

Panini:

Grilled on your choice of bread (sourdough, multigrain, whole wheat, pumpernickel/rye or gluten free) and served with chips.

Apple Smoked Cheddar / \$7.99

Sliced Apple Smoked Cheddar Cheese and Cranberries

Goat Cheese and Pear / \$7.99

Goat Cheddar and Chevre with Slice Pear, Arugula and Balsamic

Roasted Veggies/Provolone / \$7.99*

Pepper, Onion, Zucchini, Yam and Provolone Cheese

Thanksgiving Dinner / \$7.99*

Stuffed Vegetarian 'Roast', Onion, Yam, Cranberry Sauce and Vegenaise Topped with Muenster Cheese

Tomato/Basil/Mozzarella / \$7.99*

Basil/Pesto, Arugula and Olive Oil Drizzle

Veggie Burger / \$6.99*

Amy's California Burger w/ Melted Cheddar Cheese, Lettuce, Tomato, Vegenaise and Ketchup on a Whole Grain One Bun

Southwest Burger / \$7.99*

Black Bean Chipotle Veggie Burger with Cheddar Cheese, Avocado, Lettuce, Tomato and Mild Salsa on a One Bun

Tuna Melt / \$7.99*

Tuna Topped with Cheddar Cheese. Add Lettuce, Tomato or Onion

Turkey Melt / \$7.99*

All Natural Sliced Turkey Topped with Cheddar Cheese. Add Lettuce, Tomato or Onion

Grilled Cheese / \$6.99*

Your choice of Cheese, Onion and Tomato

Cold Sandwiches:

Served with lettuce, carrots, sprouts, and vegenaise on your choice of bread (sourdough, multigrain, whole wheat, pumpernickel/rye or gluten free).

Vegetarian Options / \$6.99

Egg Salad - Unturkey Salad - Veggie Ham & Cheese - Veggie Bologna & Cheese* - Veggie Turkey & Cheese* - Veggie Meatloaf*

Vegan Options / \$6.99

Curried Tofu Salad - Fakin Bakin - Hummus w/Peanut Sauce - Marinated Tempeh - Marinated Tofu - The Bridge Tofu Salad - Vegan Field Roast

Meat Options / \$6.99*

Chicken - Chicken Salad - Genoa Salami - Ham - Herb Turkey - Pepperoni - Roast Beef - Tuna Salad - Turkey

Café Facts:

We Use 100% Certified Organic Produce

Whenever Possible We Use Forest City Farms Local Organic Produce Grown 2.26 Miles Away

Fresh Hand Crafted Bread is Delivered Daily From Alberto's Bakery In Deep River, CT

All Of Our Natural Meats Are Humanly Raised With No Antibiotics Or Added Hormones

Our Juice/Smoothie Bar Uses Lids That Don't Require A Straw. If You'd Prefer A Paper Straw Please Ask.

Don't Forget To Have The Cashiers Stamp Your Deli Card Before You Leave

We Accept Orders Over The Phone



Café Menu

Monday - Friday

8am to 5pm

Saturday

9am to 5pm

Sunday

10am to 5pm

575 Main Street

Middletown, CT 06457

P. 860.346.1786

Breakfast:

Egg & Cheese / \$4.99*

Two Organic Eggs, Scrambled and Baked Topped with Cheddar Cheese On a Multigrain 'One Bun' or English Muffin Add: Fakin' Bacon \$1.00, Ham \$1.50, Avocado \$1.00, Tomato \$0.50 or Spinach \$0.50. Gluten Free Bread \$0.50

Vegan Breakfast Burrito / \$4.99

Tofu Scramble Made with Local Tofu, Black Beans, Tomatoes, Onion and Seasonings with Vegan Dayia Cheese in an Organic Wrap

Organic Juices:

12oz: \$4.99 16oz: \$5.99 24oz: \$7.99

Apple Juice

Carrot Juice

Orange Juice

Essential Beet

Beet and Celery

Mixed Greens

Celery, Cucumber, Parsley and Romaine Lettuce

Pure Bliss

Apple, Beet, Carrot and Ginger

Spiced Lemonade

Apple, Lemon and Ginger

12oz: \$6.49 16oz: \$7.99 24oz: \$10.99

Bloody Larry

Carrot, Celery, Garlic, Lemon, Tomato, Horseradish and Hot Sauce

Everything Nutritious

Beet, Carrot, Celery, Kale, Parsley, Spinach, Garlic and Ginger

Green Apple

Apple and Kale

Green Envy

Apple, Celery, Cucumber, Kale, Parsley, Pineapple, and Ginger

Fresh Lemonade (24oz) / \$4.99

Wheatgrass 1oz / \$2.49 2oz / \$4.98

Fire Cider Shot / \$1.99

Immune Booster / \$3.99

Fire Cider, Lemon, Ginger, Echinacea, Cayenne and Vit. C

Organic Smoothies:

12oz: \$4.99 16oz: \$5.99 24oz: \$7.99

Banana Protein Crunch

Banana, Granola, Protein Powder and Rice Milk

Basic Berry

Blueberry, Raspberry, Strawberry and Rice Milk

Dragon Berry

Dragon Fruit, Banana, Strawberry, Raspberry, Agave and Almond Milk with a Chocolate Swirl

Fruit Galore

Banana, Mango, Strawberry, Apple Juice and Orange Juice

Green Pear

Banana, Pear, Pineapple, Kale, Spinach, Orange Juice and Apple Juice

Matcha Green Tea

Banana, Pineapple, Spinach, Matcha and Coconut Milk

Mixed Berry

Blueberry, Raspberry, Strawberry, and Apple Juice

Mocha Crunch

Banana, Granola, Protein Powder, Black Coffee and Almond Milk with a Chocolate Swirl

Pina Colada

Banana, Coconut, Mango, Pineapple, Pineapple Juice and Rice Milk

Tasty Carrot

Banana, Strawberry and Carrot Juice

Tropical

Banana, Coconut, Pineapple Juice and Rice Milk

Tropical Green

Banana, Mango, Celery, Spinach, Apple Juice and Coconut Water

Add Ins:

\$1.00

Bee Pollen, Chia Seeds, Echinacea, Flax Seeds, Ginger, Ginseng, Peanut Butter or Vitamin C

\$2.00

Almond Butter, Flax Oil, Protein Powder (Grass-Fed Whey or Organic Raw/Vegan), Maca or Spirulina

Salads:

Mixed Greens, Carrots, Cucumbers, Sprouts and Tomato Topped With...

Apple Smoked Cheddar / \$7.99

Sliced Apple, Grated Smoked Apple Cheddar Cheese and Dried Cranberry

California Salad / \$7.99

Garbanzo Beans and Avocado

Chef's Salad / \$7.99

Turkey & Ham Slices, Cheese, Egg and Olives

Cranberry Goat Cheese / \$7.99

Goat Cheese, Walnuts and Cranberries

Egg & Cheese Salad / \$6.99

Sliced Egg and Cheese

Falafel Platter / \$6.99

Falafel, Hummus, Olives and Pita Bread

Garden Salad / \$4.99

Greek Salad / \$6.99

Feta Cheese and Olives

Marinated Tempeh Salad / \$6.99

Cubes of House Marinated Tempeh

Marinated Tofu Salad / \$6.99

Cubes of House Marinated Tofu

Tofu Salad Platter / \$6.99

The Bridge Tofu Salad

Tuna Salad Platter / \$7.99

Scoop of Tuna Salad

Caesar Salad / \$6.99

Romaine Lettuce, Parmesan, Croutons, Caesar Dressing and Lemon

Soups:

Please ask about our soup options as they change daily.

Cup (12oz) / \$4.99

Bowl (16oz) / \$5.99

*Vegan Cheese May Be Substituted For an Additional \$1.00 Charge