



## Breakfast

Scramble Eggs	\$6.99/lb
*Eggs, Dairy	
Crispy Bacon	\$29.99/lb
Home Made Buttermilk Biscuit	\$1.50/each
*Dairy, Wheat	
Simple Baked Potato	\$6.99/lb
Home Made Gravy	\$9.99/lb
*Dairy, Wheat	
Cassioppo Brothers All-Natural Sausage	\$9.99/lb
Belgian Waffles	\$1.50/each
*Dairy, Wheat	
Corn Buns	\$1.99/each
*Dairy, Eggs, Wheat	

## From Grab and go case

Wraps – Chicken Caesar, Thai noodle, Kale & feta, Buffalo chicken	\$3.99/each
*Dairy, Wheat	
Sandwich – Tuna, Eggs, PB&J	\$5.25 & UP
*Dairy, Wheat	
Meals – Pasta Alfred, Meatballs, Pesto, vodka, Stuffed shells.	\$7.25/each
*Dairy, Wheat	
Fruit Parfait	\$4.49/each
*Dairy, Wheat	
5” Quiches	\$3.99/each
*Dairy, Eggs, Wheat	
Chicken Verde Tamales	\$3.99/each
*Dairy, Wheat	

# Sandwiches

## Specialty

<b>Ralph's Old School</b>	\$12.00/whole Only
Italian Parma Prosciutto, Arugula, Tomato, Mozzarella, Garlic Olive oil. *Eggs, Wheat, Dairy	
<b>Mona Lisa in Pike Place Market</b>	\$12.00/whole Only
Italian Parma Prosciutto, Arugula, Tomato, Fresh Mozzarella, Basil, Garlic Olive oil. *Eggs, Wheat, Dairy	
<b>Smoked Salmon</b>	\$12.00/whole only
Smoked Salmon, Dill Spread, Red onion, Greens. *Eggs, Wheat, Dairy, Fish	
<b>Thai Beef</b>	\$12.00/whole only
Marinated Flank Steak beef in unique lime sauce, Greens, Cucumber, Cilantro. *Eggs, Wheat,	
<b>Sierra Chicken</b>	\$9.07/whole, \$4.76/half
Roasted Chicken, Smoked Gouda, Tomatoes, Red Onion, Greens, Chipotle aioli. *Eggs, Wheat, Dairy	
<b>Tuscan Chicken</b>	\$9.07/whole, \$4.76/half
Grilled Chicken, Artichoke, Tomatoes, Mozzarella, Greens, Pesto aioli. *Eggs, Wheat, Dairy	
<b>Chicken and Goat Cheese</b>	\$9.07/whole, \$4.76/half
Grilled chicken, Roasted Red Peppers, Goat cheese spread, Greens. *Eggs, Wheat, Dairy	
<b>Chicken Caesar Bacon</b>	\$9.07/whole, \$4.76/half
Grilled Chicken, Bacon, Greens, Caesar dressing. *Eggs, Wheat, Dairy, Fish	
<b>Buffalo Chicken</b>	\$9.07/whole, \$4.76/half
Roasted Chicken, Buffalo Sauce, Tomatoes, blue cheese spread, Greens. *Eggs, Wheat, Dairy	
<b>Roasted Chicken</b>	\$9.07/whole, \$4.76/half
Roasted chicken, Tomatoes, Provolone, Sun-dried tomato basil, Greens, Lemon aioli. *Eggs, Wheat, Dairy	
<b>Crispy Chicken</b>	\$9.07/whole, \$4.76/half
Breaded fried chicken, Basil Pesto, Caramelized Tomatoes, Provolone, Greens. *Eggs, Wheat, Dairy	
<b>Italian</b>	\$9.07/whole, \$4.76/half
Black Forest Ham, Pepperoni, Provolone, Pepperoncini, Tomatoes, Greens, Italian Dressing *Eggs, Wheat, Dairy	

<b>Turkey Bacon</b>	\$9.07/whole, \$4.76/half
Turkey, Bacon, Smoked Gouda, Tomatoes, Greens, Mayo. *Eggs, Wheat, Dairy	
<b>Roast Beef Gorgonzola</b>	\$9.07/whole, \$4.76/half
Angus Roast Beef, Caramelized Onions, Gorgonzola Spread, Greens. *Eggs, Wheat, Dairy	
<b>Poblano Beef</b>	\$9.07/whole, \$4.76/half
Angus Roast Beef, Red Onions, Mozzarella Cheese, Poblano Pepper spread. *Eggs, Wheat, Dairy	
<b>Toly's Mexican Sandwich</b>	\$9.07/whole, \$4.76/half
Chorizo, Green Pepper, Onion, Mozzarella Cheese, Avocado, Jalapeno, Greens, Mayo. *Eggs, Wheat, Dairy	
<b>Pulled Pork Sandwich</b>	\$9.07/whole, \$4.76/half
Slow Roasted Pork baked in BBQ Sauce, Greens, Smoked Gouda. *Eggs, Wheat, Dairy	
<b>Fresh Mozzarella and Basil Pesto</b>	\$9.07/whole, \$4.76/half
Basil pesto, Fresh Mozzarella, Caramelized Tomatoes. *Eggs, Wheat, Dairy	
<b>Two Tomato and Brie</b>	\$9.07/whole, \$4.76/half
Sun-dried Tomato Pesto, Brie, Tomato, Basil, Greens. *Eggs, Wheat, Dairy	
<b>Teriyaki Tofu</b>	\$9.07/whole, \$4.76/half
House made Teriyaki Sauce, Grilled Tofu, Red Onions, Tomatoes, Feta, Greens, Mayo. *Eggs, Wheat, Dairy, Soy	
<b>Portobello</b>	\$9.07/whole, \$4.76/half
Roasted Garlic Aioli, Grilled Portobello Mushrooms, Fontina Cheese, Roasted Red Pepper, Greens *Eggs, Wheat, Dairy	
<b>Ruben</b>	\$9.07/whole, \$4.76/half
Pastrami, House made Thousand Island Dressing, Swiss Cheese, Sauerkraut. *Eggs, Wheat, Dairy	
<b>Grand Pa Luigi's Sandwich</b>	\$9.07/whole, \$4.76/half
Grilled Eggplant, Tomatoes, Mozzarella Cheese, Fresh Basil, Sun-dried Tomato Pesto, Greens. *Eggs, Wheat, Dairy	
<b>Ian</b>	\$9.07/whole, \$4.76/half
Buffalo sauce, Fried Chicken, Spring Mix, Bleu Cheese, *Eggs, Wheat,	
<b>Tuna</b>	\$9.07/whole, \$4.76/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

\$8.99lb and UP

We Rotate salad daily,

## Arancini Italian fried rice ball

\$3.50/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, quinoa, roasted butternut squash, kale, edamame, chia seeds.

\*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.

## Dolma

\$1.00/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

\$3.50/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

\$4.50/lb

Daisy sour cream, Tillamook cheddar, bacon, butter.

\*Dairy

Brie and chicken

\$4.50/lb

Chicken, roasted pepper, Brie cheese, mayo.

\*Eggs, Dairy

Tuscan chicken

\$4.50/lb

Chicken, artichoke, goat cheese, mayo

\*Eggs, Dairy

## Made fresh every morning

Bambaloni

\$2.50/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

\$2.50/Slice & UP

## 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

3.99/slice & up

## 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