

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) 	1.99
Chocolate Chip Cookies	1.99
Chocolate Toffee Cookies	1.99
Coconut Ginger Rice Pudding 	4.99
(agave sweetened, vegan and gluten free) 	

Delectable Drinks

Rose Lemonade	3.50
Iced Tea: Herbal (Raspberry) or Black	3.00
Hibiscus Cooler (stevia sweetened)	3.50
Oregon Chai Latte, hot or iced	4.00
Hot Chocolate with whipped cream	3.75
Hot Tea, assorted	2.75
Italian Soda with Whipped Cream	3.75
Kombucha	3.95

Blended Freezes

Guava Delight	5.50
Chocolate Chai Divine	
Chocolate Cherry Bomb	

Beer

Deschutes Fresh Squeezed IPA	4.75
Ace Pear Cider	
Blonde Bombshell	
Rogue Dead Guy	

Wine by Bridgeview Blue Moon

Cabernet Sauvignon	5.50
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	3.00
Iced Coffee	3.50
Espresso or Americano	3.50
Latte or Cappuccino	4.50
Mocha	4.95


And of course, fountain Soda

Pepsi, Diet Pepsi, Dr Pepper,	2.75
Root Beer Orange Crush and	
Sierra Mist	



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.

Cup	4.99
Bowl	7.79
Quart	12.99

Vibrant Salads made with organic greens

Add tofu, tempeh or chicken \$3.50
Add Pickled Planet live sauerkraut \$2
Add a cup of soup for \$3.99



Cleopatra

Organic field greens with artichoke hearts, sundried tomatoes, parmesan, and vinaigrette on the side	Small 7.99
	Regular 10.99
	Soup & Salad 11.99



Squirrel Nut

Organic field greens with sprouts, carrots, goji berries, seeds and nuts, and lemon tahini dressing on the side	Small 7.99
	Regular 10.99
	Soup & Salad 11.99

Curry Goodness

Organic field greens, Indian spiked chicken or tofu, tomatoes, red onions, roasted red peppers, carrots & curried dressing, and sundried tomato vinaigrette dressing on the side	Small 10.99
	Regular 13.99
	Soup & Salad 14.99

sub vegan aioli .50

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 for .50. 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 for \$3.99
Add a side of Pickled Planet live sauerkraut for \$2
Sub gluten-free wrap for .50 (gf portions are smaller)

Teriyaki

Teriyaki grilled chicken, sub tempeh or tofu, roasted garlic aioli, Asian slaw, crispy Chinese noodles, and Mandarin oranges 10.99

Grill from Ipanema

Grilled chicken or tofu with avocado, tomatoes, red onions, and roasted garlic aioli 10.99
 sub vegan aioli .50

Spring Chicken

Grilled chicken, tomatoes, carrots, parmesan, red onions, creamy spring onion dressing 9.99

Indian Curry

Indian spiked chicken or tofu, tomatoes, red onions, roasted peppers, carrots, & curried aioli 10.99
 sub vegan aioli .50

The Tempehst

Spicy grilled chicken or tempeh with marinated zucchini, roasted red peppers, caramelized onions, and roasted garlic aioli 9.99
 sub vegan aioli .50

Gimmie the Greek

Kalamata tapanade with avocado, tomatoes, cucumber, red onions, herbed feta, and, in spite of our best efforts, the occasional pit 10.99
 sub hummus for feta to make it vegan.

Hummus Wrapture

Hummus with carrots, sprouts, tomatoes, cucumber, red onions, & lemon tahini 8.99

Wrap of Khan

Grilled chicken, artichoke hearts, grilled zucchini and creamy roasted red pepper cheese, and a touch of spice 9.99

Uptown Grill

Grilled chicken, with peppered bacon, avocado, tomatoes, red onion & Pangea ranch dressing 11.99

Panini grilled sandwiches

Panini take time to grill. Please be patient.
Add a cup of soup or side salad for \$3.99.
Sub gluten-free bread for .50 (gf portions are smaller)

What She's Having

Spicy chicken or tofu with roasted red peppers, grilled zucchini, spinach, caramelized onions and garlic aioli 10.99
 sub vegan aioli for .50

Mushrooms Wild

Grilled and marinated portobello and field mushrooms with sundried tomatoes, spinach, pesto and soft chevre 12.99

Drunken BBQ

Choice of chicken or tempeh slathered in barbeque sauce with caramelized onions, roasted red peppers and melted mozzarella 10.99

French Kiss

Melted brie with both fresh and sundried tomatoes, spinach and basil pesto 12.99

Mambo Italiano

Grilled chicken, roasted garlic aioli with pesto, artichoke hearts, sundried tomatoes, and mozzarella 11.99

Eat Your Heart Out

Grilled chicken and marinated zucchini with artichoke hearts, fresh spinach and creamy herbed feta 11.99

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!