

MICKEY'S CAFÉ & ORGANICS



LUNCH MENU

SALADS

BIG. FRESH. MADE TO ORDER.

Strawberry Fields

#1 Best Seller! Romaine, shredded carrots and red cabbage, sprouts, tomatoes, cucumber, strawberries, crumbled feta cheese, topped with pecans and dried cranberries

\$ 17.95

Chicken Salad

Romaine, shredded carrots and red cabbage, sprouts, tomatoes, cucumber, topped with our famous chicken salad (oven-baked pulled chicken, light mayo, pecans, dried cranberries, and celery)

\$ 15.95

Jerk Chicken

Romaine, shredded carrots and red cabbage, sprouts, tomatoes, cucumbers, topped with our delicious jerk chicken

\$ 15.95

Tuna Salad

Romaine, shredded carrots and cabbage, sprouts, tomatoes, cucumber, topped with tuna salad (albacore tuna, light mayo, pecans, dried cranberries, and celery)

\$ 15.95

Curry Egg Salad

Romaine, shredded carrots and cabbage, sprouts, tomatoes, cucumbers, topped with our curried egg salad

\$ 14.95

Roasted Veggie Salad

Roasted carrots, zucchini, and squash on a bed of romaine, cucumber, tomatoes, sprouts, topped with feta cheese

\$ 14.95

Raw Power Salad

Romaine, shredded carrots and red cabbage, sprouts, tomatoes, cucumbers, shredded beets, topped with hearts of palm

\$ 14.95

Antipasto Salad

Romaine, tomatoes, cucumber, topped with turkey, ham, salami, and provolone cheese

\$ 15.95

Cretan Salad

Romaine, tomatoes, cucumber, red onion, boiled potato, kalamata olives, capers, croutons, two dolmades, topped with lumps of goat cheese, sprinkled with oregano

\$ 18.95

Greek Salad

Romaine, tomatoes, cucumber, green pepper, red onion, kalamata olives, pepperoncini, topped with feta cheese

\$ 14.95

Salad Sampler

Separate heaping scoops of wheat berry salad, tabbouleh, and hummus on a bed of romaine, shredded carrots and red cabbage, tomatoes, cucumber, served with pita slices

\$ 18.95

Just Green Salad

Romaine and spinach base with cucumber, green peppers, avocado, celery, sprouts

\$ 14.95

Spinach Deluxe

Baby spinach, shredded carrots and red cabbage, sprouts, tomatoes, cucumber, sliced hard-boiled egg, topped with dried cranberries and pecans

\$ 14.95

Caesar Salad / Chicken Caesar Salad

Romaine, croutons, shredded parmesan cheese, with creamy caesar dressing

\$ 11.95 /

\$ 15.95

WRAPS

WHOLE WHEAT, SPINACH, OR GLUTEN FREE

SERVED WITH VEGGIE CHIPS

Chicken Salad

Oven-baked pulled chicken with celery, pecans, dried cranberries and light mayo, romaine lettuce, shredded carrots and red cabbage \$ 12.95

Jerk Chicken

Oven-baked pulled chicken with homemade chipotle mayo, romaine lettuce, shredded carrots and red cabbage \$ 12.95

Tuna Salad

Albacore tuna with celery, pecans, dried cranberries and light mayo, romaine lettuce, shredded carrots and red cabbage \$ 12.95

Curry Egg Salad

Curried eggs, salt, pepper, light mayo, romaine lettuce, shredded carrots and red cabbage \$ 11.95

Turkey Pesto

Deli-sliced turkey breast, provolone, pesto, and romaine lettuce, shredded carrots and red cabbage \$ 12.95

Roasted Veggie

Roasted carrots, zucchini, and squash, feta cheese, romaine lettuce, shredded carrots and red cabbage \$ 11.95

Southwest Special

Brown Spanish rice, black beans, shredded cheese, romaine lettuce, shredded carrots and red cabbage, and homemade salsa served warm off the press \$ 11.95

Hummus

Homemade hummus, tabbouleh, sprouts, romaine lettuce, shredded carrots and red cabbage \$ 11.95

Very Veggie

Cream cheese, avocado, cucumber, romaine lettuce, shredded carrots and red cabbage \$ 11.95

SANDWICHES

Cuban

Ham, Mojo pork, salami, Swiss cheese, lettuce, tomato, pickle, mayo and mustard \$ 13.95

B.L.T

\$ 10.95

SOUPS

MADE FRESH DAILY

Cup \$ 7.50

Bowl \$ 8.95

SIDES

Hummus & Pita \$ 7.50

Raw Veggies & Hummus \$ 8.95

Baked Sweet Potato Sticks \$ 6.95

Baba Ghanoush & Pita \$ 9.95

Kalamata Olive Pâté & Pita \$ 9.95

Tuna Salad \$ 9.95

Tabbouleh \$ 8.95

Wheatberry Salad \$ 8.95

Pita Bread \$ 3.00

LUNCH COMBOS

*UPGRADE TO SALAD OF CHOICE FOR \$ 4.00

1/2 Wrap Special* \$ 18.95
Small salad, soup & cookie

1/2 Wrap & Salad* \$ 14.95

1/2 Wrap & Soup \$ 15.95

Soup & Salad* \$ 12.95

Soup & Hummus \$ 13.95
Served with pita

