

## Middle Way Combo

Choose 2 of the following **12.50**

cup of soup - green salad - half sandwich

*Sandwiches available as a combo have a (C)*

## Whole & Half Sandwiches

*Served on whole wheat sourdough or walnut multigrain bread*

*with OG blue corn chips. Sprouts available upon request.*

**Gluten free bread available for 2.75. Served on a bed of lettuce for 1.75**

**Substitute a micro salad or a cup of fresh fruit for chips for 3.25**

**Avocado Toast (C)(V)(GF option) 12.75**

Homemade avocado spread, gomasio, local sprouts served on thick cut toast. Your choice of a micro salad or cup of our house made soup

**Spicy Veggie (C)(GF option) Half: 8.25 Whole: 11.75**

Spicy cream cheese, organic toasted pumpkin seeds, green leaf lettuce, cucumber, tomato, avocado, onion. Served on your choice of local bread

**Mayflower (C)(GF option) Half: 9.00 Whole: 13.25**

Natural roasted turkey breast, green leaf lettuce, tomato, red onion, herbed mayo, Dijon mustard, and cheddar cheese. Your choice of local bread

**Turkey Cranberry (C)(GF option) Half: 9.00 Whole: 13.25**

Natural roasted turkey breast, light cream cheese, cucumber, orange-cranberry sauce, green leaf lettuce. Served on your choice of local bread

**Southwestern (C)(GF option) Half: 9.00 Whole: 13.25**

Natural roasted turkey breast, spicy cream cheese, green leaf lettuce, tomato, red onion, avocado. Served on your choice of local bread

**Tuna Schooner (C)(GF option) Half: 8.50 Whole: 12.00**

100% Albacore tuna salad, herbed mayo, green leaf lettuce, tomato, red onion. Served toasted on your choice of local bread

**Tuna Melt (GF option) 15.50**

100% Albacore tuna salad, herbed mayo, tomato, red onion, avocado, cheddar, gomasio. Served with house salad and toasted bread choice

**B.A.L.T.O. (GF option) 13.75**

Bacon, Avocado, lettuce, tomato, onion, herbed mayo. A BLT with a delicious twist! Served toasted on your choice of locally baked bread

**The Best Avocado Melt (GF option) 13.50**

Avocado, tomato, red onion, herbed mayo, gomasio, provolone. Served on your choice of locally baked bread

**Vegan Avocado Melt (V)(GF option, not vegan) 13.50**

Avocado, tomato, red onion, house made vegan mayo, gomasio, and our house made vegan provolone. Served on your choice of locally baked bread

**MWC Reuben (GF option) 13.50**

Natural roasted turkey breast, sauerkraut, house made vegan thousand island, and swiss cheese on locally baked rye bread

**Vegan MWC Reuben (V) (GF option, not vegan) 13.25**

Blackened organic tofu, sauerkraut, house made vegan thousand island, and swiss cheese on locally baked rye bread

**Spicy Chicken (GF option) 15.00**

Natural lemon-pepper chicken breast, cheddar cheese, coyote sauce, green leaf lettuce, tomato, red onion. Served on your choice of locally baked bread

**Chicken Milano (GF option) 16.00**

Natural lemon-pepper chicken breast, provolone cheese, pesto, red bell pepper, green leaf lettuce, tomato, red onion. Served on your choice of locally baked bread

**Blackened Chicken (GF option) 16.00**

Natural lemon-pepper chicken breast, Sriracha aioli, swiss cheese, tomato, red onion, green leaf lettuce, tomato and red onion. Served on your choice of locally baked bread

## MWC Bowls

**Shoji Bowl (GF or Vegan option) 16.00**

Natural chicken breast, Sauteed vegetable blend (local organic golden beets and carrots, zucchini, red bell pepper, red onions, sweet potatoes, red cabbage, portabella), spinach and brown rice. Topped with maple-tamari glaze, black sesame seeds and vegan wasabi aioli

**Santa Fe Bowl (GF) 15.50**

Natural chicken breast, brown rice\*, black beans\*, cabbage, roasted corn, roasted jalapeno chimichurri, avocado, sour cream, ranchero, cheddar, and green onion

**Baja Bowl (GF)(V) 12.50**

Cashew nacho cheese, vegan sour cream\*, brown rice, black beans\*, green leaf lettuce, red cabbage, avocado, and cilantro

**Mean Green (V) 13.75**

Banana, strawberry, spinach, goji berry, flax seed, chai seed, coconut milk, tahini, hemp hearts, avocado

## Burritos

**Rancho Verde Burrito (V) 13.75**

Fresh jalapenos, ranchero rice and black beans, our home made vegan mozzarella, roasted jalapeno chimichurri, red cabbage, green leaf lettuce, avocado, rolled into a local whole wheat tortilla and served with vegan cashew nacho cheese and salsa

**Baja Burrito (V) 14.50**

Cashew nacho cheese, vegan sour cream, brown rice, black beans, green leaf lettuce, red cabbage, avocado, cilantro rolled into a local whole wheat tortilla

**MWC Burrito 15.00**

Grilled chicken breast, ranchero rice and black beans, red cabbage, cheddar cheese, roasted jalapeno chimichurri, guacamole & salsa

## Modern Burgers

*Served on a locally baked whole wheat bun with OG blue corn chips*

*Add bacon, egg, sauteed mushrooms or caramelized onions for an additional charge*

**Alaskan Salmon Filet on a Bun (GF option) 16.50**

Wild Alaskan salmon filet seasoned with blackening spice, avocado, green leaf lettuce, tomato, red onion, herbed mayo and a lemon wedge

**MWC Cheeseburger (GF option) 16.50**

AK ground beef and bacon patty, herbed mayo, green leaf lettuce, tomato, red onion, pickles, and your choice of cheese

**Lamb Burger (GF option) 16.50**

House seasoned and herbed lamb patty with goat cheese, provolone cheese, herb mayonnaise, chimichurri, cucumber, green leaf lettuce, tomato, and red onion

**Avalanche Burger (V)(GF option) 14.50**

Portabella mushroom marinated in sundried tomato-balsamic, roasted jalapeno chimichurri, avocado, green leaf lettuce, tomato, red onion, and sprouts

**Vegan Lentil Burger (V)(GF option) 14.50**

House made lentil patty, green leaf lettuce, tomato, vegan mayo, red onion, avocado, pickles, vegan mozzarella. *Sub for lamb patty - 4.50*

**Coyote Burger (GF option) 14.50**

House made lentil patty, avocado, coyote sauce, cheddar cheese, green leaf lettuce, tomato, red onion, pickles, avocado. *Sub for lamb patty - 4.50*

## Greens

Our dressings are made fresh in-house and served on the side:  
**Sundried Tomato Balsamic Vinaigrette (GF/V), Lemon Tahini (GF/V), Cashew Miso (GF/V), Honey Dijon (GF), Lemon Ranch (GF)**

**Add chicken to any salad for 4.75, blackened tofu\* or tuna for 3.25**

**Greek (GF) half: 9.00 full: 13.50**

Green leaf lettuce, organic greens, avocado, tomato, red bell pepper, red onion, cucumber, parsley, feta, and Kalamata olives. Served with our sundried tomato balsamic vinaigrette

**Planeta Azul (GF)(V) half: 9.00 full: 12.50**

Green leaf lettuce and organic greens, local organic carrots, avocado, tomato, red onion, red bell pepper, cucumber, parsley, and toasted organic pumpkin seeds

**Modern (GF) half: 11.50 full: 16.00**

Grilled, sliced, natural chicken breast, green leaf lettuce and organic mixed green, organic local carrots, toasted organic pumpkin seeds, tomato, avocado, red onion, red bell peppers, cucumber, and parsley

**Albacore Salad (GF) half: 10.00 full: 15.00**

Our 100% albacore tuna salad, green leaf lettuce and organic mixed greens, local organic carrots, avocado, tomato, red onion, red bell pepper, cucumber, parsley, toasted organic pumpkin seeds, Served with our sundried tomato balsamic vinaigrette and a fresh lemon wedge

**Cashew Miso Salmon (GF) 16.50**

Our Alaskan salmon filet lightly grilled and topped with sesame seeds, green leaf lettuce and organic greens, avocado, tomato, red bell pepper, local organic carrots, red onion, cucumber, parsley, and toasted pumpkin seed. Served with our house made cashew miso dressing

**House Green (GF)(V) 6.50**

Green leaf lettuce & organic mixed greens, tomato, red onion, cucumber, parsley, toasted organic pumpkin seeds

## Sides

Steamed kale\* with lemon, salt, & pepper 4.50

Sautéed Vegetables 4.50

Home fries 4.50

Two eggs\*, your style 4.25

Thick sliced bacon, AK reindeer sausage, ham, blackened tofu\* 4.75

Roasted chicken breast 6.50

English muffin or toast 2.25

Dressings 2 oz - 2.00 4 oz - 3.25

Salsa 1.50

Guacamole 3.75

Maple syrup\* 2.25

Gluten free toast 3.25

Solo pancake with maple syrup\* 4.25

Avocado quarter 2.00 half 3.75

**Gluten Friendliness** - While we do our best to avoid contact of gluten-free items with items containing gluten in our kitchen & bakery, we can't guarantee that our products are 100% gluten-free. We are happy to accommodate food allergies whenever possible! **Please inform a cashier if you have a food allergy. Thanks!**  
**\*Organic Produce** - All items with an asterisk (\*) are organic and/or locally grown when available. Please check our weekly organic statement or ask a cashier if a fruit or vegetable is currently organic.

## Breakfast

Served until 11AM M-F / 1PM on Weekends  
Substitute gluten free toast on any breakfast for 2.75

<b>Avocado Toast (V)(GF option)</b>	<b>12.75</b>
Avocado spread, gomasio, sprouts, served on thick cut toast and cup of fresh fruit	
<b>Base Camp (GF option)</b>	<b>14.25</b>
Two organic eggs, your choice of two multigrain pancakes or plain French toast, OG maple syrup & your choice of thick sliced bacon, reindeer sausage, ham or OG blackened tofu	
<b>Farmer's Starter (GF option)</b>	<b>11.25</b>
Two organic eggs, home fries, toast & butter	
<b>Eggs Florentine (GF option)</b>	<b>15.50</b>
Two organic eggs poached, spinach, tomatoes & house-made hollandaise over toasted English muffin, served with home fries	
<b>Classic Benedict (GF option)</b>	<b>16.00</b>
Two organic eggs poached, ham & house-made hollandaise, over toasted English muffin, served with home fries	
<b>Mexican Benedict (GF option)</b>	<b>half: 11.25 whole: 16.00</b>
Two organic eggs poached, chorizo, salsa fresca, home fries, avocado & chipotle hollandaise: served with toast and butter	
<b>Bacon Cheddar Omelet (GF option)</b>	<b>16.00</b>
Three organic egg omelet, smoked bacon, cheddar, served with home fries, toast & butter	
<b>Shepherd's Omelet (GF option)</b>	<b>16.50</b>
Three organic egg omelet, goat cheese, caramelized onions, sautéed spinach, red bell peppers, parsley, served with home fries, toast & butter	
<b>California Omelet (GF option)</b>	<b>16.00</b>
Three organic egg omelet, avocado, red bell pepper, & cheddar topped with scallions & sour cream; served with home fries, toast & butter	
<b>West Coast Omelet (GF option)</b>	<b>16.75</b>
Three organic egg omelet, avocado, bacon, cheddar, red bell pepper, scallions & sour cream; served with ranchero sauce, served with home fries, toast & butter	
<b>Huevos Rancheros (GF)(V option)</b>	<b>half: 10.75 whole: 15.00</b>
Two organic eggs fried over easy, served over corn tostadas with Organic brown rice, organic black beans, house-made ranchero sauce, cheddar, avocado, sour cream, scallions Make it vegan with organic blackened tofu and vegan sour cream	
<b>Oh Deer! Omelet (GF option)</b>	<b>16.00</b>
Three organic egg omelet, with diced reindeer, caramelized onions and Swiss cheese. Served with toast and home fries	
<b>Sabajee Omelet (GF option)</b>	<b>16.00</b>
Three organic egg omelet, with sauteed vegetables and cheddar cheese. Topped with sprouts and diced tomatoes. Served with toast and home fries	
<b>Tofu Stack GF/V</b>	<b>15.50</b>
A mix of sautéed local golden beets, local carrots, zucchini, red onions, sweet potato, red bell pepper and local purple potato on a bed of house made ranchero sauce, topped with organic blackened tofu, crushed organic blue corn tortilla chips, scallions & vegan sour cream	
<b>Breakfast Quesadilla</b>	<b>15.00</b>
Organic eggs, bacon, cheddar cheese in a whole wheat tortilla served with home fries, guacamole, sour cream & salsa on the side	

<b>Breakfast Burrito</b>	<b>13.00</b>
Organic eggs, home fries, scallions, cheddar cheese, coyote sauce and avocado or chorizo all wrapped in a whole wheat tortilla	
<b>Sub Bacon</b>	<b>1.75</b>
<b>Both Avo &amp; Chorizo</b>	<b>2.75</b>
<b>All Three</b>	<b>4.25</b>
<b>Vegan Breakfast Burrito (V)</b>	<b>12.00</b>
Organic blackened Tofu, house made cashew nacho cheese, spinach, scallions, avocado, home fries & organic black beans all wrapped in a whole wheat tortilla	
<b>Breakfast Sandwich (GF option)</b>	<b>9.50</b>
One organic egg your style, choice of cheese, and choice of thick sliced bacon, Indian Valley reindeer sausage, ham, or organic blackened tofu on an English muffin	
<b>Bumbleberry French Toast (GF option)</b>	<b>11.25</b>
Walnut multigrain French toast served with mixed berries compote, whipped blueberry butter, fresh whipped cream, and dash of powdered sugar	
<b>Multigrain Pancakes &amp; Fresh Fruit (V)</b>	<b>12.75</b>
Three vegan multigrain pancakes made with wheat flour, cornmeal, organic quinoa, organic flax meal & organic buckwheat; served with organic maple syrup, vegan butter and a cup of fresh fruit	
<b>Blueberry Banana Pancakes (V)</b>	<b>12.75</b>
Three blueberry & banana multigrain pancakes served with vegan butter and organic maple syrup	
<b>Granola (GF) (V option)</b>	<b>7.00</b>
House-made granola with GF oats, dried fruit, nuts & seeds, and whole or non-fat rBGH-free milk. <b>For alternative milk add .50</b>	
<b>Fruit Parfait</b>	<b>9.00</b>
A bowl of nonfat yogurt, fresh fruit & house-made granola, drizzled with honey*	

## Kid's Menu Breakfast

Served until 11AM M-F / 1PM on Weekends

<b>Farmer's Helper (GF)</b>	<b>8.25</b>
One OG egg, reindeer sausage, bacon, ham, or tofu* & home fries	
<b>Breakfast Quesadilla</b>	<b>7.00</b>
Organic eggs, bacon, cheese with home fries & salsa on the side	
<b>Bumbleberry French Toast (New)</b>	<b>7.00</b>
Smaller version of the grownups'	
<b>Kid's Multigrain Pancakes (V)</b>	<b>7.00</b>
Two vegan multigrain pancakes with maple syrup* and vegan butter	
<b>Chocolate Banana Pancakes (V)</b>	<b>7.50</b>
Two chocolate banana* pancakes with maple syrup*	
<b>Blueberry Banana Pancakes (V)</b>	<b>7.50</b>
Two blueberry banana* pancakes with maple syrup*	
<b>Kid's Fruit Parfait</b>	<b>5.75</b>
Bowl of fruit, house-made granola* & nonfat yogurt	

## Lunch

Served on fresh local wheat or walnut multi-grain bread with organic blue corn chips

<b>Grilled Cheese</b>	<b>half 5.25 whole 8.00</b>
<b>PB &amp; Jelly or Banana* (V)</b>	<b>half 5.00 whole 7.00</b>
<b>TLC</b>	<b>half 7.00 whole 9.25</b>
Turkey, green leaf lettuce*, cheddar cheese & herbed mayo	



## Takeout/Curbside

**272-6433**

**Café Hours: M-F: 8am-4pm**

**Sat & Sun: 8am-4pm**



**ONLINE ORDERS: [middlewaycafe.mobilebytes.com](http://middlewaycafe.mobilebytes.com)**

1200 W. Northern Lights Blvd, Suite G  
Anchorage, Alaska 99503

## Smoothies

**12 oz 7.50 16 oz 9.25**

**Add-ins: 1.00 each**

*OG chia seed, pea protein mix, spirulina powder, OG peanut butter, OG milled flax seed, wild bee pollen, kale\*, spinach Add 1/4 avocado for 2.00*

**Fresh Ginger Shot 2 oz. 3.25**

*Whole fruit, rBGH-free nonfat yogurt & OG honey*

<b>Nina</b>	- banana*, strawberry, orange juice
<b>Inner Balance</b>	- banana*, strawberry, ginger, orange juice
<b>Jungle Love</b>	- pineapple, banana*, coconut*, apple juice
<b>Mango Tree</b>	- mango, banana*, ginger, apple juice
<b>Follow Your Heart</b>	- banana*, strawberry, blueberry, apple juice
<b>Gingerberry</b>	- banana*, strawberry, blueberry, ginger, apple juice
<b>Hunker Down</b>	- mango, pineapple, orange juice
<b>Morning Glory (V)</b>	- pineapple, orange juice
<b>Summer Breeze (V)</b>	- banana*, strawberry, orange juice
<b>North of Heaven (V)</b>	- banana*, strawberry, blueberry, apple juice
<b>Tropic Thunder (V)</b>	- pineapple, banana*, beet*, ginger, spinach, walnut, orange juice

## Fruit & Vegetable Juices

**12 oz 8.50 16 oz 10.50**

<b>Kick Start</b>	- apple, lemon*, ginger
<b>Jupiter</b>	- carrot*, apple, ginger
<b>Earth Orbit</b>	- carrot*, apple, lemon*
<b>Waldorf</b>	- carrot*, apple, celery
<b>Red Hot</b>	- carrot*, apple, beet*, ginger
<b>Beet'le Juice</b>	- carrot*, celery, beet*
<b>Green Go Go</b>	- lettuce, spinach, cucumber, parsley, kale*, ginger, apple, celery, cilantro
<b>Spicy Kale Lemonade</b>	- carrot*, kale*, ginger, lemon*, apple
<b>Zinger</b>	- orange*, lemon*, kale*, ginger, carrot*, beets*

**Organic Orange Juice 12 oz 5.50 16 oz 7.50**