

Middle Way Combo

Choose 2 of the following 11.50
cup of soup - green salad - half sandwich
Hot sandwiches are not available in MWC combo

Whole & Half Sandwiches

Served on whole wheat sourdough or walnut multigrain bread with OG blue corn chips.

Sprouts available upon request.

Gluten free bread available for 2.75 or make it on a bed of lettuce for 1.50
Substitute a micro salad or a cup of fresh fruit for chips for 3.00

Avocado Toast (Combo) (V)	11.75
Avocado spread, gomasio, sprouts, served on thick cut toast with a cup of soup your choice	
Vegan Middle Way Café Reuben (V)	12.25
Blackened tofu*, sauerkraut, thousand island, and vegan mozzarella on rye bread	
Middle Way Café Reuben	12.75
Turkey, sauerkraut, thousand island, and swiss cheese on rye bread	
Spicy Veggie	half 7.25 whole 10.50
Spicy light cream cheese, toasted pumpkin seeds*, green leaf lettuce, cucumber, tomato, avocado, red onion	
Mayflower	half 7.75 whole 11.00
Roasted turkey breast, green leaf lettuce*, tomato, red onion, herbed mayo, Dijon mustard, cheddar cheese	
Turkey Cranberry	half 7.50 whole 11.00
Roasted turkey breast, light cream cheese, orange-cranberry sauce, green leaf lettuce, cucumber	
Southwestern	half 7.75 whole 11.75
Roasted turkey breast, spicy light cream cheese, green leaf lettuce*, tomato, avocado, red onion	
Tuna Schooner	half 7.75 whole 11.00
100% Albacore tuna salad, herbed mayo, green leaf lettuce*, tomato, red onion, served on toasted bread	
Tuna Melt	14.00
100% Albacore tuna salad, tomato, red onion, avocado, cheddar, gomasio, herbed mayo, served open-faced on toasted bread with a house salad	
The Best Avocado Melt.....Add roasted turkey for 3.00	12.50
Avocado, tomato, red onion, herbed mayo, gomasio, provolone	
Vegan Avocado Melt (V)	12.50
Avocado, tomato, red onion, gomasio, vegan mayo, vegan mozzarella	
Spicy Chicken.....Add 1/4 avocado for 2.00	13.75
Grilled chicken breast, cheddar, coyote sauce, green leaf lettuce*, tomato, red onion	
Chicken Milano	15.25
House pesto, grilled chicken breast, provolone cheese, green leaf lettuce*, tomato, red pepper & red onion	
Blackened Chicken.....Add 1/4 avocado for 2.00	13.75
Sriracha Aioli, grilled chicken breast, swiss cheese, green leaf lettuce*, tomato, onion	

Burritos

Baja Burrito (New!) (V)	12.75
Home Fries, jalapenos, ranchero rice and black beans, vegan mozzarella, red cabbage, green leaf lettuce, avocado, salsa fresca and topped with vegan cashew nacho cheese	
MWC Burrito (New!)	14.00
Grilled chicken breast, ranchero rice and black beans, red cabbage, cheddar cheese, roasted jalapeno chimichurri, guacamole & salsa	

Modern Burgers

Served on a whole wheat bun with OG blue corn chips
Sub a lamb patty for lentil patty on any burger for 4.50

MWC Mushroom Swiss Burger (New!)	15.50
AK Ground Beef and Bacon patty, herbed mayo, swiss cheese, sautéed mushrooms, lettuce, tomato, red onion, pickles	
Lamb Burger	15.50
Ground lamb patty, whole grain mustard, tomato, provolone cheese, cucumber, roasted jalapeno chimichurri	
The Avalanche Burger (V) (New!)	13.50
Marinated portabella mushrooms, roasted jalapeno chimichurri, avocado, green leaf lettuce*, sprouts, tomato, red onion	
Vegan Lentil Burger (V) (New!)	11.75
House-made lentil patty*, green leaf lettuce*, tomato, vegan mayo, red onion, avocado, pickles, vegan mozzarella	
Coyote Burger	11.75
House-made lentil patty*, coyote sauce, cheddar cheese, green leaf lettuce*, tomato*, red onion, pickles, avocado	
Local Salmon Filet (New!)	15.50
Wild Alaskan salmon filet with blackening spice, lettuce, avocado, tomato, red onions, herbed mayo	

MWC Bowls

Santa Fe Bowl GF (New!)	14.50
Natural chicken breast, brown rice*, black beans*, cabbage, roasted corn, roasted jalapeno chimichurri, avocado, sour cream, ranchero, cheddar, green onion; served with blue corn chips	
Baja Bowl GF/V	11.75
Cashew nacho cheese, vegan sour cream*, brown rice, black beans*, green leaf lettuce, red cabbage, avocado, & cilantro	

Greens

Sundried Tomato Balsamic Vinaigrette (GF/V), Honey Dijon (GF),
Lemon Tahini (GF/V), Lemon Ranch (GF).

Add chicken to any salad for 4.50, blackened tofu* or tuna for 3.00

Greek	half 8.50 - full 12.50
Green leaf lettuce* & mixed greens*, tomato, red bell pepper, avocado, red onion, cucumber, parsley, feta, sundried tomato balsamic vinaigrette, Kalamata olives	
Planeta Azul (V)	half 8.25 - full 11.75
Green leaf lettuce* & mixed greens*, carrot*, tomato, avocado, red onion, red bell pepper, cucumber, parsley, toasted pumpkin seeds*	
Modern	half 10.75 - full 15.00
Grilled chicken breast, green leaf lettuce* & mixed greens*, toasted pumpkin seeds*, tomato, avocado, red onion, carrot*, red bell peppers, cucumber, parsley	
Albacore Salad	half 9.50 - full 14.00
Green leaf lettuce* & mixed greens*, albacore tuna, carrot* tomato, avocado, red bell pepper, cucumber, parsley, toasted pumpkin seeds*, lemon & sundried tomato balsamic vinaigrette	
House Green	5.75
Green leaf lettuce* & mixed greens*, tomato, red onion, cucumber, parsley, toasted pumpkin seeds*	

Soups

10 oz cup 5.50 16 oz bowl 6.50 Quart size 13.00

Smoothies

12 oz 7.00 16 oz 8.50

Add-ins: 1.00 each

OG chia seed, pea protein mix, spirulina powder, OG peanut butter,
OG milled flax seed, wild bee pollen, kale*, spinach Add 1/4 avocado for 2.00

Fresh Ginger Shot 2 oz. 3.00

Whole fruit, rBGH-free nonfat yogurt & OG honey

Nina - banana*, strawberry, orange juice

Inner Balance - banana*, strawberry, ginger, orange juice

Jungle Love - pineapple, banana*, coconut*, apple juice

Mango Tree - mango, banana*, ginger, apple juice

Follow Your Heart - banana*, strawberry, blueberry, apple juice

Gingerberry - banana*, strawberry, blueberry, ginger, apple juice

Vegan Smoothies

Morning Glory - pineapple, orange juice

Summer Breeze - banana*, strawberry, orange juice

North of Heaven - banana*, strawberry, blueberry, apple juice

Tropic Thunder - pineapple, banana*, beet*, ginger, spinach, walnut, orange juice

Fruit & Vegetable Juices

12 oz 8.00 16 oz 9.75

Kick Start - apple, lemon*, ginger

Jupiter - carrot*, apple, ginger

Earth Orbit - carrot*, apple, lemon*

Waldorf - carrot*, apple, celery

Red Hot - carrot*, apple, beet*, ginger

Beet'le Juice - carrot*, celery, beet*

Green Go Go - lettuce, spinach, cucumber, parsley, kale*, ginger, apple, celery, cilantro

Spicy Kale Lemonade - carrot*, kale*, ginger, lemon*, apple

Zinger - orange*, lemon*, kale*, ginger, carrot*, beets*

Organic Orange Juice

12 oz 5.25 16 oz 7.25

Organic Produce - All items with an asterisk (*) are organic and/or locally grown when available. Please check our weekly organic statement or ask a cashier if a fruit or vegetable is currently organic.

Gluten Friendliness - While we do our best to avoid contact of gluten-free items with items containing gluten in our kitchen & bakery, we cant no guarantee that our products are 100% gluten-free. We are happy to accommodate food allergies wherever possible. **Please inform a cashier if you have a food allergy. Thanks!**

GF-Gluten Free

V-Vegan

Breakfast

Served ALL DAY

* - organic V - vegan

GF - gluten free - GF policy on reverse side of menu

**Substitute gluten free toast on any breakfast for 2.75

Substitute OG kale* or 8oz fresh fruit for home fries for 3.00

Avocado Toast	10.75
Avocado spread, gomasio, sprouts, served on thick cut toast and your choice of side of fruit or cup of oatmeal Add thick sliced bacon, Indian Valley reindeer sausage, ham, blackened tofu* or two organic eggs for 3.50;	
Base Camp	13.00
Two organic eggs, your choice of two multigrain pancakes or plain French toast, maple syrup* & your choice of thick sliced bacon, Indian Valley reindeer sausage, ham or blackened tofu*	
Farmer's Starter GF**	10.00
Two organic eggs, home fries, toast & butter Add thick sliced bacon, Indian Valley reindeer sausage, ham or blackened tofu* for 3.50; 1/4 of Avocado for 2.00	
Eggs Florentine	14.00
Two organic eggs poached, spinach, tomatoes & house-made hollandaise over toasted English muffin, served with home fries	
Classic Benedict	14.50
Two organic eggs poached, ham & house-made hollandaise, over toasted English muffin, served with home fries Add tomatoes for 2.00	
Mexican Benedict GF**	half 10.25 - whole 15.00
Two organic eggs poached, chorizo, salsa fresca, home fries, avocado & chipotle hollandaise: served with toast and butter	
Bacon Cheddar Omelet GF**	14.50
Three organic egg omelet, smoked bacon, cheddar, served with home fries, toast & butter	
Shepherd's Omelet GF**	14.50
Three organic egg omelet, goat cheese, caramelized onions, sautéed spinach, red bell peppers, parsley, served with home fries, toast & butter Add diced reindeer sausage, bacon or ham for 3.25	
California Omelet GF**	14.50
Three organic egg omelet, avocado, red bell pepper, & cheddar topped with scallions & sour cream; served with home fries, toast & butter Add diced sausage, bacon or ham for 3.25	
West Coast Omelet GF**	15.00
Three organic egg omelet, avocado, bacon, cheddar, red bell pepper, scallions & sour cream; served with ranchero sauce, served with home fries, toast & butter	
Huevos Rancheros GF/V	half 9.25 - whole 13.25
Two organic eggs fried over easy, served over corn tostadas with brown rice*, black beans*, house-made ranchero sauce, cheddar, avocado, sour cream, scallions Make it vegan with blackened tofu* and vegan sour cream	
Tofu Stack GF/V (New and Improved!)	14.50
A mix of sautéed local golden beets*, carrots*, zucchini, red onions, sweet potato, served on a bed of local purple potato & ranchero sauce, topped with blackened tofu*, scallions & vegan sour cream	
Breakfast Quesadilla	13.00
Organic eggs, bacon, cheddar cheese in a whole wheat tortilla served with home fries, guacamole, sour cream & salsa on the side	

Breakfast Burrito	11.50
Organic eggs, home fries, scallions, cheddar cheese, coyote sauce, your choice of avocado or chorizo all wrapped in a whole wheat tortilla Add both for 1.75	
Vegan Breakfast Burrito (V)	11.00
Blackened Tofu*, cashew nacho cheese, spinach, scallions, avocado, home fries & black beans* all wrapped in a whole wheat tortilla	
Breakfast Sandwich	8.00
One organic egg your style, choice of cheese, and choice of thick sliced bacon, Indian Valley reindeer sausage, ham, or blackened tofu* on an English muffin Add a 1/4 avocado for 2.00	
Bumbleberry French Toast (New)	10.50
Walnut multigrain French toast served with mixed berries compote, whipped blueberry butter, fresh whipped cream, and dash of powdered sugar Add two organic eggs for 3.50	
Multigrain Pancakes & Fresh Fruit (V)	11.75
Three vegan multigrain pancakes made with wheat flour, cornmeal, quinoa*, flax meal* & buckwheat*; served with maple syrup*, vegan butter & a cup of fresh fruit Add two organic eggs for 3.50	
Blueberry Banana Pancakes (V)	11.75
Three blueberry & banana* multigrain pancakes served with vegan butter and maple syrup* Add two organic eggs for 3.50	
Oatmeal (V)	6.50
Slow cooked steel cut oats* served with dried fruit, brown sugar, walnuts & your choice of whole or nonfat rBGH-free milk Add a cup of fresh fruit for 4.00 - For alternative milk add .50	
Granola (V)	5.50
House-made granola with GF oats, dried fruit, nuts & seeds, and whole or non-fat rBGH-free milk. For alternative milk add .50	
Fruit Parfait	8.50
A bowl of nonfat yogurt, fresh fruit & house-made granola*, drizzled with honey*	

Sides

Steamed kale* with lemon, salt, & pepper	4.25
Sautéed Vegetables	4.25
Home fries	4.25
Two eggs*, your style	4.00
Thick sliced bacon, AK reindeer sausage, ham, blackened tofu*	4.50
Roasted chicken breast	6.00
English muffin or toast	2.25
Dressings	2 oz - 2.00 or 4 oz - 3.00
Salsa	1.50
Guacamole	3.50
Maple syrup*	2.25
Gluten free toast	3.00
Solo pancake with maple syrup*	4.00
Avocado	quarter 2.00 - half 3.50

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Takeout
+
Curbside

272-6433

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Café Hours
Mon-Sun:
8am-4pm

ONLINE ORDERS: middlewaycafe.mobilebytes.com

1200 W. Northern Lights Blvd, Suite G
Anchorage, Alaska 99503



Kid's Menu (11 and under)

Breakfast Served ALL DAY!	
Farmer's Helper GF	6.75
One OG egg, reindeer sausage, bacon, ham, or tofu* & home fries	
Breakfast Quesadilla	6.50
Organic eggs, bacon, cheese with home fries & salsa on the side	
Bumbleberry French Toast (New)	6.50
Smaller version of the grownups'	
Kid's Multigrain Pancakes (V)	6.50
Two vegan multigrain pancakes with maple syrup* and vegan butter	
Chocolate Banana Pancakes (V)	7.00
Two chocolate banana* pancakes with maple syrup*	
Blueberry Banana Pancakes (V)	7.00
Two blueberry banana* pancakes with maple syrup*	
Kid's Fruit Parfait	5.50
Bowl of fruit, house-made granola* & nonfat yogurt	
Lunch <i>Served on fresh wheat or walnut multi-grain bread with OG blue corn chips</i>	
Grilled Cheese	half 5.00 - whole 7.50
PB & Jelly or Banana* (V)	half 5.00 - whole 6.75
TLC	half 6.50 - whole 8.75
Turkey, green leaf lettuce*, cheddar cheese & herbed mayo	