

## SANDWICHES & WRAPS



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.

### TUNA SALAD SANDWICH **\$8.95**

Our deli's number one seller featuring wild albacore tuna! Served on 9-grain bread with Vegenaïse, lettuce and tomato.

### AVOCADO & CHEESE **\$8.25**

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

### HALF SANDWICH COMBO **\$8.50**

Choose from one of the following sandwiches: Tuna, soy turkey or avocado sandwich on 9-grain bread. Served with your choice of a bowl of our daily soup selections or a small house salad.

### APRON POCKET **\$8.25**

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

### TAHINI FUSION WRAP **\$9.95**

Grilled tempeh, bean sprouts, tomatoes, organic mixed greens, brown rice, avocado and tahini dressing in an organic whole wheat tortilla. ♥

### INFERNO WRAP **\$9.95**

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

## MA'S BURGERS



Our burgers are served on an organic 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 **\$7.95**

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

### JAIME'S AMAZING BURGER **\$7.95**

A high-protein vegetarian delight. Our home-made patty is soy free, gluten free and is packed full of vegetables, lentils & brown rice. Topped with lettuce, tomato and grilled onions. ♥  
(Gluten free with choice of Udi's bun)

#### DELICIOUS EXTRAS:

Avocado or Ma's Guacamole.....	\$1.50
Fakin' Bacon .....	\$2.25
Grilled Pineapple .....	\$1.00

Grilled Mushrooms .....	\$.50
Sauerkraut.....	\$.50

## FROM THE GRILL



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### TOFU MUSHROOM MELT **\$9.95**

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

### CALIFORNIA CLUB **\$9.95**

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

### TUNA MELT **\$9.95**

Tuna salad with melted cheddar cheese and Vegenaïse on grilled sourdough bread.

### CALIFORNIA "CHICKEN" **\$9.95**

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

### LEONA'S PORTABELLO & PESTO **\$9.95**

Grilled portabello mushroom with melted cheddar cheese, tomato, grilled red onion and basil pesto sauce on an organic whole wheat bun.