

# MENU

## Sandwiches

winter 2011

:: all wraps / sandwiches are served with blue corn tortilla chips ::

### Grilled Cheese 6

Cheddar or pepperjack Tillamook cheese on Pearl Bakery bread with fresh cracked pepper and sea salt

:: sub vegan Daiya cheese 1 :: add avocado 1.5 ::

:: add slow roasted tomato, spinach, or red onion .5 each ::

### Bowl of tomato soup with Grilled Cheese 8.5

### Grilled Ham and Cheese 8

Sliced Hill Meats ham and Tillamook sharp cheddar on Pearl Bakery bread with fresh cracked pepper and sea salt

:: sub vegan Daiya cheese 1 :: sub barbeque tempeh for ham upon request ::

### Grilled Turkey, Avocado, Spinach, and Pepperjack 8

with herb roasted turkey From People's Sandwich on Pearl Bakery bread

:: add slow roasted tomato .5 :: sub vegan Daiya cheese 1 ::

### Club Sandwich 8.5V

A triple decker sandwich with barbeque tempeh, slow roasted tomato, spinach, red onion, avocado, carrots, vegan chipotle aioli, and stone ground mustard on Pearl Bakery bread

### Barbeque Tempeh Wrap 8V

Spinach, marinated barbeque tempeh, slow roasted tomatoes, hemp seed ranch, red onion, and avocado in a whole wheat tortilla

### Turkey Avocado Wrap 8

Sliced turkey from People's Sandwich, fresh spinach, avocado, carrots, olive tapenade, and hemp seed ranch in a whole wheat tortilla

### Veggie Sandwich 7V

Chickpea hummus, olive tapenade, avocado, slow roasted tomato, spinach, onion, carrots and beets on Pearl Bakery bread or wrapped in a whole wheat tortilla

### Southwestern Wrap 7.5

Black beans, slow roasted tomatoes, chipotle aioli, spinach, Tillamook pepperjack and cheddar cheese, fresh cilantro and red onion in a whole wheat tortilla

:: sub vegan Daiya cheese 1 :: add avocado 1.5 ::

### Sides

sauce .5 :: salsa 1 :: 1/4 avocado 1.5 :: blue corn tortilla chips 1 ::

backspace

As much as possible, our menu items are made with organic ingredients.  
Meat and dairy products are always antibiotic and hormone free.