

Starters

Herb Cheese Stuffed Mushrooms \$6.00
roasted mushrooms, filled with cream cheese, roasted garlic, shallots and fresh herbs

Fried Tofu \$5.00
crispy fried tofu served with a thai peanut dipping sauce

Bruschetta \$5.00
plum tomatoes, red onion, garlic, basil, oregano and extra-virgin olive oil, served with grilled foccacia bread

Hummus and Veggies \$6.50
our homemade hummus served with pita bread and fresh cut veggies

Side Salad \$4.00
mixed greens tossed in a balsamic vinaigrette topped with tomato, cucumber, and red onion

Soup of the day cup \$2.50 quart \$8.50
homemade and always vegetarian

Salads - all salads come dressed, add chicken or tofu to any salad - \$2.00

Lavender Salad \$8.50
mixed greens, tossed in a lavender balsamic vinaigrette and topped with dried cranberries, sunflower seeds, pecorino cheese and croutons

Asparagus Salad \$8.50
mixed greens, kalamata olives, marinated peppers, grilled red onion, feta, asparagus spears and a balsamic vinaigrette

Thai Peanut Salad \$8.00
romaine, carrots, cabbage, peanuts, black and white sesame seeds, rice noodles and a peanut dressing

Fruit and Cheese Salad \$8.50
mixed greens, green apple, red grapes, goat cheese, slivered almonds and walnuts in a raspberry vinaigrette

Jerk Chicken Salad \$9.00
a tangy blend of grilled chicken breast with jerk spices, mayonnaise, finely chopped pepper and onion, served on a bed of mixed greens with mango sauce on the side

Raw Salad \$9.00
kale, mixed greens, sprouts, basil, avocado, tomato, red onion, extra virgin olive oil, celtic sea salt and lemon juice, topped with hemp seed nut

Sandwiches, Wraps and Paninis

Salmon Panini \$9.50
Smoked salmon, avocado, cucumber, tomato, spinach and herb cream cheese, on multi-grain bread and grilled to perfection

Brie Panini \$9.00
brie, roasted peppers, fresh spinach and a whole grain mustard and honey sauce, on multi-grain bread and grilled to perfection

Fresh Mozzarella Panini \$9.00
fresh mozzarella, tomato, fresh basil and spinach and a garlic-balsamic spread, on multi-grain and grilled to perfection

Chicken Sandwich \$8.50
grilled chicken breast topped with choice of pesto sauce, mango sauce with pineapple cream cheese or blackened on sourdough with lettuce and tomato

Original Turkey Wrap \$8.50
lightly smoked turkey breast, roasted peppers, grilled onion, mixed greens and a cranberry-sage mayonnaise in a whole wheat wrap

California Turkey Wrap \$8.50
lightly smoked turkey breast, avocado, garlic-herb cream cheese, sprouts, tomato and romaine in a whole wheat wrap

Falafel Wrap \$8.50
our popular recipe rolled up with cucumber, tomato, red onion, feta, romaine and a pesto yogurt sauce in a whole wheat wrap

Veggie Wrap \$8.50
asparagus, roasted pepper, grilled onions, mixed greens, hummus and feta in a whole wheat wrap

Tuna Wrap \$8.50
tuna combined with mayo, onion, celery and red pepper, lettuce and tomato in a whole wheat wrap

Kids (12 years old and younger)

Pasta - fusilli with tomato sauce or butter and parmesan \$3.95

Pasta with Chicken \$5.95

Pita Pizza - with tomato sauce and cheese \$4.95

Cheese Quesadilla \$4.95

Chicken and Cheese Quesadilla \$6.95

Hot Stuff

Stir Fry \$8.50 with chicken \$10.50
zucchini, onions, peppers, green beans and broccoli, tossed in our original honey-garlic glaze, served with your choice of brown or basmati rice

Quiche and Soup or Salad Combo \$8.50
roasted pepper, broccoli, cheddar and pecorino cheese quiche, served with your choice of soup or a small simple salad, thai peanut salad, asparagus salad, fruit and cheese salad or lavender salad

Pasta Bruschetta \$8.00 with chicken \$10.00
plum tomatoes, red onion, fresh basil and oregano, garlic, olive oil and fresh mozzarella tossed with your choice of fusilli or organic whole wheat spaghetti

Cheese Agnolotti \$8.50
cheese stuffed pasta, sauteed spinach in cream & tomato basil sauces topped with a pesto swirl

Falafel \$8.50
served with pita bread, feta, hummus and a cucumber salad

Tuna Melt \$9.00
tuna combined with mayo, onion, celery and red pepper, topped with tomato and cheddar on a bagel

Black Bean Burrito (served with chips and salsa) \$9.00
black beans, peppers, onions, tomato, fresh spinach, melted cheese in a whole wheat wrap

Chicken Quesadilla (served with salsa and sour cream) \$9.50
grilled chicken, peppers, onion, tomato, spinach, beans and cheese in a whole wheat wrap

Sweet Potato Quesadilla \$9.50
sweet potatoes, pumpkin seeds, green onion, spinach, cheddar cheese, honey-lime-chipotle sauce in a whole wheat wrap, served with salsa and sour cream

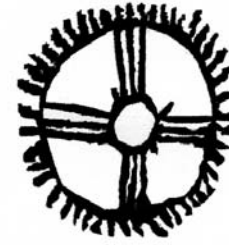
Blackened Tofu \$9.50
pan seared with cajun spices and topped with a fresh mango salsa, served with green beans in basil butter

Grilled Tuna Steak \$13.00
8 oz. grilled to perfection and topped with a fresh mango salsa, served with green beans tossed in basil butter

Citrus Salmon 8 oz. broiled, served with green beans in basil butter \$12.00

Shrimp Scampi \$13.00
jumbo shrimp tossed in a lemon, white wine and butter sauce, served over organic whole wheat spaghetti with green beans in basil butter

Chicken Artichoke \$12.00
grilled and tossed with artichoke hearts and fresh basil in a lemon, white wine and butter sauce, served with green beans in basil butter



The All Ways Cafe

fresh, homemade food and catering

Eat in or take out

Monday – Saturday 11:00 am – 7:30pm

(last order taken at 7:30pm)

Catering available 7 days a week!

Stop in for a catering menu



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www.allwayscafe.com

215-914-2151

Prices subject to change