

Owl Sprit Cafe

Delicious Homemade Food

Sandwiches

*Can be made with **Gluten Free** bread*

Bánh Mì 15

Slow roasted pork belly, with fresh pickled carrots, onion & cucumbers with jalapeños, red peppers & cilantro on panini bread with sweet chili mayo

Grilled Reuben 7.50 half 14 whole

Pastrami, Swiss, sauerkraut & our homemade sauce on rye

Grilled Rachel 7.50 half 13 whole

Turkey, Swiss, sauerkraut & our homemade sauce on rye

Grilled Veggie 7.50 half 13 whole

Grilled portobello, zucchini, peppers & onions with fresh greens & our homemade feta sauce on rye

Tuna Melt 7 half 12 whole

Our freshly made tuna salad with cheddar on sourdough

Cold Veggie 7 half 12 whole

Cucumbers, carrots, red onions, red bell peppers, lettuce & tomato with provolone on seedy wheat with hummus

Basic Sandwich 7 half 12 whole

Choice of Tuna or Turkey with cheddar, mayo, Dijon, lettuce & tomato on sourdough

Lamb Köfte Kebab 15

*Can be made **Gluten Free** with corn tortillas*

Served in a pita with fresh greens, tomato, cucumber, red onion with homemade hummus, tzatziki sauce

Soup

Handmade Daily

cup 5 bowl 7

Burgers

Served on panini bread but can be made with

***Gluten Free** bread*

Big Burger 15

Local grass-fed beef, bacon, blue cheese, tomato, lettuce & special sauce

Big Lamb Köfte 15

Grass-fed lamb, tomato, cucumber, red onions & feta sauce

Chicken Burger 15

Organic chicken breast, bacon, provolone, pesto, garlic aioli, lettuce & tomato

House Salads

***Gluten Free** Add organic Chicken for \$9*

Garden Salad

7 small 10 medium 15 large

Organic greens, cucumber, carrots, red onion, red bell peppers, beets, corn, peas, carrots, sunflower seeds & balsamic dressing

Apple Blue Cheese Salad

7 small 10 medium 15 large

Organic greens, blue cheese crumbles, walnuts, red onions & apples with balsamic dressing

Taco Salads

Organic greens, black beans, corn, olives, tomatoes, green chillies, avocado, salsa, sourcream & our homemade chips

Beef or Chicken 16

Veggie includes grilled zucchini & onions 16

Vegan

Portobello Bánh Mì 14

Fresh pickled carrots, onions, cucumbers with jalapeños, fresh red peppers & cilantro on panini bread with sweet chili mayo

Grilled Vegan Veggie

7.50 half **13** whole

Grilled portobellos, zucchini, red peppers, onions & fresh greens with hummus & grain mustard

Cold Vegan Veggie

7 half **12** whole

Fresh carrots, cucumber, red onions, red peppers, lettuce & tomato on seedy wheat with hummus & grain mustard

Vegan Burrito 15

Black beans, corn, olives, avocado, tomato, green chillies grilled onion & zucchini with rice & salsa

Vegan Taco Salad 15

Organic greens, black beans, corn, olives, tomatoes, green chillies, avocado, salsa, grilled zucchini, onions & our homemade chips

Burritos

Can be made **Gluten Free** with corn tortillas
Black beans, corn, tomatoes, avocado, green chillies, olives, shredded cheese, salsa & sour cream

Beef 16

Veggie rice, grilled zucchini & onions **16**

Chicken 16

Pork Belly Burrito 16

Avocado, sweet potatoes, rice, mango chipotle sauce, salsa & sour cream

Vegan Wrap 14

Organic greens, carrots, pinto beans, cucumber, red onions, jalapeños, red peppers, sweet potatoes, avocado, hummus & balsamic dressing

Buddha Bowls *Gluten Free*

P.T. Bowl 16

Organic greens, cabbage, rice, pinto beans, red peppers, cucumber, avocado, sweet potatoes, salsa & hummus

Go South 16

Organic greens, cabbage, quinoa, black beans, red peppers, corn, avocado, sweet potatoes, salsa & chimichurri

Taco Bowl 12

Rice, pinto beans, cabbage, salsa, chimichurri & corn tortillas

Sides & Add-Ons

Sweet Potato Fries *Gluten Free*

w/ Sriracha Mayo (vegan available) **9.50**

Potato Salad *Gluten Free* 2.75

Kettle Chips 1.75

Add Organic Chicken Breast 9

Add Avocado 2.50

Extra Sauce 2.50

Homemade Desserts Everyday!
Cold & Hot Beverages Available