Dessert of the Day	(Market)

BEVERAGES

Organic Tea	1.50
Soft Drinks	1.50
Fruit Juices & Milks	1.75
Fresh Lemonade	1.75

CATERING

(10 person minimum w/ 24 hour notice)

Fruit Basket Veggie Crudités Continental
Breakfast

Box Lunches

(All of our Sandwiches and Wraps can be selected and are accompanied by a bag of chips, cookie, fruit & drink)

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Fall/Winter/Spring Hours (Sept-Apr)
Tuesday-Friday: 11:00-2:00 / 5:00-7:00
Saturday: 11:00-7:00

Summer Hours (May-Aug)
Tuesday-Friday: 11:00-2:00 / 5:00-8:00
Saturday: 11:00-8:00

DINE-IN ■ TAKE-OUT ■ CATERING