



Hot Sandwiches

Served with chips or Veggie Bowl and a pickle

Reuben
 Corned Beef, Sauerkraut, Swiss cheese, Mayo, Mustard on Light Rye **9.00**

Yellow Submarine **8.75**
 Spread of the week, sprouts, lettuce, onions, tomatoes, yellow peppers on our Sub Roll (Served Cold)

D
 Roast Pepper, Provolone, Onion, butter & our sauce **9.00**

Bristol Bay **9.75**
 our own Alaskan caught Salmon, tartar sauce, mustard, cheddar, Provolone, Lettuce, tomato, onions, on a buttered Heritage Roll

Garden Burger **9.00**
 our own Veggie Burger, Onions, Tomato, lettuce, aocado, sprouts, mustard, garlic spread on a Heritage Roll - served with - veggie bowl - or - mini soup



Vistacada
 Turkey, Hot Pepper, onions, aocado mayo, Butter, Kaiser

CREATE YOUR OWN SANDWICH

Served with Butter or Mayo chips or veggies and Mustard and a pickle

meat

- * Roast Beef
- * Corned Beef
- * Turkey
- * Beef Pastrami
- * Chipotle Chicken

Cheese

- * Havarti
- * Swiss
- * Cheddar
- * Provolone
- * Hot Pepper Jack



Bread

- * Kaiser Roll
- * Onion Roll
- * Egg Roll

Meat Only... 8.00 Cheese Only... 6.50
 Meat and Cheese... 8.75
 Veggie Only... 4.25

For the allergy Rice

Salads

Served with hot buttered bread



Garden Salad
 mixed greens, peppers, tomatoes, onions, croutons
 Half ... 4.75 7.00

Cranberry Cashew Salad
 mixed greens, Cashews, Craisins, Cheese, peppers & tomatoes
 Half ... 6.75 8.50

Chef Salad
 mixed greens, turkey, cheese, olives, croutons, onions, peppers, tomatoes, pepperoni
 8.50 Half ...

Fruit Salad
 fresh fruit & yogurt sprinkled with coconut, nuts & wheat germ
 Whole 7.75 Half.. 6.00

Dressings:
 House, Ranch, Thousand Island, Oil & Vinegar



Homemade Soup or Chili

Bowl ~ with Artisan Bread.... 7.75
 Cup ~ with Whole Wheat Sourdough... 5.00

Just Desserts

- Carrot Cake 4.00
- Cream Cheese Pie 4.00
with strawberries or
Homemade Blueberry Sauce 4.50
- Sweet Potato Pound Cake..... 4.00
- Banana Bread..... 3.00
- "Deluxe"..... 3.50
- Honey Bun..... 3.00



Fort
PBBH Lite
 peanut butter
 banana & honey
 on our Herit

Tutti Frutti
 tiny fruit salad with yogurt... 3.00

Cheese Melt
 Provolone



Cold Drinks

- Iced Tea..... 2.25
- Iced Green Maté... 2.25
- Lemon-Lime Maté... 2.75
- Mango Maté..... 2.75
- Hibiscus Deli Cooler.. 2.75
- Banana Milk..... 3.00
with almond milk ... add 1.00
- Milk..... 1.25
- cold Apple Cider... 3.25

Smoothies

- Piña Colada.... 6.00
 - Strawberry.... 6.00
- Made only from fresh fruit, juice and honey.

just
Apple
Orange
Papaya
Grapefr
6 fresh from
Carrot.

A Mug of
Root Beer
... 2.25

Hot Drinks



- Hot yerba Maté... 2.25
- Coffee..... 2.25

- Hot Teas... 2.50
- Loose Teas

See Tea List on table for Choices

Breakfast

served all day

Spinwich

Eggs, fresh spinach, parmesan, cheddar & pepper jack cheese, onions, red peppers, our own special sauce, on a buttered Egg Roll

6.75

Yogurt Parfait

Lots of fresh seasonal fruit with yogurt and granola sprinkles, coconut, sweetened with honey.... 7.25



Breakfast

Roast Beef
fresh egg, cheddar
Pepper jack
onions, and
on an

Deli Waf

with butter &
Pure Vermont
Maple Syrup
with fresh fruit

FRESH from our OVEN

Muffin of the Day... 2.25

