

Salads

Served with bread

Garden Salad

mixed greens,
Peppers, tomatoes
onions, croutons

1/2 garden... 4.50 £6.50

Cranberry Cashew Salad

mixed greens,
cashews, raisins,
havarti cheese,
peppers, tomatoes

1/2 cran... 6.00 £8.50

Chef Salad

mixed greens, turkey,
cheese, olives, croutons,
spring onions, peppers
tomatoes, pepperoncinis

8.50 1/2 chef... 6.00

Fruit Salad... 6.75

seasonal fruit & yoghurt

1/2 fruit... 5.00

Dressings:

Ranch, House,
Thousand Island,
Oil & vinegar

Soup of the Day or Chili

Bowl ~ served w/ Artisan Bread... 7.00

Cup ~ with a slice of Sourdough... 4.50

Side Orders
Artisan Bread... 1.50 Sourdough Bread... 1.00

Jalapeño Cornbread... 1.50

With Joy's Jalapeño
cheese cornbread

Bowl... 7.00

Cup... 4.50

Just

Desserts

*made with spelt flour

* Carrot Cake... 4.00

Cream Cheese Pie... 4.00

with strawberries... 4.50

or with Blueberry Sauce... 4.50

* Sweet Potato
Pound Cake... 4.00

* Banana Bread... 2.75

"Deluxe"... 3.50

* Honey Bun... 2.75

"Deluxe"... 3.50

Cinnamon Roll... 3.50

* Cookie... 1.25

* Muffin of the day... 2.25

Carob Nut Brownie... 2.25

Homemade!

For the Little one...

PBBH

peanut butter,
banana & honey
Whole spelt Roll

4.25

Wafflelet

100% Spelt

A Mini Waffle

with
butter & maple
syrup... 3.50

with
fresh fruit
... 4.50

Tutti Frutti

tiny fruit
salad with
yoghurt
... 2.75

CHEESE MELT

Hot melted cheese
on a buttered whole
spelt roll... 3.25

if you have a food
allergy, please let
your server know.