

Middle Way Combo

Choose 2 of the following **11.50**
cup of soup - green salad - half sandwich
Sandwiches available as a combo have a (C)

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. Served 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 (C)(V)(GF option) **12.00**

Homemade avocado spread, gomasio, local sprouts served on thick cut toast. Your choice of a micro salad or cup of our house made soup

Spicy Veggie (C)(GF option) **Half: 7.75 Whole: 11.25**

Spicy cream cheese, organic toasted pumpkin seeds, green leaf lettuce, cucumber, tomato, avocado, onion. Served on your choice of local bread

Mayflower (C)(GF option) **Half: 8.50 Whole: 12.50**

Natural roasted turkey breast, green leaf lettuce, tomato, red onion, herbed mayo, Dijon mustard, and cheddar cheese. Your choice of local bread

Turkey Cranberry (C)(GF option) **Half: 8.50 Whole: 12.50**

Natural roasted turkey breast, light cream cheese, cucumber, orange-cranberry sauce, green leaf lettuce. Served on your choice of local bread

Southwestern (C)(GF option) **Half: 8.50 Whole: 12.50**

Natural roasted turkey breast, spicy cream cheese, green leaf lettuce, tomato, red onion, avocado. Served on your choice of local bread

Tuna Schooner (C)(GF option) **Half: 7.75 Whole: 11.25**

100% Albacore tuna salad, herbed mayo, green leaf lettuce, tomato, red onion. Served toasted on your choice of local bread

Tuna Melt (GF option) **14.50**

100% Albacore tuna salad, herbed mayo, tomato, red onion, avocado, cheddar, gomasio. Served with house salad and toasted bread choice

A.B.L.T. (GF option) **11.25**

Avocado, bacon, lettuce, tomato, herbed mayo. A BLT with a delicious twist! Served toasted on your choice of locally baked bread

The Best Avocado Melt (GF option) **12.50**

Avocado, tomato, red onion, herbed mayo, gomasio, provolone. Served on your choice of locally baked bread

Vegan Avocado Melt (V)(GF option, not vegan) **12.50**

Avocado, tomato, red onion, house made vegan mayo, gomasio, and our house made vegan provolone. Served on your choice of locally baked bread

MWC Reuben (GF option) **12.75**

Natural roasted turkey breast, sauerkraut, house made vegan thousand island, and swiss cheese on locally baked rye bread

Vegan MWC Reuben (V) (GF option, not vegan) **12.25**

Blackened organic tofu, sauerkraut, house made vegan thousand island, and swiss cheese on locally baked rye bread

Spicy Chicken (GF option) **14.00**

Natural lemon-pepper chicken breast, cheddar cheese, coyote sauce, green leaf lettuce, tomato, red onion. Served on your choice of locally baked bread

Chicken Milano (GF option) **15.25**

Natural lemon-pepper chicken breast, provolone cheese, pesto, red bell pepper, green leaf lettuce, tomato, red onion. Served on your choice of locally baked bread

Blackened Chicken (GF option) **15.25**

Natural lemon-pepper chicken breast, Sriracha aioli, swiss cheese, tomato, red onion, green leaf lettuce, tomato and red onion. Served on your choice of locally baked bread

MWC Bowls

Shoji Bowl (GF or Vegan option) **15.00**

Natural chicken breast, Sauteed vegetable blend (local organic golden beets and carrots, zucchini, red bell pepper, red onions, sweet potatoes, red cabbage, portabella), spinach and brown rice. Topped with maple-tamari glaze, black sesame seeds and vegan wasabi aioli

Santa Fe Bowl (GF) **14.50**

Natural chicken breast, brown rice*, black beans*, cabbage, roasted corn, roasted jalapeno chimichurri, avocado, sour cream, ranchero, cheddar, and green onion

Baja Bowl (GF)(V) **11.75**

Cashew nacho cheese, vegan sour cream*, brown rice, black beans*, green leaf lettuce, red cabbage, avocado, and cilantro

Mean Green (V) **13.00**

Banana, strawberry, spinach, goji berry, flax seed, chai seed, coconut milk, tahini, hemp hearts, avocado

Burritos

Rancho Verde Burrito (V) **13.00**

Fresh jalapenos, ranchero rice and black beans, our home made vegan mozzarella, roasted jalapeno chimichurri, red cabbage, green leaf lettuce, avocado, rolled into a local whole wheat tortilla and served with vegan cashew nacho cheese and salsa

Baja Burrito (V) **13.50**

Cashew nacho cheese, vegan sour cream, brown rice, black beans, green leaf lettuce, red cabbage, avocado, cilantro rolled into a local whole wheat tortilla

MWC Burrito **14.00**

Grilled chicken breast, ranchero rice and black beans, red cabbage, cheddar cheese, roasted jalapeno chimichurri, guacamole & salsa

Modern Burgers

Served on a locally baked whole wheat bun with OG blue corn chips
Add bacon, egg, sauteed mushrooms or caramelized onions for an additional charge

Alaskan Salmon Filet on a Bun (GF option) **15.50**

Wild Alaskan salmon filet seasoned with blackening spice, avocado, green leaf lettuce, tomato, red onion, herbed mayo and a lemon wedge

MWC Cheeseburger (GF option) **15.50**

AK ground beef and bacon patty, herbed mayo, green leaf lettuce, tomato, red onion, pickles, and your choice of cheese

Lamb Burger (GF option) **15.50**

House seasoned and herbed lamb patty with goat cheese, provolone cheese, herb mayonnaise, chimichurri, cucumber, green leaf lettuce, tomato, and red onion

Avalanche Burger (V)(GF option) **13.50**

Portabella mushroom marinated in sundried tomato-balsamic, roasted jalapeno chimichurri, avocado, green leaf lettuce, tomato, red onion, and sprouts

Vegan Lentil Burger (V)(GF option) **13.50**

House made lentil patty, green leaf lettuce, tomato, vegan mayo, red onion, avocado, pickles, vegan mozzarella. *Sub for lamb patty - 4.50*

Coyote Burger (GF option) **13.50**

House made lentil patty, avocado, coyote sauce, cheddar cheese, green leaf lettuce, tomato, red onion, pickles, avocado. *Sub for lamb patty - 4.50*

Greens

Our dressings are made fresh in-house and served on the side:
**Sundried Tomato Balsamic Vinaigrette (GF/V), Lemon Tahini (GF/V),
Cashew Miso (GF/V), Honey Dijon (GF), Lemon Ranch (GF)**

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

Greek (GF) **half: 8.50 full: 12.50**

Green leaf lettuce, organic greens, avocado, tomato, red bell pepper, red onion, cucumber, parsley, feta, and Kalamata olives. Served with our sundried tomato balsamic vinaigrette

Planeta Azul (GF)(V) **half: 8.25 full: 11.75**

Green leaf lettuce and organic greens, local organic carrots, avocado, tomato, red onion, red bell pepper, cucumber, parsley, and toasted organic pumpkin seeds

Modern (GF) **half: 10.75 full: 15.00**

Grilled, sliced, natural chicken breast, green leaf lettuce and organic mixed green, organic local carrots, toasted organic pumpkin seeds, tomato, avocado, red onion, red bell peppers, cucumber, and parsley

Albacore Salad (GF) **half: 9.50 full: 14.00**

Our 100% albacore tuna salad, green leaf lettuce and organic mixed greens, local organic carrots, avocado, tomato, red onion, red bell pepper, cucumber, parsley, toasted organic pumpkin seeds, Served with our sundried tomato balsamic vinaigrette and a fresh lemon wedge

Cashew Miso Salmon (GF) **15.00**

Our Alaskan salmon filet lightly grilled and topped with sesame seeds, green leaf lettuce and organic greens, avocado, tomato, red bell pepper, local organic carrots, red onion, cucumber, parsley, and toasted pumpkin seed. Served with our house made cashew miso dressing

House Green (GF)(V) **5.75**

Green leaf lettuce & organic mixed greens, tomato, red onion, cucumber, parsley, toasted organic pumpkin seeds

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 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

Gluten Friendliness - While we do our best to avoid contact of gluten-free items with items containing gluten in our kitchen & bakery, we can't guarantee that our products are 100% gluten-free. We are happy to accommodate food allergies whenever possible! **Please inform a cashier if you have a food allergy. Thanks!**
***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.

Breakfast

Served ALL DAY

Substitute gluten free toast on any breakfast for 2.75

Avocado Toast (V)(GF option)	12.00
Avocado spread, gomasio, sprouts, served on thick cut toast and cup of fresh fruit	
Base Camp (GF option)	13.50
Two organic eggs, your choice of two multigrain pancakes or plain French toast, OG maple syrup & your choice of thick sliced bacon, reindeer sausage, ham or OG blackened tofu	
Farmer's Starter (GF option)	10.50
Two organic eggs, home fries, toast & butter	
Eggs Florentine (GF option)	14.50
Two organic eggs poached, spinach, tomatoes & house-made hollandaise over toasted English muffin, served with home fries	
Classic Benedict (GF option)	15.00
Two organic eggs poached, ham & house-made hollandaise, over toasted English muffin, served with home fries	
Mexican Benedict (GF option)	half: 10.50 whole: 15.00
Two organic eggs poached, chorizo, salsa fresca, home fries, avocado & chipotle hollandaise: served with toast and butter	
Bacon Cheddar Omelet (GF option)	15.00
Three organic egg omelet, smoked bacon, cheddar, served with home fries, toast & butter	
Shepherd's Omelet (GF option)	15.50
Three organic egg omelet, goat cheese, caramelized onions, sautéed spinach, red bell peppers, parsley, served with home fries, toast & butter	
California Omelet (GF option)	15.00
Three organic egg omelet, avocado, red bell pepper, & cheddar topped with scallions & sour cream; served with home fries, toast & butter	
West Coast Omelet (GF option)	16.00
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 option)	half: 10.00 whole: 14.00
Two organic eggs fried over easy, served over corn tostadas with Organic brown rice, organic black beans, house-made ranchero sauce, cheddar, avocado, sour cream, scallions	
Make it vegan with organic blackened tofu and vegan sour cream	
Oh Deer! Omelet (GF option)	15.00
Three organic egg omelet, with diced reindeer, caramelized onions and Swiss cheese. Served with toast and home fries	
Sabajee Omelet (GF option)	15.00
Three organic egg omelet, with sauteed vegetables and cheddar cheese. Topped with sprouts and diced tomatoes. Served with toast and home fries	
Tofu Stack GF/V	14.50
A mix of sautéed local golden beets, local carrots, zucchini, red onions, sweet potato, red bell pepper and local purple potato on a bed of house made ranchero sauce, topped with organic blackened tofu, crushed organic blue corn tortilla chips, scallions & vegan sour cream	
Breakfast Quesadilla	14.00
Organic eggs, bacon, cheddar cheese in a whole wheat tortilla served with home fries, guacamole, sour cream & salsa on the side	

Breakfast Burrito	12.00
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
Organic blackened Tofu, house made cashew nacho cheese, spinach, scallions, avocado, home fries & organic black beans all wrapped in a whole wheat tortilla	
Breakfast Sandwich (GF option)	9.00
One organic egg your style, choice of cheese, and choice of thick sliced bacon, Indian Valley reindeer sausage, ham, or organic blackened tofu on an English muffin	
Bumbleberry French Toast (GF option)	10.50
Walnut multigrain French toast served with mixed berries compote, whipped blueberry butter, fresh whipped cream, and dash of powdered sugar	
Multigrain Pancakes & Fresh Fruit (V)	12.00
Three vegan multigrain pancakes made with wheat flour, cornmeal, organic quinoa, organic flax meal & organic buckwheat; served with organic maple syrup, vegan butter and a cup of fresh fruit	
Blueberry Banana Pancakes (V)	12.00
Three blueberry & banana multigrain pancakes served with vegan butter and organic maple syrup	
Granola (GF) (V option)	6.50
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*	

Kid's Menu

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

Served on fresh local wheat or walnut multi-grain bread with organic blue corn chips

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	



Takeout/Curbside

272-6433

Café Hours: 8am-4pm



ONLINE ORDERS: middlewaycafe.mobilebytes.com

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

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
Hunker Down	- mango, pineapple, orange juice
Morning Glory (V)	- pineapple, orange juice
Summer Breeze (V)	- banana*, strawberry, orange juice
North of Heaven (V)	- banana*, strawberry, blueberry, apple juice
Tropic Thunder (V)	- 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