

## SANDWICHES & WRAPS



Made with Vegenaïse. Choice of organic brown rice, organic lemon quinoa, non-fat cottage cheese, non-fat yogurt, or organic tortilla chips. To substitute fruit or steamed vegetables, add \$1.50. Breads include: Mother's 9-grain, squaw, rye, sourdough or pita. Add \$1.25 for cheddar, mozzarella, feta, vegan mozzarella or Swiss cheese.

### TUNA SALAD SANDWICH \$7.95

Our deli's number one seller! Served on your choice of bread with lettuce and tomato.

### AVOCADO & CHEESE \$7.95

Ma's 9-grain bread stuffed with fresh avocado, lettuce, tomato, Vegenaïse, sunflower sprouts & your choice of cheese.

### HALF SANDWICH COMBO \$8.25

Choose from one of the following sandwiches:

Tuna, soy turkey, chicken-free salad or avocado sandwich. Served with your choice of a bowl of our daily soup selections or a small house salad.

Extra fillings add \$1.00

### APRON POCKET \$7.50

A pita filled with grated carrots and beets, tomato, lettuce, fresh mushrooms and avocado. Served with our famous tahini dressing on the side. ♥

### TAHINI FUSION WRAP \$9.25

Bean sprouts, tomatoes, organic mixed greens, grilled tempeh, brown rice, avocado and tahini dressing in a whole wheat chapati. ♥

### INFERNO WRAP \$8.95

Organic mixed greens, organic black beans, Mexican organic rice, cilantro jalapeno dressing, red bell peppers, blackened veggie cutlet in a spinach tortilla.

## FROM THE GRILL



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### TOFU MUSHROOM MELT \$8.95

Sauteed organic tofu, mushroom slices & red onion with tomato, lettuce and melted cheddar cheese on toasted sourdough bread.

### CALIFORNIA CLUB \$9.50

Toasted sourdough with soy turkey, "fakin bacon", avocado, tomato and lettuce. ♥

### TUNA MELT \$8.50

Tuna salad with melted cheddar cheese on grilled sourdough bread.

### CALIFORNIA "CHICKEN" \$8.95

Grilled veggie cutlet, avocado, Bac-un Bits, sunflower sprouts on a whole wheat bun with a side of ranch dressing.

### LEONA'S PORTOBELLO & PESTO \$8.95

Grilled portobello mushroom with melted cheese, tomato, grilled red onion and basil pesto sauce on a whole wheat bun.

## MA'S SUPER BURGER



Our burger is served on a whole grain bun with your choice of organic brown rice, organic lemon quinoa, non-fat cottage cheese, non-fat yogurt, or organic tortilla chips.

To substitute fruit or steamed mixed veggies, add \$1.50.

### MA'S SUPER BURGER \$6.95

A high protein tempeh & grain patty served with sunflower sprouts, lettuce, tomato, grilled red onion & Vegenaïse ~ add cheese for free!

### DELICIOUS EXTRAS:

Avocado or Ma's Guacamole.....	\$1.50
Fakin' Bacon .....	\$2.25
Grilled Pineapple .....	\$1.00
Grilled Mushrooms .....	\$.50
Sauerkraut .....	\$.50
BBQ Sauce .....	\$.50