

SOUP OF THE DAY

Please see our Specials Card for today's selections featuring meat and vegetarian choices

CUP WITH CRACKERS 4.50

BOWL WITH BREAD 7.50

CUP OF SOUP, GARDEN SALAD & BREAD 9.95

BOWL OF SOUP, GARDEN SALAD & BREAD 11.50

HOUSE-MADE WILD SALMON CHOWDER ~ when available ~ add .50 cup 1.00 bowl

FAMOUS HOUSE SALADS

Served with Country French bread & butter

House-made dressings: Mediterranean Vinaigrette, Honey Mustard, Bleu Cheese or Garlic Ranch

Dressings served on the side

Grilled Natural Chicken Breast (4 oz) 3.50 ~ Organic Tofu (1/3 lb.) 2.50

CAESAR SALAD

Crisp romaine tossed in a zesty parmesan-garlic dressing, topped with croutons. 8.95

FETA & ROASTED RED PEPPER CAESAR SALAD

Crisp romaine tossed in a zesty parmesan-garlic dressing, topped with crumbled feta, roasted red peppers & croutons. 10.95

GREEK SALAD

Cucumbers, tomatoes, red onions, artichoke hearts, dolmade, greek olives, roasted red bell peppers, pepperoncini, feta cheese & organic garbanzo beans on a bed of tossed greens.

Served with Mediterranean vinaigrette 11.50

VEGGIE SALAD

Cucumbers, red onions, tomatoes, organic garbanzo beans, grated carrots, roasted red bell peppers, pepperoncini, artichoke hearts, sprouts & sunflower seeds on a bed of tossed greens. 11.50

CHEF SALAD

Turkey, ham, shredded cheese blend, cucumbers, tomatoes, red onions, artichoke hearts, pepperoncini & roasted red bell peppers on a bed of tossed greens. 13.50

MEDITERRANEAN SALAD SAMPLER

Hummus, feta pate, pasta salad, tabouli, dolmade, greek olives, roasted red pepper, pepperoncini & warm pita 11.95

CHICKEN SALAD

Natural chicken breast, water chestnuts, celery & herbs in a light mayonnaise dressing.

Garnished with cucumber and tomato on a bed of tossed greens. 12.95

TUNA SALAD

Premium tuna, celery, green onions & herbs in a light mayonnaise dressing.

Garnished with cucumber and tomato on a bed of tossed greens. 11.95

TWO SALAD SAMPLER

First choose from natural chicken salad or tuna salad.

Then make an additional choice of potato, cole slaw, pasta salad, tabouli or seasonal fresh fruit.

Garnished with cucumber and tomato, on a bed of tossed greens. 13.95

ALA CARTE SALADS

GREENLEAF GARDEN SALAD

Tossed mixed greens with shredded carrots & cabbage, topped with tomato, cucumber & house-made croutons. 4.95

SIDE CAESAR SALAD

Crisp romaine tossed in a zesty parmesan-garlic dressing, topped with croutons. 5.95

POTATO SALAD 3.50

COLE SLAW 2.95

PASTA SALAD 3.50

TABOULI 3.50

SEASONAL FRESH FRUIT 3.50

prepared daily

WITH ORGANIC LOW-FAT YOGURT OR COTTAGE CHEESE 4.25



VEGETARIAN OPTIONS

HOT SANDWICHES

Served with Kosher pickle & House made kettle chips

Sub Italian Fries 2.00

Add BBQ Sauce or Cheddar Cheese .50

GRILLED CHICKEN SANDWICH

Fresh natural chicken breast flame grilled & served on a soft ciabatta bun with grilled onions, russian dressing, lettuce & tomato. 10.50

CHICKEN PICATTA SANDWICH

Lightly breaded & fried natural chicken breast served on a soft ciabatta bun with our lemon-caper aioli, lettuce & tomato. 11.50

WILD ALASKAN SALMON BURGER

Our house-made, seasoned wild salmon patty grilled & served on a soft ciabatta bun with tartar sauce, lettuce & tomato. 10.95

WILD PACIFIC POLLOCK SANDWICH

Lightly breaded & fried wild pacific pollock served on french bread with tartar sauce, lettuce & tomato. 11.95

PAINTED HILLS NATURAL BEEF BURGER

(1/3 lb.)

Natural beef patty flame grilled & served on a soft ciabatta bun with grilled onions, russian dressing, lettuce & tomato. 10.95

NATURAL TURKEY BURGER (1/3 lb.)

Our house-made seasoned ground natural turkey patty flame grilled & served on a soft ciabatta bun with grilled onions, russian dressing, lettuce & tomato. 10.50

MEATBALL SANDWICH

Our house-made natural turkey meatballs served hot on French bread with house-made marinara & mozzarella cheese blend. 10.95

TERRIFIC TOFU BURGER (1/3 lb.)

Fresh organic tofu lightly breaded with our house herbs. Served on a soft ciabatta bun with grilled onions, russian dressing, lettuce & tomato. 10.50

THAI CHICKEN or TOFU FLATBREAD

*Served **folded** in warm thick flatbread with fresh greens on the side*

Grilled natural chicken breast or organic tofu with sautéed onions & peppers in a mildly spicy peanut satay sauce. Garnished with cilantro. 11.95

DELI SPECIALTIES

Served with Kosher pickle & House made kettle chips

FETA CHEESE SANDWICH

Our feta cheese paté, olive tapenade, cucumbers, onions, lettuce & tomato on french. ½ 5.95 whole 9.95

HUMMUS SANDWICH

House-made hummus with organic ingredients, cucumbers, onions, lettuce & tomato on french. ½ 5.95 whole 9.95

GARDEN VEGGIE

Cucumbers, onions, tomatoes, sprouts, carrots, lettuce & russian dressing on your choice of bread. ½ 4.95 whole 8.95

TUNA SALAD SANDWICH

With lettuce & tomato on your choice of bread. ½ 6.95 whole 10.95

NATURAL CHICKEN SALAD SANDWICH

With lettuce & tomato on your choice of bread. ½ 7.50 whole 11.95

TOASTED REUBEN

Hot natural pastrami with sauerkraut & melted swiss cheese on **toasted** rye with russian dressing, lettuce & tomato. 12.50

THE CLUB (Double Decker)

Natural turkey, natural bacon, cheddar cheese, lettuce & tomato on toasted whole wheat with mayo & mustard. 12.50

THE BLAST

Natural bacon, lettuce, avocado, sprouts & tomato on toasted whole wheat with mayo. 11.50

B.L.T.

Natural bacon, lettuce & tomato on toasted whole wheat with mayo. 9.95

DELI CLASSICS

*On french, organic wheat, sourdough white, or **deli rye bread**. Served with mayo, mustard, lettuce & tomato. Onions & sprouts on request*

CHEESE or AVOCADO

(All Natural Cheddar, Swiss or Cream Cheese) ½ 5.95 whole 9.95

NATURAL TURKEY or HAM

½ 6.50 whole 10.50

NATURAL PASTRAMI

½ 7.50 whole 11.50

WITH ANY SANDWICH ADD

Cheese ½ sandwich .50 whole 1.00

Avocado ½ sandwich .75 whole 1.50

Potato Salad ~ Seasonal Fresh Fruit ~ Cole Slaw

Pasta Salad ~ Tabouli 1.95 each

Italian Fries ~ Cup of Soup 3.50 each (Salmon Chowder 4.00)

Our Natural Beef & Chicken have no added Hormones or Antibiotics & are 100% Vegetarian Fed

Good food takes time, your patience is appreciated.

APPETIZERS & PIZZAS



ITALIAN FRIES

Deep-fried in GMO free sunflower oil & tossed with parmesan cheese and Greenleaf's herb blend.

SIDE 3.75 BASKET 5.95



GARLIC BREAD

French baguette topped with our house-made parmesan, garlic butter. (2 pieces) 2.50

Family style basket (4 pieces) 4.50

CHICKEN STRIPS

House-made breaded strips of tender natural chicken breast with your choice of one dipping sauce (BBQ, garlic ranch, honey mustard or peanut satay). 7.95



HUMMUS PLATTER

Organic house-made hummus topped with feta cheese paté & olive tapenade.

Served with cucumber slices and warm pita. 8.95



DOLMADES

Tender grape leaves stuffed with rice & herbs.

An order of four, served with our garlic ranch dressing. 4.50



FLATBREAD PIZZA

House-made marinara sauce with our mozzarella cheese blend on flatbread. 4.95



MEDITERRANEAN PIZZA

House-made fresh *organic basil-walnut pesto*, feta cheese, fresh tomatoes & kalamata olives on flatbread. 7.95

SAUSAGE & MUSHROOM PIZZA

Hot italian sausage, mushrooms, house-made marinara sauce & mozzarella cheese blend on flatbread. 7.95

QUESADILLAS

Served with fresh greens



SOUTH OF THE BORDER QUESADILLA

A large whole wheat tortilla folded and stuffed with shredded cheese, green chiles, caramelized onions, black beans & mexican spices. Served with house-made salsa and sour cream. 9.95

CHICKEN QUESADILLA

A large whole wheat tortilla folded and stuffed with shredded cheese, green chilies, caramelized onions, black beans, grilled natural chicken & mexican spices.

Served with house-made salsa and sour cream. 12.95



MEDITERRANEAN QUESADILLA

Organic house-made hummus, feta cheese, shredded cheese, fresh tomatoes, avocado & kalamata olives. 12.95

ALA CARTE



SAUTÉED VEGETABLES

Fresh vegetables sautéed in olive oil with fresh garlic. 5.95



THE BASIC SPUD

A large baked potato, served with lots of creamy butter. 4.50

WITH SOUR CREAM & GREEN ONIONS 5.50



HOT PRIMAVERA POTATO

A large potato overflowing with fresh veggies sautéed in olive oil, white wine, herbs & garlic.

Tossed with butter & parmesan. 9.95



GARLIC MASHED POTATOES

Yukon Gold potatoes whipped with sour cream, butter & garlic. House-made. 4.50



SAUTÉED SPINACH

Fresh spinach sautéed in olive oil with fresh garlic. 5.95



RICE PILAF

Organic long grain brown rice tossed with garlic butter, green onions & fresh parsley. 5.95



VEGETARIAN OPTION

Parties of 6 or more are subject to 18% service charge

HOT ENTRÉES



SPANAKOPITA

Fresh spinach, feta & ricotta cheeses baked in buttery layers of flaky phyllo pastry.
Served with fresh greens & garlic bread. 11.95

NATURAL CHICKEN PICATTA

Natural chicken breast tossed in seasoned bread crumbs, sautéed in sweet butter & olive oil with capers & lemon. Delicious! Served with fresh seasonal vegetables and your choice of rice pilaf, baked potato (with butter, sour cream & green onions) or garlic mashed potatoes. 18.95

WILD PACIFIC POLLOCK

Fillet of pollock breaded & topped with lemon-butter picatta sauce. Served with fresh seasonal vegetables and choice of rice pilaf, baked potato (with butter, sour cream & green onions) or garlic mashed potatoes. 18.95

GRILLED WILD ALASKAN SALMON

Wild salmon flame grilled meduim rare topped with lemon-butter picatta sauce. Served with fresh seasonal vegetables and choice of rice pilaf, baked potato (with butter, sour cream & green onions) or garlic mashed potatoes. 19.95

FISH & CHIPS

Wild pacific pollock, hand dipped in beer batter & deep fried in GMO free sunflower oil.
Served with italian fries, cole slaw & tartar sauce. 13.50

CHICKEN & CHIPS

House-made seasoned natural chicken breast strips, breaded & fried in GMO free sunflower oil.
Served with italian fries, cole slaw & BBQ sauce. 12.95

PASTA

Served with garlic bread

Garden Salad 4.95 ~ Side Caesar Salad 5.95



SPAGHETTI MARINARA

A generous serving of spaghetti with house-made veggie marinara sauce garnished with parsley & parmesan. CHILD'S 6.95 FULL 9.95



HOT PASTA PRIMAVERA

Spaghetti with fresh vegetables, garlic, olive oil, white wine, sweet butter, chopped parsley & parmesan. 12.50



PESTO FETTUCINI

Fettucini tossed in our house-made *organic basil-walnut pesto* cream sauce.
Garnished with fresh tomatoes and parmesan cheese. 13.50



FETTUCINI ALFREDO

Fettucini tossed in our house-made garlic & parmesan cream sauce. 11.50

ADD TO ANY PASTA or STIR-FRY

Grilled Natural Chicken 3.50 ~ House-made Natural Turkey Meatball 2.50

Locally made Taylor's Hot Italian Sausage 3.50 ~ Organic Tofu 2.50

STIR-FRIES

Served with organically grown long grain brown rice or rice noodles



PEANUT SATAY STIR-FRY

Sautéed vegetables tossed in our mildly spicy peanut sauce. 12.50



COCONUT CURRY STIR-FRY

Sautéed vegetables tossed in our mildly spicy coconut curry sauce. 12.50



VEGETABLE STIR-FRY

Sautéed vegetables seasoned with garlic & soy sauce. 11.50

*IN THE INTEREST OF NOT WASTING FOOD ON OUR HUNGRY PLANET,
PLEASE ALERT YOUR SERVER TO FOOD ALLERGIES OR SPECIAL DIETARY NEEDS BEFORE ORDERING!*

BREAKFAST EVERYDAY `TIL NOON

We proudly serve cage free eggs...Hormone Free, all Vegetarian Diet

All breakfasts below served with:

Choice of: Organic whole wheat, light rye, sourdough white toast, english muffin, house-made bran muffin or scone. *Toasted hand-made, organic bagel add .50*

Choice of: Grilled breakfast potatoes, grilled organic polenta or seasonal fresh fruit



BARE STAGE

Two eggs any style. Served with above choices. 7.50 *

FULL HOUSE

Two eggs any style with your choice of grilled natural bacon, hot italian sausage or chicken apple sausage. Served with above choices. 10.50 *

WITH NATURAL HAM OR CANADIAN BACON 10.95



TOFU SCRAMBLE

Organic tofu, fresh veggies & herbs sautéed to perfection. Served with above choices. 11.50



VEGGIE SCRAMBLE

A delicious array of fresh vegetables, cheese & scrambled eggs.

Served with above choices. 11.95 *



GREEK SCRAMBLE

Fresh spinach, kalamata olives, tomato, feta cheese & scrambled eggs.

Served with the above choices. 12.50 *

SAUSAGE SCRAMBLE

Hot italian sausage, spinach, roasted red peppers, onions, feta cheese & scrambled eggs.

Served with the above choices. 12.95 *

LOX, EGGS & ONIONS

A traditional favorite of sautéed onions, Wild Salmon "Lox" & scrambled eggs.

Served with a toasted organic bagel, cream cheese and your choice of grilled breakfast potatoes, grilled organic polenta or seasonal fresh fruit. 14.50 *

Polenta: [poul·én·tá] *firm cornmeal porridge cooled into a loaf, then sliced and grilled*

OMELETTES

Prepared with 3 cage free eggs



MUSHROOM & SWISS OMELETTE

Stuffed with seasoned sautéed mushrooms, garlic & swiss cheese.

Served with above choices. 12.50 *



ASHLANDISTAN

Lots of mushrooms, onions, bell peppers, tomatoes & our mozzarella cheese blend.

Served with above choices. 12.50 *

WESTERN OMELETTE

Natural ham, bell peppers, sweet onions & cheddar cheese.

Served with above choices. 12.95 *

*IN THE INTEREST OF NOT WASTING FOOD ON OUR HUNGRY PLANET,
PLEASE ALERT YOUR SERVER TO FOOD ALLERGIES OR SPECIAL DIETARY NEEDS BEFORE ORDERING!*

** Consumption of raw or under-cooked eggs may increase your risk of food-borne illness*



VEGETARIAN OPTIONS

HOUSE SPECIALTIES

FANCY 'TATERS

Loads of red potatoes grilled with mushrooms, onions, bell peppers & cheese. 6.95
ADD 2 EGGS 2.50

BREAKFAST SANDWICH

Toasted English muffin with 2 scrambled eggs, natural ham & cheddar cheese.
Served with fresh seasonal fruit. 7.95 *

BREAKFAST BURRITO

Your choice of hot italian sausage, bacon, ham, or avocado, rolled in a large whole wheat tortilla with 3 eggs, onions, potatoes, green chilies & cheese.
Served with sour cream, salsa & seasonal fresh fruit. 10.95 *

LOX & BAGEL PLATTER

Wild Salmon "Lox" served with a toasted organic bagel, cream cheese, lettuce, tomatoes, cucumbers, red onions, capers & sprouts. 13.50

EGGS BENEDICT (FRIDAY THRU SUNDAY)

Canadian bacon & two poached eggs, smothered with our house-made Hollandaise, served atop a grilled English muffin with your choice of grilled potatoes, grilled organic polenta or seasonal fresh fruit. 12.95 *

FLORENTINE EGGS BENEDICT (FRIDAY THRU SUNDAY)

Poached eggs served with our house-made Hollandaise over fresh spinach, sautéed mushrooms & onions atop a grilled English muffin with your choice of grilled potatoes, grilled organic polenta or seasonal fresh fruit. 12.95 *

SMOKED SALMON BENEDICT (FRIDAY THRU SUNDAY)

Wild Salmon "Lox" & two poached eggs, smothered with our house-made Hollandaise. Served atop a grilled English muffin with your choice of grilled potatoes, grilled organic polenta or seasonal fresh fruit. 14.50 *

We reserve the right to run out of our fresh made hollandaise sauce...Come Early!

WAFFLES, FRENCH TOAST & PANCAKES

Served with our house-made Maple~Walnut butter and blended maple syrup

Add 100% ORGANIC Maple Syrup 1.50 or Marionberry Compote 1.95

LIGHT WHEAT WAFFLE

Belgian style waffle with our white and wheat flour blend...cooked until golden brown! 6.50

SEED `N NUT WAFFLE

Belgian style light wheat waffle with sunflower, poppy, sesame seeds and walnuts. 7.50

CHALLAH FRENCH TOAST

Rich braided egg bread, soaked in our cinnamon & vanilla egg batter, dusted with powdered sugar. 8.95

LIGHT WHEAT PANCAKES

Our white and wheat flour blend...2 big ones. 8.95

MARIONBERRY PANCAKES

Our light wheat pancakes with Oregon marionberries & served with warm house-made marionberry compote ...2 big ones. 10.95

Seasonal Fresh Fruit & Yogurt 4.25 ~ Natural Bacon 3.25

Taylor's Hot Italian Sausage or Chicken Apple Sausage 3.50

Parties of 6 or more are subject to 18% service charge

CEREAL

ORGANIC OATMEAL

Organic rolled oats served with our cinnamon-brown sugar blend & milk (whole or skim) 5.50
ADD RAISINS .60

GREENLEAF'S GRANOLA WITH MILK

House-made with organic ingredients. 5.50
WITH ORGANIC LOW-FAT YOGURT ADD 1.00
WITH SEASONAL FRESH FRUIT ADD 3.50

FROM THE BAKERY

TOAST 2.50

Sourdough, Organic Whole Wheat, Light Rye or English Muffin

FRESH BAKED BRAN MUFFIN or FRESH BAKED SCONE 2.50

TOASTED BAGEL 2.95

Handmade with organic ingredients
Choose from plain, onion & sprouted wheat hiker.
WITH CREAM CHEESE ADD .75

BAGEL WITH THE WORKS

A toasted bagel with cream cheese, lettuce, tomato, cucumber, onion & sprouts. 6.95

A LA CARTE

SEASONAL FRESH FRUIT 3.50

prepared daily

WITH LOW-FAT YOGURT OR COTTAGE CHEESE 4.25

BREAKFAST POTATOES 3.95

GRILLED ORGANIC POLENTA 3.95

ADD CHEESE TO ANY ITEM 1.25

ONE CAGE FREE EGG 1.75 * **TWO CAGE FREE EGGS** 3.00 *

NATURAL BACON 3.25

TAYLOR'S HOT ITALIAN SAUSAGE OR CHICKEN APPLE SAUSAGE 3.50

NATURAL HAM OR CANADIAN BACON 3.75

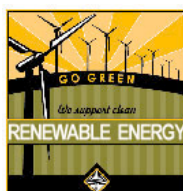
GRILLED ORGANIC TOFU BREADED WITH HERBS (1/3 lb.) 2.95

ORGANIC LOW-FAT YOGURT or COTTAGE CHEESE 1.95

SOUR CREAM, HOUSE-MADE SALSA OR CREAM CHEESE .75

Good food takes time, your patience is appreciated.

*5% Ashland meals tax (for parks and city infrastructure) will be added.
3 Checks Maximum per table*



GLUTEN FREE LUNCH & DINNER

We are proud to offer a Gluten Free menu

While we strive to ensure our gluten-free items are safe for your diet, we cannot guarantee with 100% confidence that cross-contamination between ingredients will not occur.

APPETIZERS

HUMMUS PLATTER

Organic house-made hummus topped with feta cheese paté & olive tapenade.
Served with cucumber slices. 8.95

DOLMADES

Tender grape leaves stuffed with rice & herbs. An order of four,
served with our garlic ranch dressing. 4.50

QUESADILLAS

*Served between two Wheat Free~Gluten Free Corn/Rice Tortillas
with fresh greens on the side*

SOUTH OF THE BORDER QUESADILLA

Corn/Rice tortillas with shredded cheese, green chiles, caramelized onions, black beans & mexican spices. Served with house-made salsa and sour cream. 9.95

CHICKEN QUESADILLA

Corn/Rice tortillas with shredded cheese, green chiles, caramelized onions, black beans, grilled natural chicken & mexican spices. Served with house-made salsa and sour cream. 12.95

MEDITERRANEAN QUESADILLA

Organic house-made hummus, feta cheese, shredded cheese, fresh tomatoes, avocado & kalamata olives. 12.95

ALA CARTE

SAUTÉED VEGETABLES

Fresh vegetables sautéed in olive oil with fresh garlic. 5.95

THE BASIC SPUD

A large baked potato, served with lots of creamy butter. 4.50
WITH SOUR CREAM & GREEN ONIONS 5.50

HOT PRIMAVERA POTATO

A large potato overflowing with fresh seasonal veggies sautéed in olive oil, white wine, herbs & garlic.
Tossed with butter & parmesan. 9.95

GARLIC MASHED POTATOES

Yukon Gold potatoes whipped with sour cream, butter & garlic. House-made. 4.50

SAUTÉED SPINACH

Fresh spinach sautéed in olive oil with fresh garlic. 5.95

RICE PILAF

Organic long grain brown rice tossed with garlic butter, green onions & fresh parsley. 5.95

VEGETARIAN OPTIONS

SOUP OF THE DAY

GLUTEN FREE VEGAN BROTH BASE

Ask your server for daily availability

CUP 4.50

BOWL 6.50

CUP OF SOUP & GARDEN SALAD 8.95

BOWL OF SOUP & GARDEN SALAD 10.50

STIR-FRIES

Served with organically grown long grain brown rice or rice noodles



PEANUT SATAY STIR-FRY

Sautéed vegetables tossed in our mildly spicy peanut sauce. 12.50



COCONUT CURRY STIR-FRY

Sautéed vegetables tossed in our mildly spicy coconut curry sauce. 12.50



VEGETABLE STIR-FRY

Sautéed vegetables seasoned with garlic & soy sauce. 11.50

ADD TO ANY PASTA or STIR-FRY

Grilled Natural Chicken 3.50 ~ Organic Tofu 2.50

Locally made Taylor's Hot Italian Sausage 3.50 ~ Local Organic Multigrain Roll 2.50

Two Wheat Free~Gluten Free Corn/Rice Tortillas 2.50

PASTA

Served with Gluten Free Rigatoni

Garden Salad 4.95



MARINARA

A generous serving of pasta with our house-made veggie marinara sauce garnished with parsley & parmesan. 10.95



HOT PRIMAVERA

Pasta with fresh vegetables, garlic, olive oil, white wine, sweet butter, chopped parsley & parmesan. 12.95



PESTO

Pasta tossed in our house-made *organic basil-walnut pesto* cream sauce. Garnished with fresh tomatoes and parmesan cheese. 13.95



ALFREDO

Pasta tossed in our house-made garlic & parmesan cream sauce. 11.95

IN THE INTEREST OF NOT WASTING FOOD ON OUR HUNGRY PLANET,

PLEASE ALERT YOUR SERVER TO FOOD ALLERGIES OR SPECIAL DIETARY NEEDS BEFORE ORDERING!

Parties of 6 or more are subject to 18% service charge

HOT ENTRÉES

NATURAL CHICKEN PICATTA

Natural chicken breast, sautéed in sweet butter & olive oil with capers & lemon. Delicious!
Served with fresh seasonal vegetables and your choice of rice pilaf,
baked potato (with butter, sour cream & green onions) or garlic mashed potatoes. 18.95

WILD PACIFIC POLLOCK

Fillet of pollock topped with lemon-butter picatta sauce.
Served with fresh seasonal vegetables and choice of
rice pilaf, baked potato (with butter, sour cream & green onions) or garlic mashed potatoes. 18.95

GRILLED WILD ALASKAN SALMON

Wild salmon flame grilled medium rare served with lemon-butter picatta sauce.
Served with fresh seasonal vegetables and choice of rice pilaf,
baked potato (with butter, sour cream & green onions) or garlic mashed potatoes. 19.95

HOT SANDWICHES

Served on a Locally Baked Organic Multigrain Bun with a kosher pickle & a side of Cole Slaw
BBQ Sauce .75 or Cheddar Cheese .50

GRILLED NATURAL CHICKEN SANDWICH

Fresh natural chicken breast flame grilled & served with grilled onions,
russian dressing, lettuce & tomato. 10.95



TERRIFIC TOFU BURGER (1/3 lb.)

Fresh organic tofu seasoned with herbs.
Served with grilled onions, russian dressing, lettuce & tomato. 10.95

PAINTED HILLS NATURAL BEEF BURGER (1/3 lb.)

Flame grilled natural beef patty served with grilled onions,
russian dressing, lettuce & tomato. 11.50

DELI SANDWICHES

*Served on Locally baked **Petite** Gluten Free Bread with a kosher pickle & a side of Cole Slaw*



FETA CHEESE or HUMMUS SANDWICH 6.95



GARDEN VEGGIE 5.95



CHEESE or AVOCADO 6.95

NATURAL TURKEY or HAM 7.50

NATURAL CHICKEN SALAD SANDWICH 8.50

TUNA SALAD SANDWICH 7.95

NATURAL PASTRAMI 8.50

WITH ANY SANDWICH ADD

Cheese ½ sandwich .50 whole 1.00

Avocado ½ sandwich .75 whole 1.50

Potato Salad ~ Seasonal Fresh Fruit ~ Cole Slaw 1.95 each

*Our Natural Beef & Chicken are Northwest raised,
have no added Hormones or Antibiotics & are 100% Vegetarian Fed*

FAMOUS HOUSE SALADS

House-made dressings: Mediterranean Vinaigrette, Honey Mustard or Garlic Ranch
Dressings served on the side

Grilled Natural Chicken Breast (4 oz) 3.50 ~ Organic Tofu (1/3 lb.) 2.50

GREEK SALAD

Cucumbers, tomatoes, red onions, artichoke hearts, dolmade, Greek olives, roasted red bell peppers, pepperoncini, feta cheese & organic garbanzo beans on a bed of tossed greens.
Served with Mediterranean vinaigrette 10.95

VEGGIE SALAD

Cucumbers, red onions, tomatoes, organic garbanzo beans, grated carrots, roasted red bell peppers, pepperoncini, artichoke hearts, sprouts & sunflower seeds on a bed of tossed greens 10.95

CHEF SALAD

Turkey, ham, shredded cheese blend, cucumbers, tomatoes, red onions, artichoke hearts, pepperoncini & roasted red bell peppers on a bed of tossed greens 12.95

ADD TO ANY SALAD

Two Wheat Free~Gluten Free Corn/Rice Tortillas 2.50

Local Organic Multigrain Roll 2.50

CHICKEN SALAD

Natural chicken breast, water chestnuts, celery & herbs in a light mayonnaise dressing.
Garnished with cucumber and tomato on a bed of tossed greens. 12.50

TUNA SALAD

Premium tuna, celery, green onions & herbs in a light mayonnaise dressing.
Garnished with cucumber and tomato on a bed of tossed greens. 11.50



TWO SALAD SAMPLER

First choose from natural chicken salad or tuna salad.
Then make an additional choice of potato, cole slaw or seasonal fresh fruit.
Garnished with cucumber and tomato, on a bed of tossed greens. 13.50

ALA CARTE SALADS

GREENLEAF GARDEN SALAD

Tossed mixed greens with shredded carrots & cabbage,
topped with tomato & cucumber 4.95

 **POTATO SALAD 3.50**  **COLE SLAW 2.95**

 **SEASONAL FRESH FRUIT 3.50**
prepared daily

WITH ORGANIC LOW-FAT YOGURT OR COTTAGE CHEESE 4.25

Good food takes time, your patience is appreciated.

GLUTEN FREE BREAKFAST EVERY DAY `TIL NOON

We are proud to offer a Gluten Free menu

While we strive to ensure our gluten free items are safe for your diet, we cannot guarantee with 100% confidence that cross-contamination between ingredients will not occur.

HOUSE SPECIALTIES

We proudly serve cage free eggs...Hormone Free, all Vegetarian Diet

BREAKFAST SANDWICH

Toasted tapioca English muffin with 2 scrambled eggs, natural ham & cheddar cheese.
Served with seasonal fresh fruit. 8.95 *

EGGS BENEDICT (FRIDAY THRU SUNDAY)

Canadian bacon & two poached eggs, smothered with our house-made Hollandaise, served atop a grilled tapioca English muffin with your choice of grilled organic polenta or seasonal fresh fruit. 13.95 *



FLORENTINE EGGS BENEDICT (FRIDAY THRU SUNDAY)

Poached eggs served with our house-made Hollandaise over fresh spinach, sautéed mushrooms & onions atop a grilled tapioca English muffin with your choice of grilled organic polenta or seasonal fresh fruit. 13.95 *

SMOKED SALMON BENEDICT (FRIDAY THRU SUNDAY)

Wild Salmon "Lox" & two poached eggs, smothered with our house-made Hollandaise. Served atop a grilled tapioca English muffin with your choice of grilled organic polenta or seasonal fresh fruit. 14.95 *

We reserve the right to run out of our fresh made hollandaise sauce...Come Early!

***IN THE INTEREST OF NOT WASTING FOOD ON OUR HUNGRY PLANET,
PLEASE ALERT YOUR SERVER TO FOOD ALLERGIES OR
SPECIAL DIETARY NEEDS BEFORE ORDERING!***

** Consumption of raw or under-cooked eggs may increase your risk of food-borne illness*



VEGETARIAN OPTIONS

Parties of 6 or more are subject to 18% service charge

All breakfasts below served with:

Choice of: 2 Corn/Rice tortillas, locally made organic toast or tapioca English muffin

Choice of: Grilled organic polenta or seasonal fresh fruit

BARE STAGE

Two eggs any style. Served with above choices 8.50 *

FULL HOUSE

Two eggs any style with your choice of grilled natural bacon, hot italian sausage or chicken apple sausage. Served with above choices 11.50 *

WITH NATURAL HAM OR CANADIAN BACON 11.95

TOFU SCRAMBLE

Organic tofu, fresh veggies & herbs sautéed to perfection. Served with above choices. 12.50

VEGGIE SCRAMBLE

A delicious array of fresh vegetables, cheese & scrambled eggs.

Served with above choices. 12.95 *

GREEK SCRAMBLE

Fresh spinach, kalamata olives, tomato, feta cheese & scrambled eggs.

Served with the above choices. 13.50 *

SAUSAGE SCRAMBLE

Hot italian sausage, spinach, roasted red peppers, onions, feta cheese & scrambled eggs.

Served with the above choices. 13.95 *

LOX, EGGS & ONIONS

A traditional favorite of sautéed onions, Wild Salmon "Lox" & scrambled eggs.

Served with the above choices. 14.50 *

OMELETTES

Prepared with 3 free range eggs

MUSHROOM & SWISS OMELETTE

Stuffed with seasoned sautéed mushrooms, garlic & swiss cheese.

Served with above choices. 13.50 *

ASHLANDISTAN

Lots of mushrooms, onions, bell peppers, tomatoes & our mozzarella cheese blend.

Served with above choices. 13.50 *

WESTERN OMELETTE

Natural ham, bell peppers, sweet onions & cheddar cheese. Served with above choices. 13.95 *

Good food takes time, your patience is appreciated!

A LA CARTE

🌱 TWO WARM, WHEAT FREE~GLUTEN FREE CORN/RICE TORTILLAS 2.50

🌱 TAPIOCA ENGLISH MUFFIN 3.75

🌱 TOAST 2.95

🌱 CHEESE QUESADILLA 4.95

Wheat Free~Gluten Free, Corn/Rice tortilla with our shredded cheese blend

🌱 SEASONAL FRESH FRUIT 3.50

prepared daily

WITH LOW-FAT YOGURT OR COTTAGE CHEESE 4.25

🌱 GRILLED ORGANIC POLENTA 3.95

ADD CHEESE TO ANY ITEM 1.25

🌱 ONE CAGE FREE EGG 1.75 * 🌱 TWO CAGE FREE EGGS 3.00 *

NATURAL BACON 3.25

TAYLOR'S HOT ITALIAN SAUSAGE OR CHICKEN APPLE SAUSAGE 3.50

NATURAL HAM OR CANADIAN BACON 3.75

🌱 GRILLED ORGANIC TOFU WITH HERBS (1/3 lb.) 2.95

🌱 ORGANIC LOW-FAT YOGURT or COTTAGE CHEESE 1.95

SOUR CREAM, HOUSE-MADE SALSA OR CREAM CHEESE .75

*5% Ashland meals tax (for parks and city infrastructure) will be added.
3 checks maximum per table*



COLD DRINKS

MILK

Whole or fat-free small 2.25 large 2.95

FRESH ORANGE JUICE

Organically Grown small 1.95 large 2.95

TOMATO VEGGIE JUICE 2.50

ORGANIC APPLE JUICE 2.50

ORGANIC CRANBERRY Nectar 2.50

MIMOSA

Fresh Organic orange juice & champagne 4.95

RASPBERRY LEMONADE

A glass of Greenleaf House-made 2.50

ALL NATURAL ITALIAN SODA

Raspberry, strawberry, cranberry, orange, lemon & cherry 3.50

TOPPED WITH WHIPPED CREAM 3.75

ARNOLD PALMER

A refreshing blend of iced tea & raspberry lemonade

Includes bottomless Iced Tea 3.50

FOUNTAIN DRINKS

Pepsi, Diet Pepsi, Sierra Mist, Root Beer,

Mountain Dew, Dr. Pepper 2.50

NATURAL SODA

Orange mango, Grapefruit, Black Cherry & Ginger Ale 2.50

MINERAL WATER

Lemon, lime, orange, berry & plain 2.50

ICED TEA

A bottomless glass 2.75

ICED COFFEE

Organic and locally roasted bottomless glass of our fresh brewed coffee over ice (in season) 2.95

ICED CHAI

Indian-style spiced black tea, chilled over ice with milk 3.95

Substitute almond milk or soymilk .60

ICED DOUBLE LATTE

Iced double latte made with Organic local coffee 3.95

ICED DOUBLE MOCHA

Iced double espresso mocha made with Organic local coffee and topped with whipped cream 4.50

FRUIT JUICE SMOOTHIE

Organic apple juice, Organic banana & fresh fruit 4.95

YOGURT SMOOTHIE

Organic yogurt, Organic apple juice,

Organic banana & fresh fruit 5.50

ORANGE DELIGHT

Fresh Organic orange juice, Organic yogurt, Organic banana & fresh fruit 5.95

HOT DRINKS

Coffee~Organic & Locally Roasted

A bottomless cup of Noble house blend 2.50

Decaf~Organic & Locally Roasted

A bottomless cup of Noble house blend 2.50

TEA

Herbal: Chamomile, Peppermint, Mandarin Orange Spice, Red Zinger

Traditional: Earl Grey, Decaf Earl Grey, English Breakfast, Decaf English Breakfast, Green Tea & Darjeeling 2.25

CHAI Grande

Indian-style spiced black tea with steamed milk 3.95

Substitute almond or soymilk .60

HOT CHOCOLATE

Rich organic chocolate & fresh milk topped with whipped cream

Small 2.95 Grande 3.50

CAFE AU LAIT Grande

Organic local coffee & steamed milk 3.25

MOCHA JAVA Grande

Organic local coffee & hot chocolate

topped with whipped cream 3.95

ORGANIC LOCAL ESPRESSO

All drinks are double shots

ESPRESSO

Organic espresso 2.50

CAPPUCCINO

Organic espresso with foamed milk 3.50

AMERICANO Grande

Organic espresso with hot water 2.75

ESPRESSO LATTE Grande

Organic espresso with steamed milk 3.95

ESPRESSO MOCHA Grande

Organic espresso with hot chocolate

topped with whipped cream 4.50

Add

Monin Premium Syrup .75

(Caramel, Irish Cream, Vanilla, Sugar Free Vanilla)

Breve .60

Substitute Organic Almond or Soymilk .60

Catering ~ Boxed Lunches

Entire Menu Available "To Go"

www.greenleafrestaurant.com