

TERRA CAFE

Fresh - Local - Made From Scratch

Sandwich Menu

Roast Beef Chimichurri \$14.95
Roast beef smothered in fresh rosemary chimichurri, caramelized onions, roasted tomatoes, and melted Havarti on a house-made baguette.

Terra Turkey \$12.95
Sliced turkey, caramelized apples, bacon strips, baby spinach, and roasted-garlic aioli sandwiched together on a fresh baguette.

Black Bean Burger \$12.95
Spiced and pan seared black bean patty topped with cilantro-lime creme fraiche, avocado, hot sauce, sliced tomato, and mixed greens. Served on toasted pita bread.
(unavailable Gluten-Free, contains bread crumbs)

Salmon Omega Club \$17.95
Broiled salmon filet topped with avocado, bacon, charred tomato aioli, and baby spinach Served on a fresh Kaiser roll.

Pepperoni Roll \$5.00
House made pepperoni roll with provolone cheese

Kids Menu

Choice of sides: Apples and PB, Half Banana, Mac N' Cheese

Grilled Cheese Panini \$8.95
Melted Havarti and Smoked Cheddar cheese on a pressed baguette.

Turkey or Ham wrap \$7.95
Choice of Turkey or Ham, with melted Smoked Cheddar and Havarti cheese, and mixed greens.

Mac N' Cheese \$5.95
Cup of noodles tossed in our creamy house-made mac sauce.

Thai Peanut wrap \$12.95
Your choice of tofu or chicken with fresh mango, red pepper strips, mixed greens, and house-made peanut sauce all wrapped up in a warm flour tortilla and served with a side of carrot-ginger sauce.

Veggie Reuben \$11.95
House-made marbled rye loaded with sauerkraut, sauteed peppers, onions, and mushrooms, russian dressing and melted Swiss.
Add Turkey \$3.50

Honey Apple Pulled Pork \$13.95
Sweet and Smokey BBQ pork flavored with apple, ginger, and honey; topped with grilled onion, sliced tomato, and smoked cheddar cheese on a fresh kaiser roll.

Ham & Cheese Panini \$12.95
Sliced ham, melted Havarti and Smoked Cheddar cheese, pickles, and house-made honey-dijon mustard served on a pressed baguette.

Side Orders

Baby Beet Salad \$3.50
Bed of mixed greens topped with lemon-marinated beets, shaved carrots, and feta

Honey Habanero Coleslaw \$3.50
Bed of mixed greens topped with house-made coleslaw. (Does not contain dairy.)

Side Salad \$3.50
Bed of mixed greens topped with grape tomatoes, shaved carrots, cucumbers, and alfalfa sprouts.

Hummus \$3.50
House-made lemon-garlic blended hummus topped with balsamic glaze and served with your choice of Pita or Veggies.

Mac N' Cheese \$4.50
Cup of noodles tossed with our creamy house-made Mac Sauce

Soups \$4.00
Caramelized carrot, Tomato Bisque, Soup
Du Jour

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Salad Menu

Terra Garden \$11.95

Bed of mixed greens topped with mushrooms, diced avocado, shaved carrot, grape tomatoes, and cucumber. Garnished with alfalfa sprouts, feta, and sunflower seeds.

Roasted Vegetable \$13.95

Bed of baby spinach topped with roasted tomatoes, butternut squash, and fennel. Topped with lemon-marinated beets, chevre cheese, and spiced pistachios.

Quinoa & Lentil Chop \$12.95

Bed of mixed greens topped with a marinated combination of quinoa, lentils, leeks, chives, red pepper, apples and figs. Topped with roasted hazelnuts.

Kale Caesar \$12.95

Chopped kale tossed in our house-made Caesar dressing and topped with artichoke hearts, roasted tomatoes, pickled onions, and capers. Garnished with croutons and fresh Parmesan.



Proteins

Tofu	\$2.50
Chicken	\$4.95

Premium Proteins

Steak	\$9.95
Salmon	\$9.95



Salad Dressings

Caesar

Lemon Vinaigrette

Honey Citrus Vinaigrette

Roasted Poblano Ranch

Roasted Garlic Vinaigrette

Balsamic Vinaigrette

Extra Dressing \$+.50



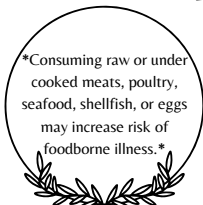
Soups

Cup \$4 Bowl \$6 Quart \$13

Caramelized Carrot
Dairy Free, Vegan, Gluten Free

Chevre Tomato Bisque
Gluten Free

Soup Du Jour



Head Chef
Harrison Austin

Pastry Chef
Kara McNab

Fresh produce supplied by the following local farms: Mon Valley Mushrooms, Round Right Farms, Possum Tail Farms, and Mountain Harvest Farms.

