

Salads @ Main Street...

Organic greens / warm parmesan bread / dressing on the side

house salad 295

red onion / tomato / parmesan cheese / croutons

garden 495 & 795

zucchini / cucumber / bell pepper / red onion
avocado / tomato / parmesan cheese / croutons

the California 895

roasted turkey breast / tomato / red onion / avocado
havarti cheese / our own California dressing

super chef 995

turkey / ham / bacon / cheddar & swiss / egg / avocado
cucumber / zucchini / bell pepper / tomato / parmesan / croutons

“yum-yum” 495 & 795

walnuts / dried cranberries / feta cheese / balsamic vinaigrette

chicken quinoa salad 895

chicken breast / quinoa / pine nuts / grilled asparagus
tomato / champagne vinaigrette

Greek 795

tomato / bell pepper / red onion / black olives / cucumber
feta cheese / greek dressing

“the chicken salad plate” 895

two scoops chicken salad / green salad / parmesan bread
Substitute yum-yum 200

“the trio” 895

one scoop chicken salad / green salad / soup / parmesan bread
substitute yum-yum 200

ranch / blue cheese / balsamic vinaigrette / honey mustard
raspberry vinaigrette / greek / 1000 island
California / champagne vinaigrette / Caesar

Prices and ingredients are subject to change without notice

the sandwich page

sourdough or wheat / potato chips or chips & salsa

california 895

Turkey breast / havarti cheese / tomato / red onion / avocado / mayo
organic greens tossed in California dressing

down the alley club 895

bacon / ham / turkey / cheddar / red onion / tomato / pickle / mayo / lettuce

grilled turkey reuben 850

turkey / swiss / sauerkraut / 1000 island

grilled deli roast beef 895

grilled / horseradish spread / red onion / tomato / lettuce

cheese daddy 850

grilled / cheddar / swiss / pepper jack / mozzarella / parmesan / garlic butter

chicken salad sandwich 850

lettuce / tomato / mayo

BLTA 850

3 thick cut bacon strips / lettuce / tomato / avocado / mayo

turkey & swiss 795

w/red onion / tomato / lettuce / mayo

ham & cheddar 795

w/lettuce / tomato / spicy mustard

grilled cheese 695

½ sandwich combo (choices below) 795

chicken salad / BLTA / turkey & swiss

ham & cheddar / grilled cheese

Served with salad or soup & chips

Sub yum-yum salad 200

Cheese choices / cheddar / swiss / pepper jack / havarti / feta /
mozzarella

\$ 1 split plate charge includes 2nd setup with chips

09/16

it's a wrap...

warm flour or corn tortillas / potato chips or chips & salsa

down the alley club wrap 895

bacon / ham / turkey / cheddar / red onion / tomato / pickle / greens

california wrap 895

Turkey breast / havarti cheese / tomato / red onion / avocado
organic greens tossed in California dressing

happy hippy 695

grilled veggies / hummus / avocado / add cheese 100

hippy chick 895

same as above + **grilled chicken** / add cheese 100

cobb salad wrap 895

chicken / bacon / avocado / egg / tomato / cheddar & jack
greens / dressing of choice

chicken salad wrap 895

avocado / tomato / cheddar & jack / greens / add bacon 125

mediterranean 795

hummus / avocado / cucumber / black olives / feta cheese
tomato / greens greek dressing

chicken bacon ranch 895

chicken / bacon / red onions / greens tossed in ranch dressing

chicken caesar wrap 795

chicken / greens / tomato / parmesan cheese / Caesar dressing

**Cheese choices / cheddar / swiss / pepper jack / havarti / feta /
mozzarella**

\$1 split plate charge includes 2nd set up with chips

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Quesadillas

Warm flour or corn tortillas / tortilla chips & salsa

chicken & avocado 795

chicken / avocado / tomato / cheddar-jack

grilled veggie 795

zucchini / bell peppers / tomato / red onion
avocado / hummus / add cheese 100

hawaiian 850

grilled ham / pineapple / jalapeno / red onion / mozzarella

green chili & cheese 795

green chili / tomato / cheddar-jack & mozzarella

roast beef 895

grilled deli beef / grilled onions / Grilled bell pepper
cheddar-jack

cheesy Q 695

lots of cheddar-jack / mozzarella

GOOD FOR YA BURGERS

grilled bun / potato chips or chips & salsa

veggie burger 695

veggie patty / tomato / red onion / pickles / lettuce / mayo or mustard
add cheese or avocado 100

Texas veggie burger 795

veggie patty / BBQ sauce / red onion / tomato / lettuce / jalapenos / avocado

turkey burger (allow extra 10 min) 695

grilled turkey patty / tomato / red onion / lettuce
mustard or mayo / add cheese or avocado 100 / add bacon 150

**Cheese choices / cheddar / swiss / pepper jack / havarti / feta /
mozzarella**

\$1 split plate charge includes 2nd set up with chips

09-16

soup of the day

served with hot parmesan bread

cup 350 bowl 550

stews and chilies may be priced higher

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**Soup & Salad Combo - bowl of soup, small salad & parmesan bread 795**

**Substitute Yum-Yum 200**  
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add on stuff

chips & salsa	250
chips & hummus	295
hummus	150
veggie sticks	250
tomatoes	100
avocado	150
grilled Onions	125
green chiles	100
jalapenos	75
pickles	50
parmesan bread	100

scoop chicken salad	345
grilled chicken	295
roasted turkey	295
turkey Patty	295
veggie Patty	295
deli roast beef	395
baked Ham	295
thick bacon (slice)	125
cheese (slice)	100
boiled egg	125

Cheese choices / cheddar / swiss / pepper jack / havarti / feta /
mozzarella

drinks

Fresh brewed **organic** iced tea...regular or flavored 195

Hot organic teas 195

Fair trade organic coffee 195

Assorted bottled drinks 195

(no high fructose sweeteners)

The only sweeteners we serve are Stevia & Real Sugar

No **Pink** or **Blue** stuff here!

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