



Breakfast

Served weekdays until 11AM / Weekends until 1PM
Smoothies & Juices served all day

“We serve the best organic coffee roasted in Alaska”

Omelets

Served with home fries, your choice of toast and butter
Make your omelet dairy free with cashew cheese 2

- SHEPHERD'S** 17.95
Goat cheese, caramelized onions, spinach, red bell peppers and parsley
- WEST COAST** 19.50
Avocado, cheddar, red bell pepper, scallions and sour cream.
Served with ranchero sauce
Add diced bacon or diced reindeer 3.50
- NORTH COAST** 18.95
Diced reindeer sausage or bacon, caramelized onions, spinach and Swiss cheese
- VEGGIE** 17.50
Sautéed vegetables, mushrooms and cheddar cheese. Topped with sprouts and diced tomatoes

Middle Way Classics

- AVOCADO TOAST (V) (GF*)** 14.95
Homemade mashed avocado spread, pickled onions, cucumbers, gomasio, sprouts, served on a thick cut toast and cup of fresh fruit or a side of home fries
Add Bacon 3.50 Add one OG egg^ your style 2.25 add both 5.50
- BREAKFAST SANDWICH (GF*)** 9.50
One organic egg your style^, choice of cheese, and choice of thick sliced bacon, Indian Valley reindeer sausage, ham, avocado or organic blackened tofu^ on a toasted English muffin
- BREAKFAST BURRITO** 14.95
Organic eggs^, home fries, scallions, cheddar cheese, coyote sauce, avocado. All wrapped in a locally made whole wheat tortilla^ with a side of salsa
Add diced bacon or chorizo 4 Add both for 6
- VEGAN BREAKFAST BURRITO (V)** 13.50
Organic blackened tofu^, house made cashew nacho cheese, spinach, scallions, avocado, home fries and organic black beans^ . All wrapped in a locally made whole wheat tortilla with a side of salsa
- BREAKFAST QUESADILLA** 16.75
Organic eggs^, bacon, cheddar cheese in a whole wheat tortilla^ served with home fries, side of sour cream and salsa
Add guacamole 3.75
- BASE CAMP (GF*)** 18.95
Two organic eggs^, your choice of two multigrain pancakes or French toast, organic maple syrup^ and your choice of thick sliced bacon, reindeer sausage, ham, avocado or organic blackened tofu^
- FARMER'S STARTER (GF*)** 15.50
Two organic eggs, your choice of thick sliced bacon, reindeer sausage, ham, avocado or organic blackened tofu^ . Served with home fries and your choice of toast with butter
- TOFU STACK (V)(GF)** 15.95
A mix of sautéed local golden beets^, local carrots^, zucchini, red onions, sweet potato, red bell pepper and potatoes on a bed of house made ranchero sauce, topped with organic blackened tofu^, crushed organic blue corn tortilla chips^, scallions and vegan sour cream

More Classics

- CLASSIC BENEDICT (GF*)** 16.95
Two organic eggs poached^, ham & house-made hollandaise, over toasted English muffin. Served with home fries
- EGGS FLORENTINE (GF*)** 16.95
Two organic eggs poached^, spinach, tomatoes & house-made hollandaise over toasted English muffin. Served with home fries
- MEXICAN BENEDICT (GF*)** **Half: 11.95 Whole: 17.95**
Two organic eggs^ poached, chorizo, salsa fresca, scallions, home fries, avocado and chipotle hollandaise. Served with your choice of toast and butter
- HUEVOS RANCHEROS (GF*) (V)** **Half: 11.95 Whole: 17.95**
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 and scallions
- BUMBLEBERRY FRENCH TOAST (GF*)** 12.95
Walnut multigrain French toast served with mixed berries compote, whipped blueberry butter, whipped cream and a dash of powdered sugar
- MULTIGRAIN PANCAKES AND FRESH FRUIT (V)** 14.25
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 (bananas, raspberries, blackberries, and strawberries)
- BLUEBERRY BANANA PANCAKES (V)** 13.95
Three blueberry and banana multigrain pancakes served with vegan butter and organic maple syrup^
- FRUIT PARFAIT** 9.50
A bowl of non-fat yogurt, bananas, raspberries, blackberries, blueberries, strawberries and house-made granola, drizzled with honey

Breakfast Sides

- Steamed kale^ with lemon, salt, & pepper 4.50
- Sautéed Vegetables 4.95
- Home fries 4.50
- Avocado quarter - 2.00 half - 3.75
- Blackened tofu^ 2.95
- Add one organic egg^ (your style) one - 2.25 two - 4.25
- Thick sliced bacon, AK reindeer sausage or ham 4.95
- Roasted chicken breast 7.25
- Piece of toast or English muffin 2.25
- Gluten free toast 3.25
- Salsa 2 oz - 0.75 4 oz - 1.25
- Guacamole 3.75
- Solo pancake with maple syrup^ and vegan butter 4.95
- Organic Maple syrup^ (2oz) 2.75
- Cup of fresh fruit 4.95
(bananas, raspberries, blackberries, and strawberries)

Ask us about Today's Specials
Checkout our Juices, Smoothies & Kid's Menu

We proudly serve organic eggs across our Menu!

According to nutrients data released by the U.S. Department of Agriculture, organic eggs generally contain a third less cholesterol, a quarter less saturated fat and are significantly more nutritious than your average eggs.



(GF) Gluten Free (V) Vegan (GF*) Gluten free Option (V*) Vegan Option (C) Combo available
(^) Ingredients that are either locally sourced or organic

We are happy to accommodate food sensitivities whenever possible, please inform your cashier

Middle Way Café
ANCHORAGE, ALASKA

* Eggs to order / Beef Burger Patties may be served partially raw or undercooked. Consuming raw or undercook meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness





Lunch

Served all day

Whole & Half Sandwiches

Served with locally baked rye, whole wheat sourdough or walnut multigrain bread^ and organic blue corn tortilla chips^

Add Salsa 1.25 Add Sprouts 1.25
Sub for Gluten free bread 2.95 Sub for a Bed of lettuce 1.75

AVOCADO TOAST (C)(V)(GF*) 14.95
Homemade mashed avocado spread, pickled onions, cucumbers, gomasio and local sprouts served on thick-cut toast with tortilla chips and a salad with your choice of dressing or a cup of our house made soup

Add Bacon 3.50 Add one OG egg^ your style 2.25 Add both 5.50

SPICY VEGGIE (C)(GF*) Half: 8.95 Whole: 13.95
Spicy cream cheese, organic toasted pumpkin^ seeds, green leaf lettuce, cucumber, tomato, avocado and red onion

MAYFLOWER (C)(GF*) Half: 9.95 Whole: 14.95
Natural roasted turkey breast, green leaf lettuce, tomato, red onion, herbed mayo, Dijon mustard and cheddar cheese

TURKEY CRANBERRY (C)(GF*) Half: 10.25 Whole: 15.50
Natural roasted turkey breast, cream cheese, cucumber, orange-cranberry sauce and green leaf lettuce

SOUTHWESTERN (C)(GF*) Half: 10.50 Whole: 15.95
Natural roasted turkey breast, spicy cream cheese, green leaf lettuce, tomato, red onion and avocado

TUNA SCHOONER (C)(GF*) Half: 9.95 Whole: 14.95
100% Albacore tuna salad, herbed mayo, green leaf lettuce, tomato and red onion

TUNA MELT (C)(GF*) 16.95
100% Albacore tuna salad, herbed mayo, tomato, red onion, avocado, cheddar and gomasio. Served with a house salad and your choice of dressing

B.A.L.T.O. (GF*) 15.75
Bacon, avocado, lettuce, tomato, red onion and herbed mayo. A BLT with a delicious twist!

BEST AVOCADO MELT (GF*)(V*) 14.95
Avocado, tomato, red onion, herbed mayo, gomasio and provolone. Vegan option made with House Vegan Mayo and vegan mozzarella
Add bacon 3.50 Add roasted turkey 4.25 Add chicken 7.50

MIDDLE WAY REUBEN (GF*)(V*) 15.50
Natural roasted turkey breast, sauerkraut, house made vegan thousand island and Swiss cheese on locally baked rye bread. Vegan option made with organic blackened tofu and vegan mozzarella.

SPICY CHICKEN (GF*) 17.95
Natural lemon-pepper chicken breast, cheddar cheese, coyote sauce, green leaf lettuce, tomato and red onion

BLACKENED CHICKEN (GF*) 17.95
Natural lemon-pepper chicken breast, Sriracha aioli, Swiss cheese, green leaf lettuce, tomato and red onion

CHICKEN MILANO (GF*) 18.95
Natural lemon-pepper chicken breast, provolone cheese, pesto, red bell pepper, green leaf lettuce, tomato and red onion

Homemade Soups

Cup - 10 oz 6.75 Bowl - 16 oz 8.75
Served with bread and butter or OG tortilla chips

Middle Way Combo

Choose 2 of the following 14.95
Cup of soup - House green salad - half sandwich
Sandwiches available as a combo have a (C)

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Burgers

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

ALASKAN SALMON FILET ON A BUN (GF*) 19.95
Wild Alaskan salmon filet seasoned with blackening spice, green leaf lettuce, tomato, red onion and herbed mayo

Add bacon 3.50 Add a 1/4 avocado 2 Add Guacamole 2

MIDDLE WAY HALF POUND BURGER (GF*) 17.95
A half pound organic ground beef, herbed mayo, green leaf lettuce, tomato, red onion, pickles

Add bacon 3.50 Add one OG egg^ 2.25 Add cheese 2

MIDDLE WAY VEGGIE BURGER (V)(GF*) 14.95
House made lentil patty, avocado, vegan mayo, vegan cheese, green leaf lettuce, tomato, red onion and pickles. Make it howl by substituting vegan cheese with cheddar and coyote sauce for an extra buck!

Bowls & Wraps

SHOJI BOWL (GF)(V*) 17.95
Natural chicken breast, Sauteed vegetable blend (local organic golden beets^ and carrots^, zucchini, red bell pepper, red onions, sweet potatoes, red cabbage), spinach and brown rice^. Topped with maple-tamari glaze, black sesame seeds and vegan wasabi aioli. Make it vegan by substituting chicken for tofu

SANTA FE BOWL (GF*) 17.95
Natural chicken breast, brown rice^, black beans^, red cabbage, roasted corn, roasted jalapeno chimichurri, avocado, sour cream, salsa, ranchero sauce, cheddar, and green onions.
Make it a wrap with an organic^ whole wheat tortilla for an extra buck!

BAJA BOWL (V) 14.95
Cashew nacho cheese, vegan sour cream^, brown rice^, black beans^, green leaf lettuce, red cabbage, avocado and diced tomatoes.
Make it a wrap with an organic^ whole wheat tortilla for an extra buck!

RANCHO VERDE BURRITO (V) 14.95
Fresh jalapenos, brown rice^, black beans^, ranchero sauce, vegan mozzarella, roasted jalapeno chimichurri, red cabbage, green leaf lettuce, avocado. Served with vegan cashew nacho cheese and a side of salsa

Salads

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)

MODERN SALAD (GF*) half: 8.95 full: 12.95
Green leaf lettuce and organic mixed green, organic local carrots, toasted organic pumpkin seeds, tomato, avocado, red onions, red bell peppers, cucumber and parsley

Add wild caught grilled salmon 10 Add diced bacon 3.50
Add roasted chicken 7.50 Add a boiled egg 2.25
Add organic tofu 2.95 Add albacore tuna mix 3.95

GREEK SALAD (GF*) half: 9.75 full: 13.95
Green leaf lettuce, organic greens, feta cheese, Kalamata olives, avocado, tomato, red bell pepper, red onion, cucumber and parsley. Served with our sundried tomato balsamic vinaigrette

KALE HARVEST SALAD (GF*) 15.95
Locally grown kale^, organic quinoa^, garbanzos, feta, red onions, diced tomatoes, red bell pepper, zucchini, walnuts, strawberry and parley. Tossed in a zesty lemon vinaigrette

HOUSE GREENS (GF)(V) 7.50
Green leaf lettuce & organic mixed greens, tomato, red onion, cucumber, parsley and toasted organic pumpkin seeds

Lunch Sides

Sautéed vegetables 4.50
Two organic eggs^ (your style) 4.25
Thick sliced bacon (3 slices) 4.95
Blackened tofu* 2.95
Sliced roasted turkey breast 4.50
Roasted chicken breast 7.50
Dressing 2 oz - 1.75 4 oz - 3.25
Salsa 2 oz - .75 4 oz - 1.25
Guacamole 3.75
Avocado quarter - 2.00 half - 3.75

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