

Gluten-Free & Vegan

*Dietary requests are
always welcome.*

MENU



GLUTEN-FREE (GF)

BREAKFAST

- GF Bagel with Cream Cheese \$5
- Granola with Oats, Honey, Raisins, Almonds & Fresh Blueberries; plus, Greek Yogurt or Milk \$5
- Yogurt: Plain, Honey or Strawberry \$4

LUNCH & DINNER

Hot & Cold Sandwiches

- Sliced Turkey & Cheese on GF Bread \$9
- Chicken Salad with Chopped Celery & Apples on GF Bread \$9
- Panini Sliced Turkey & Cheese on GF Bread \$9
- Panini Grilled Cheese (with apple slices or plain) on GF Bread \$8
- Peanut Butter & Jelly on GF Bread \$7

Bowls

- Beans and Rice with *Yumm! Sauce® \$9

Sides

- Mixed Fruit Cup \$2 Tortilla Chips \$1
- Potato Salad \$1

VEGAN

BREAKFAST

- Regular Bagel with Vegan Cream Cheese \$6
- GF Bagel with Vegan Cream Cheese \$7
- Oatmeal with Brown Sugar, Raisins, and Almond, Coconut, Oat, or Soy Milk \$6

LUNCH & DINNER

Hot & Cold Sandwiches

- Sliced Tofurkey & Vegan Cheese \$9
- Panini Sliced Tofurkey & Vegan Cheese \$9
- Panini Grilled Vegan Cheese (with apple slices or plain) \$9; on GF Bread \$10
- Vegan Peanut Butter & Jelly \$7; on GF Bread \$8

Bowls

- Beans and Rice with *Yumm! Sauce® \$9

Sides

- Mixed Fruit Cup \$2 Tortilla Chips \$1

Bread, Cheese & Condiment Options

Breads: Multi-Grain, Sourdough, Whole Wheat, White

Croissant, Bagel, or **Gluten-Free Bread or Gluten-Free Bagel +\$1**

Cheeses: Medium Cheddar, Provolone, Pepperjack, Swiss, Vegan American, Vegan Cheddar, Vegan Pepperjack

Condiments: Mayo, Vegan Mayo, Yellow or Dijon Mustard, Pesto,

Vegan cheeses, condiments, and sauces are animal-free, dairy-free, and egg-free.

YOUR OPINION MATTERS

Please tell us what you think – selections, prices, décor, staffing, what's missing, and more.

We're here to serve you! **Thank you!**

NORMAL HOURS

OPEN Thu to Mon, 8-3
Closed Tue & Wed

Special Events Open Fri-Sat 8-8

819 E. Main Street, Cottage Grove, OR 97423
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