



WHILE WE TAKE GREAT CARE PREPARING OUR GLUTEN-FREE MENU OPTIONS, PLEASE KNOW WE ARE NOT A GLUTEN-FREE CAFÉ AND ALL FOOD IS PREPARED IN A COMMON AREA.

Available on all Sandwiches

- All sandwiches served on a gluten free hero roll with potato chips or sliced apples and a pickle spear.
- Veggie options noted with a “VG” symbol.
- Vegan options noted with a “V” symbol.
- Add brie, fresh buffalo mozzarella or Boursin 2.50.
- Add Swiss, provolone, cheddar, 1.25; add one extra meat for 2.50; add bacon for 2.00.
- Share a sandwich with separate plate of chips and pickle for 1.75.
- Substitute sauerkraut, coleslaw or grapes for .50.

Family Favorites

BRIE & BEEF

Melted Brie, roast beef, lettuce, tomatoes and onions. 10.50

ROAST BEEF WITH BOURSIN

A garlic and herb spread that's incredible with beef. Served with lettuce and tomatoes. 11.25

PASTRAMI & SWISS

Smoked pastrami, lettuce, tomatoes and melted Swiss cheese. Served hot..... 9.25

HAM OR TURKEY & SWISS

Ham or turkey, melted Swiss cheese, lettuce, tomatoes and mayonnaise. Served hot. 9.25

TURKEY PARISIAN

Turkey, Brie, raspberry sauce, cucumbers and lettuce. Served hot..... 10.25

SMOKERSCHMITT

Turkey, smoked pastrami, melted cheddar, mayonnaise, lettuce and tomatoes. Served hot..... 10.75

INTERNATIONAL

Polish ham, American roast beef, French Boursin spread, Lebanese sliced lettuce, tomatoes and mayonnaise 11.50

B.L.T. WRAP

Triple order of bacon, lettuce, tomatoes, mayonnaise and Swiss cheese..... 9.75

FRENCH CONNECTION

Double order of thinly sliced ham, melted Brie with lettuce, onions and tomatoes. Served hot with mayonnaise and apple chutney on the side..... 10.25

BUILD-A-HERO

Pick any two meats: ham, turkey, pastrami, corned beef or roast beef, and one cheese: provolone, Swiss or cheddar plus lettuce, tomato, onions and mayonnaise. Served hot or cold..... 11.50

BRAT & TURKEY

Split-open Bavarian bratwurst, turkey breast and melted Swiss cheese on a hero roll. Served hot with choice of sauerkraut or chips..... 10.00

KNOCKWURST & PASTRAMI

Split-open German knockwurst, smoked pastrami and melted Swiss cheese on a hero roll. Served hot with choice of sauerkraut or chips..... 10.00

Desserts

**CHECK THE DESSERT MENU & THE DESSERT CASE FOR TODAY'S FABULOUS SELECTIONS!
GLUTEN-FREE OPTIONS AVAILABLE**

Beers and Wines

**HAPPY HOUR AND DAILY SPECIALS
OFFERING 20 ROTATING DRAFTS.**

**CHECK YOUR TABLE CARD FOR TODAY'S SELECTIONS.
VOTED BEST HAPPY HOUR BY JACKSONVILLE MAGAZINE,
THE FLORIDA TIMES-UNION & FOLIO WEEKLY**

Appetizers

HUMMUS DIP & FLAX CRACKERS (V)	7.00
<i>Ground sesame seeds, garbanzo beans, garlic and olive oil.</i>	
<i>Hummus deluxe with cucumbers, tomatoes, onions and olive salad</i>	8.00
CHEESE AND FLAX CRACKERS SNACK (VG)	
<i>With cheddar spread.</i>	7.00
<i>With Boursin or Brie spread.</i>	8.00
<i>With cashew cheeze spread and cucumbers.</i>	9.50
VEGGIES & BOURSIN PLATE (VG)	
<i>Boursin spread, sliced cucumbers, olive salad mix, banana peppers, tomatoes and onions.</i>	
	8.00

The Basics

LIVERWURST	
<i>Great flavor! Served with onion slices, lettuce and tomatoes.</i>	
	8.50
TURKEY BREAST OR HAM	
<i>Thinly-sliced with lettuce, tomatoes and mayonnaise.</i>	
	9.00
CORNED BEEF, ROAST BEEF OR PASTRAMI	
<i>Piled high and choice cut served with lettuce and tomatoes.</i>	
<i>Served hot.</i>	9.50
GERMAN BAVARIAN BRATWURST	
<i>Mild white sausage made with premium pork. Served hot on a roll with sauerkraut and chips.</i>	
	9.00

Salads

CHOOSE FAT-FREE RASPBERRY VINAIGRETTE OR OIL AND VINEGAR

FRESH MOZZARELLA SALAD	
<i>Spring mix, fresh buffalo mozzarella, tomatoes, cucumbers and onions, raisins and almonds</i>	
	8.50
NEW DAY SALAD (V)	
<i>Spring mix topped with raw vegan sausage crumbles, tomatoes, red onions and a scoop each of cashew cheeze spread and olive salad.</i>	
	11.00
PARMESAN CHEF'S SALAD	
<i>Ham, turkey, bacon, cheddar, lettuce, tomatoes and cucumbers</i>	
	8.50

Veggie Lovers

TEMPEH HERO (V)	
<i>Organic tempeh blended with mustard, tangy BBQ sauce and red onions. Served with tomatoes and spring mix.</i>	
	9.50
RIVIERA (VG)	
<i>Provolone, hummus, spring mix, cucumbers, banana peppers, onions, tomatoes and olive oil.</i>	
	9.50

**The following items are served on sunflower and flax seeded bread.
Add a side of fresh dilly kraut for 4.50.**

 RAW REUBEN (V)	
<i>Fresh dilly kraut, tomatoes, spicy mustard and cashew cheeze slices.</i>	
	11.00
 SUNSHINE SANDWICH (V)	
<i>Two slices of rich cashew cheeze topped with spring mix, tomatoes, red onions and cucumbers</i>	
	11.00
 ATHENA'S GIFT (V)	
<i>A living gluten-free, raw vegan sausage made from assorted nuts spiced perfectly and topped with cashew cheeze spread, spring mix, olive salad and tomatoes</i>	
	11.50

Kindermenü

**Junior Versions of our most popular menu items
(Kids 12 and under only, please)**

HAM OR TURKEY WITH CHEDDAR CHEESE	
<i>Served plain</i>	7.00
<i>Cheese only</i>	6.00
ROAST BEEF WITH BOURSIN	
<i>Garlic and herb spread that's incredible with beef. Served with lettuce and tomatoes</i>	
	8.00
JUNIOR CASHEW SPREAD SERVED WITH FLAX CRACKERS (V)	6.00

All Kindermenü items served with grapes or apple slices, pickle spear and a juice box (chips may be substituted on request)

Side Orders

FOUR-OUNCE CUP RASPBERRY VINAIGRETTE50
APPLE SLICES	1.00
GARDEN SALAD <i>With lettuce, tomatoes, cucumbers.</i>	2.50
GLUTEN-FREE ROLL	3.00
HOMEMADE COLE SLAW, HOT SAUERKRAUT, GRAPES OR HOUSE CHIPS	1.75
FOUR-OUNCE CUP OF HUMMUS	3.00