

# Shhhhhh...

*People often ask, "What makes your food so delicious?"*

*Our secret: The way we make food is just as important as our carefully selected ingredients. We treat food with reverence, practice joyfulness, respect each other, value our customers, and have fun together.*

*This is why our food is delicious, because it nourishes your spirit and body!*

## Quality


Starting from scratch with high-quality basics like extra-virgin olive oil and mineral rich sea salt, we add super-foods and exotic spices from around the world.

Our milk, almond milk, beans, flour, sugar, grains, tofu, tempeh, and other staples are almost exclusively organic. Organic produce fluctuates with seasonal and local availability. We source locally, as possible, and proudly serve only wild fish and ethically raised meats from trusted suppliers, like Coleman meats.

## Divine Desserts yummmm

*Selection Varies*

*Ask about our rotating dessert specials*

Lemon Basil Cookies (vegan and gf) 

Chocolate Chip Cookies

Chocolate Toffee Cookies

Coconut Ginger Rice Pudding 

(agave sweetened, vegan and gluten free)

## Delectable Drinks

Rose Lemonade

Iced Tea: Herbal (Raspberry) or Black Hibiscus Cooler (stevia sweetened)

Oregon Chai Latte, hot or iced

Hot Chocolate with whipped cream

Hot Tea, assorted

Italian Soda with Whipped Cream

Kombucha

## Blended Freezes

Guava Delight

Chocolate Chai Divine

Chocolate Cherry Bomb

## Beer

Deschutes Fresh Squeezed IPA

Ace Pear Cider

Blonde Bombshell

Rogue Dead Guy

## Wine by Del Rio, Rogue Valley, OR

Cabernet Sauvignon

Pinot Gris

## Coffee & Espresso

*We offer locally roasted, organic, fair trade and shade grown coffees. Our decaf is water processed. We use organic milks and hormone-free creams.*

Coffee

Iced Coffee

Espresso or Americano

Latte or Cappuccino

Mocha

## And of course, fountain Soda

Pepsi, Diet Pepsi, Dr Pepper, and

Root Beer



An Ashland favorite since 1998,  
we offer **vibrant** and delicious food,  
made from scratch with **exotic**  
world spices, seasonally **organic** and  
locally grown ingredients, and  
**humanely raised** hormone-free meats

Yes, we are **gluten-free**, **vegan**,  
and **omnivore** friendly! .



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## Soup redefined

Always made from scratch. See the board or visit us on Facebook for our selection of the moment.

## Vibrant Salads made with organic greens

Add tofu, tempeh or chicken

Add Pickled Planet live sauerkraut

Add a cup of soup

### Cleopatra

Organic field greens with artichoke hearts, sundried tomatoes, parmesan, and vinaigrette on the side

### Squirrel Nut

Organic field greens with sprouts, carrots, goji berries, seeds and nuts, and lemon tahini dressing on the side

### Gimmie the Greek Salad

Organic field greens, Kalamata tapanade with avocado, tomatoes, cucumber, red onions, herbed feta, and in spite of our best efforts, the occasional pit

### Unwrapped

We will happily turn any wrap into a salad with sundried tomato vinaigrette dressing, just for you.

## Gluten Free?

We can make any wrap or panini gluten-free

Gluten-free portions are slightly smaller.

If smaller just isn't your thing, we can magically turn any wrap into a salad, just for you.

Don't forget to check facebook or our soup board for today's gluten-free and vegan offerings!

Yes, we have gluten-free desserts!

## all Wraps include lettuce

Add a cup of soup or side salad

Add a side of Pickled Planet live sauerkraut

Sub gluten-free wrap

### Teriyaki

Teriyaki grilled chicken, sub tempeh or tofu, roasted garlic aioli, Asian slaw, crispy Chinese noodles, and Mandarin oranges

### Spring Chicken

Grilled chicken, tomatoes, carrots, parmesan, red onions, creamy spring onion dressing

### Grill from Ipanema

Grilled chicken or tofu with avocado, tomatoes, red onions, and roasted garlic aioli

sub vegan aioli

### The Tempehst

Spicy grilled chicken or tempeh with marinated zucchini, roasted red peppers, caramelized onions, and roasted garlic aioli

sub vegan aioli

### Indian Curry

Indian spiked chicken or tofu, tomatoes, red onions, roasted peppers, carrots, & curried aioli

sub vegan aioli

### Hummus Wrapture

Hummus with carrots, sprouts, tomatoes, cucumber, red onions, & lemon tahini

### Gimmie the Greek

Kalamata tapanade with avocado, tomatoes, cucumber, red onions, herbed feta, and, in spite of our best efforts, the occasional pit

sub hummus for feta to make it vegan.

### Wrap of Khan

Grilled chicken, artichoke hearts, grilled zucchini and creamy roasted red pepper cheese, and a touch of spice

### Uptown Grill

Grilled chicken, with peppered bacon, avocado, tomatoes, red onion & Pangea ranch dressing

## Panini grilled sandwiches

Panini take time to grill. Please be patient.

Add a cup of soup or side salad.

Sub gluten-free bread (gf portions are smaller)

### What She's Having

Spicy chicken or tofu with roasted red peppers, grilled zucchini, spinach, caramelized onions and garlic aioli

sub vegan aioli

### French Kiss

Melted Brie with both fresh and sundried tomatoes, spinach and basil pesto

### The Bold Italic

Sliced pepperoni and Italian dry Salami, marinara with Romano cheese, house made pesto, black olives, banana peppers and Mozzarella all grilled to perfection on sourdough focaccia bread

### Mushrooms Wild

Grilled and marinated portobello and field mushrooms with sundried tomatoes, spinach, pesto and soft chevre

### Mambo Italiano

Grilled chicken, roasted garlic aioli with pesto, artichoke hearts, sundried tomatoes, and mozzarella

### Drunken BBQ

Choice of chicken or tempeh slathered in barbeque sauce with caramelized onions, roasted red peppers and melted mozzarella

## Vegan?

We've marked our favorite vegan alternatives with a heart, so you can easily find them. Be sure tell us that you want the vegan version!

## Catering and large orders

We offer platters, boxed lunches, large salad bowls, dessert trays, rose lemonade and soups by the gallon, and hummus and spread platters.

Order 12 or more wraps, at least 48 hours in advance to receive 5% off regular menu pricing!