

Middle Way Combo

Choose 2 of the following **11.50**
cup of soup - half sandwich - green salad

Burritos

- Baja Burrito (New!)** **12.75**
Sweet potato, garbanzo beans, brown rice, black beans, daiya cheese, red cabbage, green leaf lettuce, avocado, salsa fresca and topped with vegan nacho cheese
- MWC Burrito (New!)** **14.00**
Halal chicken, rice and black beans ranchero, red cabbage, cheddar cheese, jalapeno sour cream, three chili sauce, guacamole and salsa

Sandwiches

Served on fresh whole wheat 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)** **11.75**
Avocado, red onion, tomato, parsley, gomasio, and sprouts served on thick cut toast and your choice of a cup of soup
- 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
- The Avalanche (V)** **12.75**
Marinated Portabella mushrooms, vegan roasted jalapeno cream cheese, avocado, red bell pepper, green leaf lettuce*, sprouts, tomato
- 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 on toasted bread
- Tuscan Tuna** **half 7.75 whole 11.50**
100% Albacore tuna salad, olive goat cheese spread, herbed mayo, green leaf lettuce*, tomato & red onion on toasted bread
- Tuna Melt** **14.00**
100% Albacore tuna salad, tomato, red onion, avocado, cheddar, gomasio & herbed mayo; served open-faced with a house salad
- The Best Avocado Melt (Add natural turkey for 3.00)** **12.50**
Avocado, roma tomato, red onion, herbed mayo, gomasio & provolone
- Vegan Avocado Melt (V)** **12.50**
Avocado, roma tomato, red onion, gomasio, vegan mayo & vegan mozzarella
- Spicy Chicken** **13.75**
Chicken breast, cheddar, coyote sauce, green leaf lettuce*, tomato & red onion **Add 1/4 avocado for 2.00**
- Chicken Milano** **15.25**
House pesto, chicken breast, provolone cheese, green leaf lettuce*, tomato, red pepper & red onion
- Blackened Chicken (New!)** **13.75**
Sriracha Aioli, chicken breast, swiss cheese, green leaf lettuce*, tomato, onion.

Modern Burgers

Served on a whole wheat bun with OG blue corn chips
Sub a lamb patty for black bean-kale patty on any burger for 4.50

- Chipotle Blueberry Lamb Burger** **15.00**
Ground lamb patty, chipotle blueberry sauce, tomato*, green leaf lettuce*, goat cheese & red onion
- Lamb Burger** **14.75**
Ground lamb patty, smoked whole grain mustard, tomato, provolone cheese and cucumber salad with jalapeno crème fraiche
- Coyote Burger** **11.25**
House-made black bean-kale patty*, green leaf lettuce*, tomato*, avocado, red onion, pickles, coyote sauce & cheddar cheese
- Vegan BBQ Burger (V)** **11.25**
House-made black bean-kale patty*, green leaf lettuce*, tomato, red onion, avocado, pickles, smoky barbecue sauce* & vegan mozzarella
- Local Salmon Burger** **15.00**
Wild Alaskan salmon patty, Napa cabbage slaw, avocado, tomato, onions, chipotle blueberry sauce & pickles

MWC Bowls

Available Monday-Friday after 12:00 pm and Saturday-Sunday after 2:00 pm

- Cold Noodle Salad Bowl GF/V** **12.25**
OG brown rice soba noodle, cucumber, carrot*, red cabbage, scallion, cilantro, bean sprout, gomasio, house made GF oriental sauce
Add OG hard boiled eggs for \$2.00, Blackened tofu \$3.00 or chicken for \$4.50
- Lotus Bowl GF/V** **11.75**
Quinoa, kale*, zucchini, red cabbage, bean sprouts, red bell pepper, toasted shallots, Thai basil, garbanzo beans* & red curry
- Moroccan Bowl GF** **13.75**
Halal chicken, brown rice, zucchini pasta, garbanzo beans*, mint chutney & salsa fresca
- Prima's Bowl GF** **14.50**
Halal chicken, wild rice*, pinto beans*, cabbage, cilantro, guacamole, sour cream, three chili sauce, cheddar & cotija cheese; served with corn tortillas
- Baja Bowl GF/V** **11.75**
Cashew nacho cheese, vegan sour cream*, brown rice, black beans*, green leaf lettuce, red cabbage, avocado, & cilantro
- Unicorn Bowl GF/V** **12.00**
Basil cauliflower rice, spinach, kale*, black beans*, carrot ribbons*, salsa fresca, pumpkin seeds* and unicorn sauce

Greens

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

Add chicken to any salad for 4.50 Blackened tofu*, or tuna to any salad 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
- Quinoa Salad GF/V - NEW!** **11.50**
Mixed greens*, quinoa*, tomato, cucumber, red onion, black bean, cilantro, avocado, lemon wedge
- 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

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

Smoothies

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 cannot 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.*

GF-Gluten Free V-Vegan

Breakfast

Saturday & Sunday: 8am-1pm
Monday thru Friday: 7am-11am

* - 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, red onion, tomato, parsley, gomasio, and sprouts served on thick cut toast and your choice of a side of fruit or cup of oatmeal
Add thick sliced bacon, Indian Valley reindeer sausage, ham or blackened tofu* for 3.00; Add two organic eggs for 3.25

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 3.25; 1/4 of Avocado for 2.00

Eggs Florentine 14.00

Two organic eggs poached, spinach, heirloom tomatoes & house-made hollandaise over toasted English muffin; served with home fries

Mexican Benedict GF** half 10.25 whole 14.75

Two organic eggs poached, chorizo, salsa fresca, home fries, avocado & chipotle hollandaise; served with toast & butter

Classic Benedict 14.00

Two organic eggs poached, ham & house-made hollandaise, over toasted English muffin; served with home fries
Add heirloom tomatoes for 2.00

Shepherd's Omelet GF** 13.75

Three organic egg omelet, goat cheese, caramelized onions, sautéed spinach, roasted red bell peppers & parsley; served with home fries, toast & butter

Add diced sausage, bacon or ham for 3.25

California Omelet GF** 13.75

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** 14.50

Three organic egg omelet, avocado, bacon, cheddar, red bell pepper, scallions & sour cream; served with ranchero sauce, 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

Colour's Tofu Stack GF/V 13.25

A grilled patty of beets*, carrots*, zucchinis & leeks encrusted with blue corn tortilla chips*, served on a bed of home fries & ranchero sauce topped with blackened tofu*, scallions & vegan sour cream

Breakfast Quesadilla 12.50

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, and your choice of avocado or chorizo wrapped in a whole wheat flour tortilla
Add both for 1.75

Vegan Breakfast Burrito (V) 11.00

Tofu chorizo*, cashew nacho cheese, spinach, scallions, avocado, home fries & black beans*, wrapped in a whole wheat tortilla

Breakfast Sandwich 7.00

One organic egg your style, cheddar or provolone cheese & your 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

Blueberry Hill French Toast 10.25

Walnut multigrain French toast served with blueberry compote, whipped blueberry butter, fresh whipped cream, lemon, & a dash of termination dust
Add two organic eggs for 3.25

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 3.25

Blueberry Banana Pancakes (V) 11.75

Three blueberry & banana* multigrain pancakes served with vegan butter and maple syrup*
Add two organic eggs for 3.25

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 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*

Organic Produce - All items with an asterisk (*) are organic and/or locally grown when available. Please check our weekly organic

Sides

Steamed kale* with lemon, salt, & pepper	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
Cup of fresh fruit - 8 oz	4.25
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
272-6433

WI-FI

Winter Café Hours

Mon-Fri:

7am-6pm

Sat-Sun:

8am-6pm

1200 W. Northern Lights Blvd, Suite G
Anchorage, Alaska 99503
(907) 272-6433 info@middlewaycafe.com



Kid's Menu (11 and under) Breakfast

Saturday & Sunday: 8am-1pm Monday thru Friday: 7am-11am

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

Blueberry Hill French Toast 6.00

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 whole wheat or walnut multigrain bread with OG 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