


Ophelia's Kitchen


HOMEMADE BREAD BAKED FRESH DAILY

Herbivore Sandwiches

HALF - 5.99


 **PESTO ARTICHOKE MELT** 11.49
artichoke, pesto spread, provolone cheese, lettuce, tomato, red onion, cucumber, sprouts on focaccia bread

QUINOA 10.25
homemade quinoa loaf, sprouts, lettuce, tomato, cucumber, red onion

 **EGGPLANT** 10.25
eggplant, homemade red pepper spread, provolone, lettuce, tomato

HUMMUS 9.99
homemade hummus, sprouts, lettuce, tomato, cucumber, red onion


LENTIL 9.99
homemade lentil spread, sprouts, lettuce, tomato, cucumber, red onion


 **ARTICHOKE** 10.25
artichoke, homemade red pepper spread, sprouts, lettuce, tomato, cucumber, red onion

OFELIA'S VEGGIE 10.25
carrots, cabbage, mayo, mustard, sprouts, lettuce, tomato, cucumber, red onion

GOOD EARTH 10.25
avocado, cream cheese, sprouts, lettuce, tomato cucumber, red onion

TOFU DELIGHT 9.95
seasoned tofu, sprouts, lettuce, tomato, cucumber, red onion

 **CARROT SUPREME** 9.49
shredded carrots, raisins, cream cheese, lettuce, cucumber


 **CHEESE MELT** 9.49
jack and cheddar cheese, sprouts, lettuce, tomato, cucumber, red onion


PB&J + BANANA 5.95


Omnivore Sandwiches


HALF - 6.25


 **TURKEY CLUB** 11.49
turkey, bacon, cheddar cheese, lettuce, tomato, mayo

 **THE ITALIAN** 11.49
salami, black forest ham, turkey pastrami, provolone cheese, mayo, mustard, pickles, lettuce, tomato, cucumber, red onion, sprouts on homemade focaccia bread

 **REUBEN** 10.99
turkey pastrami, swiss cheese, sauerkraut, homemade thousand island

 **B.L.A.T.** 10.99
bacon, lettuce, avocado, tomato, mayo

 **CRAB MELT** 10.99
crab salad (imitation), jack cheese, mayo, sprouts, lettuce, tomato, cucumber, red onion

 **TUNA MELT** 10.99
tuna salad, jack cheese, mayo, sprouts, lettuce, tomato, cucumber, red onion

DELI SANDWICHES 10.25

includes: mayo, lettuce, tomato, cucumber, red onion, sprouts

TURKEY
TURKEY PASTRAMI
ROAST BEEF
BLACK FOREST HAM
TURKEY + HAM
SALAMI

CHICKEN SALAD
TUNA SALAD
TUNA EGG SALAD
CRAB SALAD
(IMITATION)
SEAFOOD SALAD
(CRAB & TUNA SALAD MIX)
EGG SALAD

PICKLES.....NO CHARGE
PEPPERS.....NO CHARGE
MUSTARD.....NO CHARGE
RANCH.....NO CHARGE
OLIVES.....0.75
PESTO.....0.75
ANY SANDWICH CAN BE
PREPARED AS A LETTUCE WRAP

EXTRAS

CRANBERRIES.....0.75
HUMMUS.....0.75
CHEESE.....0.85
JALEPENOS.....0.75
FOCCACIA BREAD...1.00
AVOCADO.....1.50
MEAT.....1.50
BACON.....1.50

Ofelia's Kitchen

Salads

SIDE SALAD 4.99

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

GARDEN 13.95

choice of meat, avocado, carrots, sprouts, tomatoes, cucumbers, red/green cabbage, served with bread + butter and dressing on the side

CHICKEN CAESAR SALAD 14.95

chicken, parmesan cheese, croutons, romaine lettuce, served with bread + butter and caesar dressing on the side. Add avocado +1.50

DRESSINGS:

*homemade

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

HOMEMADE POTATO SALAD 4.49

HOMEMADE PASTA SALAD 4.49

Homemade Soups

most soups lactose-free, low salt, vegetarian

CUP 4.99
 BOWL 6.49
 QUART 12.99

Check our blackboard for homemade soups!

Frappes & Fruit Smoothies

blended with real fruit and non-fat yogurt

frappes 6.99

COFFEE CHOCOLATE

GREEN TEA

COOKIES & CREAM

BROWNIES & CREAM

Smoothies 6.99

CHOCOLATE BANANA

CHOCOLATE RASPBERRY

STRAWBERRY BANANA

BLACKBERRY BANANA

RASPBERRY BANANA

BLUEBERRY BANANA

STRAWBERRY KIWI

MANGO

PEACH

PEACH MANGO

PINEAPPLE

PINEAPPLE BANANA

ORANGE JULIA

TRIPLE BERRY

PINEAPPLE PB BANANA



Yogurt

non-fat frozen dessert



MINI SMALL MEDIUM LARGE
 3.19 4.25 5.25 6.49

choose your flavor:

VANILLA CHOCOLATE SWIRL

additional toppings 0.75 each

Hot & Cold Beverages

HOT OR ICED COFFEE 2.95
 HOT OR ICED TEA 2.95
 HOT APPLE CIDER 2.95
 COFFEE MOCHA 3.95
 HOT CHOCOLATE 3.95
 APPLE CIDER FLOAT 4.95

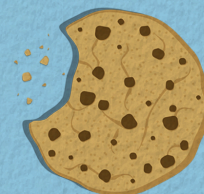
Homemade Baked Goods

COOKIES 2.95

BROWNIE 3.49

MEGA MUFFINS 4.99

CINNABON 3.95



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