

Middle Way Combo

Choose 2 of the following **11.25**
cup of soup - half sandwich - green salad

Classic Sandwiches

Served on fresh whole wheat or walnut multigrain bread with OG blue corn chips. Sprouts available upon request.

Gluten free bread available for 2.25 or make it a lettuce wrap for 1.00

V - Vegan GF - Gluten Free

Our turkey is preservative and gluten free

Avocado Toasted (Combo) -NEW! **11.25**

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 **12.25**

Turkey, sauerkraut, thousand island, and Swiss cheese on rye bread

The Avalanche (V) **12.25**

Marinated Portabella mushrooms, vegan roasted jalapeno cream cheese, avocado, red bell pepper, green leaf lettuce*, sprouts, tomato

Spicy Veggie **half 7.25 whole 10.25**

Spicy light cream cheese, toasted pumpkin seeds*, green leaf lettuce*, cucumber, tomato, avocado & red onion

Mayflower **half 7.25 whole 10.25**

Roasted turkey breast, green leaf lettuce*, tomato, red onion, herbed mayo, Dijon mustard & cheddar cheese

Turkey Cranberry **half 7.25 whole 10.25**

Roasted turkey breast, light cream cheese, orange-cranberry sauce, green leaf lettuce & cucumber

Southwestern **half 7.50 whole 10.95**

Roasted turkey breast, spicy light cream cheese, green leaf lettuce*, tomato, avocado & red onion

Tuna Schooner **half 7.50 whole 11.00**

100% Albacore tuna salad, herbed mayo, green leaf lettuce*, tomato & red onion on toasted bread

Tuscan Tuna **half 7.75 whole 11.25**

100% Albacore tuna salad, olive goat cheese spread, herbed mayo, green leaf lettuce*, tomato & red onion on toasted bread

Tuna Melt **13.50**

100% Albacore tuna salad, tomato, red onion, avocado, cheddar, gomasio & herbed mayo; served open-faced with a house salad

The Best Avocado Melt **11.75**

Avocado, roma tomato, red onion, herbed mayo, gomasio & provolone

Add natural turkey for 2.50

Vegan Avocado Melt (V) **12.25**

Avocado, roma tomato, red onion, gomasio, vegan mayo & vegan mozzarella

Spicy Chicken **13.25**

Chicken breast, cheddar, coyote sauce, green leaf lettuce*, tomato & red onion **Add 1/4 avocado for 1.75**

Chicken Milano **14.00**

House pesto, chicken breast, provolone cheese, green leaf lettuce*, tomato, red pepper & red onion

Substitute a micro salad or a cup of fresh fruit for chips for 2.75

Soups

10 oz cup 5.00 16 oz bowl 6.25

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 3.25

Chipotle Blueberry Lamb Burger - NEW! **14.50**

Ground lamb patty, chipotle blueberry sauce, tomato*, green leaf lettuce*, goat cheese & red onion

Lamb Burger **14.50**

Ground lamb patty, smoked whole grain mustard, tomato, provolone cheese & 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 **14.50**

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 - NEW! **11.50**

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 or chicken for \$3.00

Lotus Bowl GF/V **11.50**

Quinoa, kale*, zucchini, red cabbage, bean sprouts, red bell pepper, toasted shallots, Thai basil, garbanzo beans* & red curry

Moroccan Bowl GF **13.25**

Halal chicken, brown rice, zucchini pasta, garbanzo beans*, mint chutney & salsa fresca

Prima's Bowl GF **13.75**

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 **11.50**

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

Unicorn Bowl GF/V **11.50**

Basil cauliflower rice, spinach, kale*, black beans*, carrot ribbons*, salsa fresca, pumpkin seeds* & unicorn sauce

Greens

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

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

Greek **half 8.25 full 12.25**

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 8.00 full 11.25**

Green leaf lettuce* & mixed greens*, carrot*, tomato, avocado, red onion, red bell pepper, cucumber, parsley & toasted pumpkin seeds*

Modern **half 9.25 full 13.75**

Grilled chicken breast, green leaf lettuce* & mixed greens*, toasted pumpkin seeds*, tomato, avocado, red onion, carrot*, red bell peppers, cucumber & parsley

Albacore Salad **half 9.25 full 13.75**

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*

Smoothies & Juices

12 oz 6.50 16 oz 8.00

Add-ins: 75 cents each

OG chia seed, soy protein mix, spirulina powder, OG peanut butter, OG milled flax seed, wild bee pollen, kale*, spinach

Add 1/4 avocado for 1.50

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

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*

Liquid Sunshine

Fresh squeezed oranges*

12 oz 7.75 16 oz 9.00

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.**

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 2.25

Substitute kale or 8oz fresh fruit for home fries for 2.75

Avocado Toast - NEW!	9.75
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 2.75; Add two organic eggs for 3.25	
Base Camp	12.25
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**	9.75
Two organic eggs, home fries, toast & butter	
Add thick sliced bacon, Indian Valley reindeer sausage, ham or blackened tofu* for 3.00	
Eggs Florentine	13.75
Two organic eggs poached, spinach, heirloom tomatoes & house-made hollandaise over toasted English muffin; served with home fries	
Mexican Benedict GF**	14.00
Two organic eggs poached, chorizo, salsa fresca, home fries, avocado & chipotle hollandaise; served with toast & butter	
Classic Benedict	13.75
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**	13.25
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 2.75	
California Omelet GF**	13.50
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 2.75	
West Coast Omelet GF**	14.00
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 13.00
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	12.25
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	11.00
Organic eggs, bacon, cheddar cheese in a whole wheat tortilla served with home fries, guacamole, sour cream & salsa on the side	

Breakfast Burrito	10.50
Organic eggs, home fries, scallions, cheddar cheese, coyote sauce, and your choice of avocado or chorizo wrapped in a whole wheat flour tortilla	
Vegan Breakfast Burrito (V)	10.25
Tofu chorizo*, cashew nacho cheese, spinach, scallions, avocado, home fries & black beans*, wrapped in a whole wheat tortilla	
Breakfast Sandwich	6.75
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 1.75	
Blueberry Hill French Toast	9.75
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)	11.25
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)	10.75
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	
Granola (V)	5.50
House-made granola* with oats*, dried fruit, nuts & seeds, and rBGH-free milk	
For soy*, rice*, or cow's 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, roasted chicken breast or blackened tofu*	4.50
Cup of fresh fruit - 8 oz	4.25
English muffin or toast	2.25
Salsa, dressings	2 oz - .75 or 4 oz - 1.50
Maple syrup*	2.00
Gluten free toast	3.00
Solo pancake with maple syrup*	3.25
Avocado	quarter 1.75 half 3.25

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



Takeout
272-6433

WI-FI

Winter Café Hours
Mon-Fri:
7am-6pm
Sat-Sun:
8am-6pm

Located between REI & Title Wave Books in Spenard!

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



Kid's Menu (11 and under)

Breakfast

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

Breakfast Quesadilla	6.25
Organic eggs, bacon, cheese with home fries & salsa on the side	
Blueberry Hill French Toast	6.00
Smaller version of the grownups'	
Chocolate Banana Pancakes (V)	6.25
Two chocolate banana* pancakes with maple syrup*	
Farmer's Helper GF	6.25
One OG egg, reindeer sausage, bacon, ham, or tofu* & home fries	
Kid's Fruit Parfait	5.25
Bowl of fruit, house-made granola* & nonfat yogurt	
Kid's Multigrain Pancakes (V)	6.00

Lunch

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

Grilled Cheese	half 5.00 whole 7.25
PB & Jelly or Banana* (V)	half 4.25 whole 5.75
TLC	half 5.00 whole 7.50
Turkey, green leaf lettuce*, cheddar cheese & herbed mayo	

