

Lunch and Later Menu

Pizza*

Veggie

basil pesto, spinach, tomatoes, portabella mushrooms, red onion, feta, mozzarella cheese

10" pizza \$8 14" pizza \$13

Hawaiian

tomato pesto, pineapple, ham, portabella mushrooms, mozzarella

10" pizza \$8 14" pizza \$13

The Works

The veggie plus chicken 10" pizza \$10 14" \$15

Meximelt

salsa for its sauce, crushed corn chips, mushrooms, onions, monterey jack cheese, chicken, tomatoes, chili seasonings

10" pizza \$12 14" pizza \$16

Quesadillas

Veggie

spinach, tomatoes, portabella mushrooms, red onion, cheddar jack cheese \$6.95

The Works

spinach, tomatoes, portabella mushrooms, red onion, chicken, cheddar jack cheese \$6.95

Chicken and Cheese \$6.75

Cheese \$6.00

*All quesadillas served with sour cream and salsa, extra sour cream or salsa .85 cents

*Pizza available on gluten free crust

Sandwiches and Wraps

Veggie Burger \$10.95

A wonderful burger full of lentils, bell pepper, mushroom, spinach, zucchini and other goodies. We top it with avocado, sprouts and greens. Add cheese and tomatoes for a small extra charge. The bun is a sesame, sea salt gluten free bun.

Hawaiian Ham Sandwich

Pineapple, ham, tomato pesto, portabella mushrooms,
mozzarella cheese on ciabatta roll \$7.95

The Dirtbean Dip Sandwich

Roast beef, swiss cheese, tomato pesto, au jous on ciabatta \$7.95

Veggie (sandwich or wrap)

Basil pesto, organic greens, avocado, tomato, carrots,
portabella mushrooms, alfalfa sprouts, balsamic, feta cheese \$7.95

Ham and Swiss Wrap

Ham, swiss cheese, tomato, organic greens, ranch dressing \$7.95

Chicken Avocado Wrap

Chicken, avocado, alfalfa sprouts, raisins, organic greens,
feta cheese, balsamic dressing \$7.95

*all sandwiches and wraps served with chips and salsa

*gluten free sea salt and sesame roll available for .50 cents extra

Salads and Soup

House Salad

Organic greens, tomato, portabella mushrooms, red onion,
carrots, feta cheese, sour dough or multi grain bread
balsamic or ranch dressing \$6.95

Summer Salad

Organic greens, alfalfa sprouts, pineapple, pumpkin seeds
craisins, avocado, feta cheese, sour dough or
multi grain bread \$8

Soup and Salad combo

cup of soup with house salad \$10

*salads served with bread sour dough or whole grain bread

*extra dressing .90 cents *Add Chicken \$2.00 Add Ahi \$5

Soup of the day served with whole grain or sour dough bread

6oz Cup \$4.50

10oz Bowl \$6.50

FISH TACO!!!

Our house yummy version of the "Fish Taco"

It's big

seared ahi tuna, signature red cabbage slaw with cilantro, pineapple
mango, ginger, avocado, served with side of salsa and sour cream

can serve two normal size appetites, one cyclist size appetite

\$9.95

Please order and pay at the register, find a seat to your liking and we will
happily bring your meal to you. Thanks for dining with us.

See our chalkboard for more drinks including our beer and wine options
Mahalo, Thank you and Enjoy!

