



Breakfast

Scramble Eggs	\$4.99/lb
*Eggs, Dairy	
Crispy Bacon	\$17.99/lb
Home Made Buttermilk Biscuit	\$1.25/each
*Dairy, Wheat	
Simple Baked Potato	\$6.99/lb
Home Made Gravy	\$7.99/lb
*Dairy, Wheat	
Cassioppo Brothers All-Natural Sausage	\$8.50/lb
Belgian Waffles	\$1.75/each
*Dairy, Wheat	
Home Made Buns	\$0.50/each
*Dairy, Eggs, Wheat	

From Grab and go case

Wraps – Chicken Caesar, Thai noodle, Kale & feta, Buffalo chicken	\$3.50/each
*Dairy, Wheat	
Sandwich – Tuna, Eggs, PB&J	\$3.99 & UP
*Dairy, Wheat	
Meals – Pasta Alfred, Meatballs, Pesto, vodka, Stuffed shells.	\$5.99/each
*Dairy, Wheat	
Fruit Parfait	\$3.99/each
*Dairy, Wheat	
5” Quiches	\$3.99/each
*Dairy, Eggs, Wheat	
Chicken Verde Tamales	\$3.50/each
*Dairy, Wheat	

Sandwiches

Specialty

Ralph's Old School	\$9.99/whole Only
Italian Parma Prosciutto, Arugula, Tomato, Mozzarella, Garlic Olive oil. *Eggs, Wheat, Dairy	
Mona Lisa in Pike Place Market	\$10.99/whole
Italian Parma Prosciutto, Arugula, Tomato, Fresh Mozzarella, Basil, Garlic Olive oil. *Eggs, Wheat, Dairy	
Smoked Salmon	\$8.50/whole
Smoked Salmon, Dill Spread, Red onion, Greens. *Eggs, Wheat, Dairy, Fish	
Thai Beef	\$8.50/whole
Marinated Flank Steak beef in unique lime sauce, Greens, Cucumber, Cilantro. *Eggs, Wheat,	
Sierra Chicken	\$7.75/whole, \$4.25/half
Roasted Chicken, Smoked Gouda, Tomatoes, Red Onion, Greens, Chipotle aioli. *Eggs, Wheat, Dairy	
Tuscan Chicken	\$7.75/whole, \$4.25/half
Grilled Chicken, Artichoke, Tomatoes, Mozzarella, Greens, Pesto aioli. *Eggs, Wheat, Dairy	
Chicken and Goat Cheese	\$7.75/whole, \$4.25/half
Grilled chicken, Roasted Red Peppers, Goat cheese spread, Greens. *Eggs, Wheat, Dairy	
Chicken Caesar Bacon	\$7.75/whole, \$4.25/half
Grilled Chicken, Bacon, Greens, Caesar dressing. *Eggs, Wheat, Dairy, Fish	
Buffalo Chicken	\$7.75/whole, \$4.25/half
Roasted Chicken, Buffalo Sauce, Tomatoes, blue cheese spread, Greens. *Eggs, Wheat, Dairy	
Roasted Chicken	\$7.75/whole, \$4.25/half
Roasted chicken, Tomatoes, Provolone, Sun-dried tomato basil, Greens, Lemon aioli. *Eggs, Wheat, Dairy	
Crispy Chicken	\$7.75/whole, \$4.25/half
Breaded fried chicken, Basil Pesto, Caramelized Tomatoes, Provolone, Greens. *Eggs, Wheat, Dairy	
Italian	\$7.75/whole, \$4.25/half
Black Forest Ham, Pepperoni, Provolone, Pepperoncini, Tomatoes, Greens, Italian Dressing *Eggs, Wheat, Dairy	

Turkey Bacon	\$7.75/whole, \$4.25/half
Zoe's home style Turkey, Bacon, Smoked Gouda, Tomatoes, Greens, Mayo.	
*Eggs, Wheat, Dairy	
Roast Beef Gorgonzola	\$7.75/whole, \$4.25/half
Zoe's All-Natural Roast Beef, Caramelized Onions, Gorgonzola Spread, Greens.	
*Eggs, Wheat, Dairy	
Poblano Beef	\$7.75/whole, \$4.25/half
Zoe's All-Natural Roast Beef, Red Onions, Mozzarella Cheese, Poblano Pepper spread.	
*Eggs, Wheat, Dairy	
Toly's Mexican Sandwich	\$7.75/whole, \$4.25/half
Chorizo, Green Pepper, Onion, Mozzarella Cheese, Avocado, Jalapeno, Greens, Mayo.	
*Eggs, Wheat, Dairy	
Pulled Pork Sandwich	\$7.75/whole, \$4.25/half
Slow Roasted Pork baked in BBQ Sauce, Greens, Smoked Gouda.	
*Eggs, Wheat, Dairy	
Fresh Mozzarella and Basil Pesto	\$7.75/whole, \$4.25/half
Basil pesto, Fresh Mozzarella, Caramelized Tomatoes. *Eggs,	
Wheat, Dairy	
Two Tomato and Brie	\$7.75/whole, \$4.25/half
Sun-dried Tomato Pesto, Brie, Tomato, Basil, Greens.	
*Eggs, Wheat, Dairy	
Teriyaki Tofu	\$7.75/whole, \$4.25/half
House made Teriyaki Sauce, Grilled Tofu, Red Onions, Tomatoes, Feta, Greens, Mayo.	
*Eggs, Wheat, Dairy, Soy	
Portobello	\$7.75/whole, \$4.25/half
Roasted Garlic Aioli, Grilled Portobello Mushrooms, Fontina Cheese, Roasted Red Pepper, Greens	
*Eggs, Wheat, Dairy	
Ruben	\$7.75/whole, \$4.25/half
Zoe's Pastrami, House made Thousand Island Dressing, Swiss Cheese, Sauerkraut.	
*Eggs, Wheat, Dairy	
Grand Pa Luigi's Sandwich	\$7.75/whole, \$4.25/half
Grilled Eggplant, Tomatoes, Mozzarella Cheese, Fresh Basil, Sun-dried Tomato Pesto, Greens.	
*Eggs, Wheat, Dairy	
Ian	\$7.75/whole, \$4.25/half
Buffalo sauce, Fried Chicken, Spring Mix, Bleu Cheese,	
*Eggs, Wheat,	
Tuna	\$7.75/whole, \$4.25/half
Homemade tuna salad, Mayo, Spring mix, tomato, Provolone cheese.	
*Eggs, Wheat,	

Green Salad to Go!

All Salad is also Available in Party Size \$19.95/Small, \$39.95/Large

Caesar Chicken Salad \$6.99/24oz

Fresh Romaine Lettuce, Grilled Chicken, House made Croutons, Parsley, Parmesan cheese, house made Caesar Dressing

*Eggs, Wheat, Dairy, Fish

Caprese Salad \$6.99/24oz

Greens, Fresh Mozzarella, Tomato, Basil balsamic dressing

*Dairy

Chef's Salad \$6.99/24oz

Greens, Grilled Chicken, Artichoke, Kalamata olives, Pepperoni, Cherry Tomato, Parsley, Blue Cheese, Balsamic Dressing

*Eggs, Dairy

Cobb Salad \$6.99/24oz

Romaine Lettuce, Grilled Chicken, Bacon, Blue Cheese, Hard Boiled Eggs, Tomato, Black olives, Blue cheese dressing

*Eggs, Dairy

Cranberry & Walnuts \$6.99/24oz

Greens, Candied Walnuts, Dried Cranberry, Blue Cheese, Raspberry dressing.

*Dairy

Souvlaki \$6.99/24oz

Fresh Romaine Lettuce, Grilled Chicken, Peppers, Tomatoes, Cucumber, Red onion, Feta, Mint, Lemon Vinaigrette

*Dairy

Spicy Chicken Salad \$6.99/24oz

Fresh Romaine Lettuce, Grilled Chicken, Black Beans, Corn, Cilantro, tomato, Spicy chipotle Caesar

*Eggs, Dairy, Fish

Turkish Salad \$6.99/24oz

Fresh Romaine Lettuce, Peppers, Tomatoes, Cucumber, Red onion, Feta, Mint, Lemon Vinaigrette

*Dairy

Thai Noodle \$6.99/24oz

Fresh Romaine Lettuce, Angel Hair Pasta with Spicy Thai Peanut Sauce, Carrot, Cabbage.

*Wheat, Nuts - Peanuts

Tofu Salad \$6.99/24oz

Fresh Romaine Lettuce, Tofu, Mandarin Orange, Crispy Won Ton, Carrot, Soy Dressing.

*Wheat, Soy

Tuna Salad \$6.99/24oz

Greens, House Made Tuna Salad, Red Onion, Lime Dressing

*Wheat, Fish

Deli Salad

\$7.50 and UP

We Rotate salad daily,

Arancini Italian fried rice ball

\$2.95/each

Rice, tomato, gorgonzola, garlic, mozzarella, onion.

*Dairy, Wheat

Asian Broccoli

Broccoli, Chili flake, garlic, soy sauce, sugar.

*Soy, Wheat

Asian Noodle

Pasta, tomato, onion, red pepper, and Asian soy dressing.

*Soy, Wheat

Balsamic glazed tofu with kale

With lemon dressing.

*soy, wheat

Broccoli bacon grapes

Broccoli, Bacon, grapes, onion, mayo.

*eggs

Beet with red peppers

Red beet, pepper, onion, red wine vinegar, canola oil, spices.

*Soy, Wheat

Black bean Quinoa

Organic white quinoa, black beans, pepper, kale, lime dressing

Black rice and yams

Italian black rice, yams, onion, parsley with white balsamic dressing.

Buddha salad

Brown rice, red quinoa, roasted butternut squash, kale, edamame, chia sees.

*soy

Caponata Sicilian

Roasted eggplant, celery, tomato, green olives, peppers. red wine vinegar

Cannelloni

Pasta filled with beef and ricotta, marinara

*Dairy, Wheat

Couscous

Couscous pasta, corn, carrot, celery with michou vinaigrette.

*Soy, Wheat

Chicken and cranberry

Chicken, celery, cranberry, poppy seed, mayo.

*eggs

Creamy curry cauliflower

Cauliflower, chickpeas, red pepper, onion with creamy curry sauce

*eggs

Crunchy Tofu

Tofu, cabbage, peanuts, with spicy lime dressing.

*Soy, Wheat

Curry chicken salad

Grilled Chicken, celery, raisin, cashew nut, creamy curry sauce.

*eggs, Nuts.

Dolmas

\$0.75/each

Vine leaves stuffed with rice and nuts.

*Eggs, Wheat

Detox Salad

Shredded raw Beet, Kale, Arugula, Parsley, Mint, Blue berry, Spicy Lime dressing

Emerald Kale salad

Kale, cucumber, onion, pumpkin seed with avocado lime dressing.

Farfalle with spinach

Farfalle pasta, spinach, walnuts, parmesan cheese.

*nuts, Wheat

Farro artichoke

Blue bird grains organic farro, artichoke, tomato, onion with michou vinaigrette.

* Wheat

Five spiced tofu

Tofu, kale, coconut with soy dressing.

*Soy, Wheat

French Lentil with vegetables

French green lentil, yams, parsley, balsamic dressing.

*Soy.

Fresh Corn salad

Corn, tomato, onion, basil with apple cider vinaigrette.

Fresh Mozzarella and Tomato

Fresh Mozzarella, Tomato, Garlic, Herbs, Olive oil.

*Dairy

Golden beet salad

Golden beet, cucumber, earl grey tea pickled red onion, lemon dressing.

Greek Quinoa

Organic white quinoa, olives, feta(cow), tomato, michou vinaigrette.

Greek with Envy

Cheese tortellini, tomato, peppers with michou vinaigrette.

*dairy, Wheat

Grilled Chicken salad

Grilled chicken with lemon dressing

Grilled Eggplant with Sicilian Dressing

Grilled Eggplant, Garlic, Red wine vinegar, Chili flake, Herbs, Olive oil.

Grilled Vegetables

Grilled seasonal vegetables with Olive oil.

Hawaiian Macaroni Salad

Macaroni, All-Natural mayo, pineapple.

*Wheat, Eggs

Kale Caesar

Kale, Cucumber, Red Onion, Parmesan, House made Croutons, Caesar dressing.

*Eggs, Dairy, Wheat

Lemony Orzo

Orzo, Fire Roasted Corn, Onion, Spinach, Lemony dressing

*Wheat

Macaroni Salad

Macaroni, All-Natural mayo, All-natural Sweet Relish, Olives, Red Peppers.

*Wheat, Eggs

Manicotti

Pasta filled with ricotta cheese, marinara

*Dairy, Wheat

Mexican Street corn salad

Fire roasted corn, onion, peppers, jalapeno, cotija cheese, chili lime dressing.

*eggs, dairy

Mexican Quinoa

Quinoa, Kale, sun dried tomato, spicy lime dressing.

Moroccan yam Salad

Yam, with lime dressing

Old Fashioned Potato Salad

Red Potato, All-Natural Mayo, All-Natural Sweet Relish, Eggs, Celery.

*Eggs

Orecchiette

Orecchiette Pasta, Italian Parsley, Garlic, All-Natural Mustard, Green Peas, Red Peppers, Olive oil.

*Wheat

Pasta with garlic sauce

Penne pasta, sun dried tomato with creamy garlic sauce.

*Dairy, Wheat

Pesto Tortellini

Cheese Tortellini, Peppers, Basil Pesto, Olive Oil.

*Dairy, Pine Nuts, Wheat

Pike Place Kale and Wild Rice

Wild Rice, Kale, White Beans, Onion, Peppers with Red wine Vinaigrette

Polenta

Slice polenta with pesto, roasted garlic, gorgonzola cheese

*Dairy

\$3.25/each

Power Green

Bulgar wheat, quinoa, kale, edamame, onion, lemony turmeric dressing

*Wheat

Roasted Brussels Sprout

Brussels Sprout, Salt, Pepper, Olive oil.

Roasted Carrot and feta

Carrot, Feta (cow), thyme.

*Dairy.

Roasted carrot and parsnip

Carrot, parsnip, thyme.

Roasted Mushroom and Couscous

Roasted Mushroom, Couscous, Arugula, Raisin, Onion, White Balsamic dressing

*Wheat

Rosemary Potato

Yukon Gold Potato, Rosemary, All-Natural Mustard, Mayo, Parsley.

*Eggs

Sesame ginger noodle

Pasta, zucchini, red pepper, onion. Sesame ginger dressing.

*Soy, Wheat

Shepard's pie

Beef, mozzarella, mashed potato

*Dairy.

Smoked house pasta

Pasta, chicken, smoked mozzarella, Mama-Li peppers, all-Natural mayo

*Eggs, Wheat

Spanish Chicken Salad

Roasted chicken roasted red peppers, onion, green olives.

Soba noodle with spicy peanut sauce

Soba noodle, tofu, carrot, edamame with spicy peanuts sauce.

*Nuts, soy, Wheat

Sweet potato and pineapple

Roast with cayenne

Sweet potato salad

Sweet potato, bacon, feta (cow), lemon juice.

Shaved Brussels Sprout and Quinoa

Shaved Brussels sprout, Kale, white Quinoa, Seasonal Fruit or vegetable with white wine dressing and Feta

Cheese

*Dairy

Two Peas and pesto

Green peas, sugar snap pea, basil pesto, spinach.

*Nuts, Dairy

Tuscan chicken salad

Chicken, arugula, basil pesto, mayo.

*Eggs, Dairy

Baked Potato

Classic

\$4.25/lb

Daisy sour cream, Tillamook cheddar, bacon, butter.

*Dairy

Brie and chicken

\$4.25/lb

Chicken, roasted pepper, Brie cheese, mayo.

*Eggs, Dairy

Tuscan chicken

\$4.25/lb

Chicken, artichoke, goat cheese, mayo

*Eggs, Dairy

Made fresh every morning

Bambaloni

\$2.25/each

Zeppole (cinnamon sugar or Orange blossom)

\$2.50/4

Tart and Pies

11' pie

Apple pie

\$3.99 slice/29.99whole

*Dairy, wheat.

Blue berry pie

\$3.99 slice/29.99whole

*Dairy, wheat.

Buttered apple pie

\$3.99 slice/29.99whole

*Dairy, wheat.

Orange peach pistachio pie

\$3.99 slice/29.99whole

*Dairy, nuts, wheat.

Strawberry rhubarb pie

\$3.99 slice/29.99whole

*Dairy, wheat.

Bars

Corn Flake Bar – Oreo, peanut butter and banana, peanut butter toffee

Peanut butter and jelly bar

Nanaimo Bar

Strawberry lemon bar

Pecan pie bar

Bread, Loaf

\$2.00/Slice

Banana Bread

*Eggs, Dairy, Wheat, Walnuts

Nutella Bacon Bread

*Eggs, Dairy, Wheat, Walnuts

Blue berry Lemon Loaf

*Eggs, Dairy, Wheat.

Yam and Apple Loaf

*Eggs, Dairy, Wheat,

Cake

2.99 or 3.99/slice

Black berry Mascarpone cake

*Eggs, Dairy, Wheat

Carrot cake

*Eggs, Dairy, Wheat,

Strawberry short cake

*Eggs, Dairy, Wheat

Pineapple coconut cake

*Eggs, Dairy, Wheat

Oreo Cheesecake

*Eggs, Dairy, Wheat

Italian Lemon cake

*Eggs, Dairy, Wheat

Orange polenta cake

*Eggs, Dairy, Wheat

Italian Pear cake

*Eggs, Dairy, Wheat

Cookies

Chocolate chip

*Eggs, Dairy, nuts, Wheat

Peanut butter

*Eggs, Dairy, nuts, Wheat

Nutella

*Eggs, Dairy, nuts, Wheat

Pistachio

*Eggs, Dairy, nuts, Wheat

Chewy chocolate chip

*Eggs, Dairy, Wheat

Espresso shortbread

*Eggs, Dairy, Wheat

Earl gray tea shortbread

*Eggs, Dairy, Wheat

Green tea shortbread

*Eggs, Dairy, Wheat

Rum meltaway

*Eggs, Dairy, Wheat

Lemon cookie

*Eggs, Dairy, Wheat