



FULL O' LIFE SUNDAY BRUNCH MENU

11:00 AM TO 3:00 PM

EGG SPECIALS

Served With Brunch Potatoes, Organic Hash Browns, Or Fresh Fruit Cup.

Eggs Benedict On Whole Wheat English Muffin With Turkey Or Veggie Ham \$9.95

Eggs Florentine On Whole Wheat English Muffin With Fresh Spinach And Hollandaise Sauce \$9.95

Two Eggs, Any Style \$7.95

Served With Your Choice Of Toast, English Muffin, Or Fresh Baked Banana Muffin.

Three Egg Omelette Or Tofu Scramble \$9.95

Served With Toast, English Muffin, Or Fresh Baked Banana Muffin

And Your Choice Of Three Of The Following Items:

Cheese: Swiss, Jack, White Cheddar, Feta, Or Vegan Cheese, Sauteed Onions, Tomato, Avocado, Mushrooms, Bell Pepper, Green Onions, Green Chiles, Fresh Spinach, Spanish Sauce.

*Each Additional Item: **Add \$1.00***

*Diced Turkey-Ham, Veggie Ham, Sausage, Veggie Sausage, Or Turkey Bacon: **Add \$1.95***

Toast Choices: Whole Wheat, Rye, Sourdough, Or Whole Wheat English Muffin.

BRUNCH SPECIALS

Full O' Life Breakfast Sandwich \$9.95

With Fried Egg, Turkey Bacon, Melted Cheese, Lettuce, Tomato, Mayonnaise, Your Choice Of Toast, Served With Potatoes Or Fresh Fruit Cup.

Huevos Rancheros \$9.95

Two Eggs Any Style Over A Warm Corn Tortilla Topped With Spanish Sauce And Melted Cheese, Served With Black Beans.

Breakfast Burrito \$8.95

Scrambled Eggs, Black Beans, Hash Browns And Cheese, Wrapped In A Whole Wheat Tortilla, Topped With Avocado Slices And Served With A Side Of Fresh Salsa.

Smoked Salmon And Bagel Platter \$9.95

With Cream Cheese, Sliced Tomatoes, Capers And Red Onion.

Multigrain Or Buttermilk Pancakes \$8.95

With Blueberries Or Strawberries (Seasonal),

Made With Arrowhead Mills Organic Pancake Mix, And Served With Organic Grade B Maple Syrup.

*Whip Cream: **Add \$1.50** Chopped Pecans: **Add \$1.00** Half-Stack **\$4.50***

SIDES

*Veggie Sausage, Italian Turkey Sausage, Chicken Apple Sausage, Or Turkey Bacon **\$3.00***

*Ground Beef Or Chicken Patty **\$4.00***

*Fresh Fruit Salad Bowl Served With Fresh Baked Banana Muffin And Yogurt Dressing **\$6.75***

*Yogurt With Fresh Fruit And Granola **\$5.95***

*Fresh Fruit Of The Day **\$4.75***

*Whole Wheat Croissant With Strawberry Jam **\$2.95***

BEVERAGES

*Organic Coffee (Regular And Decaffeinated) **\$2.50***

*Juice **\$2.75** - Herb Teas **\$2.50** - Ice Tea **\$2.25** - Lemonade **\$2.50***





FULL O' LIFE SUNDAY LUNCH MENU

11:00 AM TO 3:00 PM

Homemade Vegetable-Barley Soup

Cup \$3.95 Bowl \$5.50

Grilled Fresh Fish DinnerFair Market Value

Served With Tartar Or Dill Sauce, Comes With Your Choice Of Two Sides:
Cup Of Vegetable-Barley Soup, Dinner Salad, Brunch Potatoes, Or Fresh Spinach.

FRESH SALADS

Caesar Salad

With Grilled Fresh Salmon \$12.95

Or Grilled Natural Chicken Breast \$10.95

Romaine Lettuce, Cucumbers, Tomatoes, Whole Wheat Croutons, Parmesan Cheese, Served With Caesar Dressing.

Chef's Salad With Avocado \$9.95

Mixed Greens, Tomato, Cucumbers, Hard Boiled Egg, Sliced Avocado, Shredded White Cheddar Cheese,
Served With Your Choice Of Dressing.

SANDWICHES

All Sandwiches Come With Raw Carrot Slices Or Kettle Potato Chips.

Albacore Tuna Salad Sandwich \$7.50

Served On Your Choice Of Wheat, Rye, Sourdough Or Honey Wheat Croissant, Lettuce And Mayonnaise.

Fresh Fish Sandwich.....Fair Market Value

Grilled Fresh Fish Of The Day Served On A Whole Wheat Bun With Lettuce, Tomato, Tartar Or Dill Sauce.

Hot Croissant Sandwich \$8.75

Choice Of Turkey-Ham Or Albacore Tuna Salad, With Melted Cheese And Tomato On A Honey Wheat Croissant.

Tuna Melt \$8.75

Served On A Whole Wheat English Muffin With Alfalfa Sprouts, Melted Jack Cheese, Topped With Sesame Seeds.

Grilled Chicken Breast Sandwich \$8.95

Marinated Natural Chicken Breast From Shelton Farms, Served On A Whole Wheat Bun With Lettuce, Tomato, And Mayonnaise.

Full O' Life Pocket Sandwich \$7.75

Pita Bread Filled With Sliced Tomatoes, Melted Jack Cheese, Mushrooms, And Alfalfa Sprouts.
With Avocado \$8.75

BURGERS

All Burgers Are Served On A Whole Wheat Bun With Lettuce, Tomato, Mayonnaise,
And Comes With Your Choice Of Raw Carrot Slices Or Kettle Potato Chips. Cheeses: White Cheddar, Swiss, Jack, And Vegan Soy.

Natural Harmony Farms Turkey Burger \$7.00 With Cheese \$7.75

Natural Harmony Farms Beef Burger \$7.00 With Cheese \$7.75

Natural Harmony Farms Chicken Burger \$7.00 With Cheese \$7.75

Vegeburger \$7.00

Made In Our Own Kitchen With Soy Protein, Eggs, And Herbs. With Cheese \$7.75

Garden Burger \$7.00

Made With Grains, Vegetables, And Cheese.

With Additional Cheese \$7.75 Vegan Garden Burger \$7.00 With Vegan Cheese \$7.75

HOMEMADE DESSERT OF THE DAY

Ask Your Server For Today's Selection

