

# Ofelia's Kitchen

HOMEMADE BREAD BAKED FRESH DAILY

## Herbivore Sandwiches

### PREMIUM

-  **ARTICHOKE** 8.95  
artichoke, homemade red pepper spread, sprouts, lettuce, tomato, cucumber, red onion
- HUMMUS** 8.95  
homemade hummus, sprouts, lettuce, tomato, cucumber, red onion
- LENTIL "MEATLESS" LOAF** 8.95  
homemade lentil spread, sprouts, lettuce, tomato, cucumber, red onion
-  **EGGPLANT** 8.95  
eggplant, homemade red pepper spread, provolone, lettuce, tomato
- QUINOA** 8.95  
homemade quinoa loaf, sprouts, lettuce, tomato, cucumber, red onion

HALF - 5.75

### SIGNATURE

-  **CARROT SUPREME** 7.50  
shredded carrots, raisins, cream cheese, lettuce, cucumber
-  **CHEESE MELT** 7.50  
grilled cheese, sprouts, lettuce, tomato, cucumber, red onion
- TOFU DELIGHT** 7.50  
seasoned tofu, sprouts, lettuce, tomato, cucumber, red onion
- OFELIA'S VEGGIE** 7.50  
carrots, cabbage, mayo, mustard, sprouts, lettuce, tomato, cucumber, red onion
- GOOD EARTH** 7.50  
avocado, cream cheese, sprouts, lettuce, tomato, cucumber, red onion
- PB&J + BANANA** 4.50

## Omnivore Sandwiches

HALF - 4.95

### PREMIUM

-  **TUNA MELT** 8.95  
tuna salad, jack cheese, mayo, sprouts, lettuce, tomato, cucumber, red onion
-  **CRAB MELT** 8.95  
crab salad (imitation), jack cheese, mayo, sprouts, lettuce, tomato, cucumber, red onion
-  **REUBEN** 8.95  
turkey pastrami, swiss cheese, sauerkraut, homemade thousand island
-  **B.L.A.T.** 8.95  
bacon, lettuce, avocado, tomato, mayo

### SIGNATURE

Includes  
mayo, lettuce, tomato,  
cucumber, red onion, sprouts

- |                         |                                  |
|-------------------------|----------------------------------|
| <b>TURKEY</b>           | <b>CHICKEN SALAD</b>             |
| <b>TURKEY PASTRAMI</b>  | <b>TUNA SALAD</b>                |
| <b>ROAST BEEF</b>       | <b>TUNA EGG SALAD</b>            |
| <b>BLACK FOREST HAM</b> | <b>CRAB SALAD</b><br>(IMITATION) |
| <b>TURKEY + HAM</b>     | <b>SEAFOOD SALAD</b>             |
| <b>SALAMI</b>           | <b>EGG SALAD</b>                 |

### EXTRAS

AVOCADO..... \$1.50	PICKLES.....NO CHARGE
HUMMUS..... \$0.75	PEPPERS.....NO CHARGE
CHEESE..... \$0.75	MUSTARD.....NO CHARGE
MEAT.....\$1.25	OLIVES.....\$0.75
CRANBERRIES...\$0.75	

ALL COLD SANDWICHES CAN BE  
MADE INTO A LETTUCE WRAP

 = Toasted



# Ofelia's Kitchen

## Salads

### SIDE SALAD 3.75

cabbage (green/red), carrots, sprouts, tomatoes, cucumbers, dressing on side

### GARDEN 9.75

cabbage (green/red), carrots, sprouts, tomatoes, cucumbers, avocado, choice of meat topping, slice of bread with butter and dressing on the side

### HOMEMADE POTATO SALAD 2.75

#### DRESSINGS:

ranch*	sun-dried tomato*
thousand island*	raspberry vinaigrette
italian	garlic balsamic vinaigrette*
*homemade	blue cheese

## Homemade Soups

most soups lactose-free, low salt, vegetarian

CUP - 3.75

BOWL - 4.25

CHECK BLACKBOARD  
FOR HOMEMADE SOUPS!

## Fruit Smoothies & Frappes

blended with real fruit and non-fat yogurt

#### FRAPPES 6.00

COFFEE CHOCOLATE

GREEN TEA

COOKIES & CREAM

BROWNIES & CREAM

#### SMOOTHIES 6.00

CHOCOLATE BANANA

CHOCOLATE RASPBERRY

STRAWBERRY BANANA

BLACKBERRY BANANA

RASPBERRY BANANA

BLUEBERRY BANANA

STRAWBERRY KIWI

MANGO

PINEAPPLE

TRIPLE BERRY

PEACH MANGO

PINEAPPLE PB BANANA



## Sweets

### Yogurt non-fat



MINI	SMALL	MEDIUM	LARGE
2.15	2.75	3.50	4.95

choose your flavor:

VANILLA CHOCOLATE SWIRL

additional toppings 0.75 each

## Hot & Cold Beverages

HOT OR ICED COFFEE	2.50
HOT OR ICED TEA	2.50
HOT APPLE CIDER	2.50
COFFEE MOCHA	3.25
APPLE CIDER FLOAT	3.75

## Homemade Baked Goods

COOKIES 2.25

BROWNIE 2.25

MEGA MUFFINS 3.25

CINNABON 3.25



\*our restaurant may prepare and serve products that contain peanuts, fish, eggs, milk, soy and gluten