



The AllWays Cafe

fine, healthy food and catering

Eat in or take out

Monday – Saturday 11:00 am – 7:30pm

634 Welsh Road Huntingdon Valley PA 19006

www.allwayscafe.com

Please call 215-914-2151 for all orders,

Starters

Guacamole \$7.50

our homemade guacamole served with chips

Fried Tofu \$5.75

crispy fried tofu served with thai peanut dipping sauce

Bruschetta \$5.75

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

Hummus and Veggies \$7.00

our homemade hummus served with pita bread and fresh cut veggies

Side Salad \$4.50

mixed greens tossed in a balsamic vinaigrette topped with tomato, cucumber, and red onion

Soup of the day cup \$2.75 bowl \$5.25 quart \$9.50
homemade and always vegetarian

Salads

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

Lavender Salad \$8.50

mixed greens, tossed in a lavender balsamic vinaigrette and topped with dried cranberries, pecorino cheese, sunflower seeds 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, strawberries, 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

Corn Salad \$9.00

arugula and mixed greens with tomatoes, mango, and roasted corn with a chipotle lime dressing

Sandwiches, Wraps and Paninis

each comes with side of the day

Salmon Panini \$9.50

smoked salmon, avocado, tomato, spinach and herb cream cheese,
on multi-grain bread and grilled to perfection

Brie Panini \$9.00

brie, roasted peppers, fresh spinach and 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 bread and grilled to perfection

Chicken Sandwich \$9.00

grilled chicken breast on sourdough with lettuce and tomato, served one of the following
ways: 1) topped with pesto sauce, 2) with mango sauce and herb cream cheese or 3)
blackened

Original Turkey Wrap \$9.00

lightly smoked turkey breast, roasted peppers, grilled onion, mixed greens and a
cranberry-sage mayonnaise in a whole wheat wrap

California Turkey Wrap \$9.00

lightly smoked turkey breast, avocado, garlic-herb cream cheese, sprouts, tomato
and mixed greens in a whole wheat wrap

Falafel Wrap \$9.00

our popular recipe rolled up with cucumber, tomato, red onion, feta, romaine and
a mint yogurt sauce in a whole wheat wrap

Veggie Wrap \$9.00

asparagus, roasted pepper, cucumber, sprouts, tomato, grilled onions, mixed greens, hummus
and
feta in a whole wheat wrap

Tuna Wrap \$9.00

tuna combined with mayo, onion, celery and red pepper, lettuce and tomato in a whole wheat wrap

Portabello Mushroom Sandwich \$9.50

grilled portabello, marinated red peppers, and grilled onions topped w mozz and pesto on sour dough

Hot Stuff

Quiche and Soup or Salad Combo \$ 9.00

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

Stir Fry \$9.00 with chicken or tofu add \$3.00

zucchini, onions, peppers, green beans and broccoli, tossed in our original honey-garlic glaze, served with your choice of brown or basmati rice

Pasta Bruschetta \$9.00 with chicken or tofu add \$3.00

plum tomatoes, red onion, fresh basil and oregano, garlic, olive oil and fresh mozzarella tossed with your choice of penne or organic whole wheat spaghetti

Cheese Agnolotti \$9.00

cheese stuffed pasta and sauteed spinach in cream and tomato basil sauces topped with a pesto swirl

Falafel \$9.00

served with pita bread, feta, hummus, olive 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 or multigrain bread

Black Bean Burrito \$9.50

black beans, peppers, onions, tomato, fresh spinach and melted cheese in a whole wheat wrap, served with chips and salsa

Chicken Quesadilla \$10.00

grilled chicken, peppers, onion, spinach, beans and cheese all folded in a whole wheat wrap. sour cream upon request

Sweet Potato Quesadilla \$10.00

sweet potatoes, pumpkin seeds, green onion, spinach, cheddar cheese and a honey-lime-chipotle sauce in a whole wheat wrap. sour cream upon request

Blackened Tofu \$9.50

pan seared with cajun spices and topped with a fresh fruit salsa, served with green beans in a basil butter

Grilled Tuna Steak \$14.00

8 oz. grilled to perfection and topped with a fresh fruit salsa, served with green beans tossed in a basil butter

Citrus Salmon \$14.00

8 oz. broiled and served with green beans in basil butter

Shrimp Scampi \$14.00

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 \$14.00

grilled and tossed with artichoke hearts and fresh basil in a lemon, white wine and butter sauce, served with green beans in basil butter

Hot Kale \$11.00

steamed kale with red peppers, chick peas, quinoa, avocado and mango in our house coconut curry sauce

Kids (12 years old and younger)

Pasta - fusilli with tomato sauce or butter and parmesan \$4.95

Pasta with Chicken \$6.95

Pita Pizza - with tomato sauce and cheese \$5.95

Cheese Quesadilla \$5.95

Chicken and Cheese Quesadilla \$7.95

Grilled Cheese \$5.25

Call for our daily specials, soups and desserts!

prices subject to change