

# Breakfast

Served Monday through Friday until 11AM / Saturday and Sunday until 1PM

Smoothies & Juices available all day

Substitute your toast for gluten free toast on your breakfast for 2.95

## Omelets

(All omelets are made with organic eggs, served with home fries, your choice of toast and butter)

<b>Bacon Cheddar</b> Smoked bacon and cheddar	<b>17.75</b>
<b>Shepherd's</b> Goat cheese, caramelized onions, spinach, red bell peppers and parsley	<b>17.95</b>
<b>California</b> Avocado, red bell pepper, cheddar topped with scallions and sour cream	<b>17.95</b>
<b>West Coast</b> Avocado, bacon, cheddar, red bell pepper, scallions and sour cream. Served with ranchero sauce	<b>18.50</b>
<b>North Coast</b> Diced reindeer sausage, caramelized onions and Swiss cheese	<b>18.25</b>
<b>Veggie</b> Sautéed vegetables and cheddar cheese. Topped with sprouts and diced tomatoes. Add Ranchero sauce 2	<b>17.25</b>

## Middle Way Classics

<b>Breakfast Sandwich (GF*)</b> 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	<b>9.50</b>
<b>Breakfast Burrito</b> Organic eggs, home fries, scallions, cheddar cheese, coyote sauce, avocado. All wrapped in a locally made whole wheat tortilla with a side of salsa <b>Add Bacon or Chorizo 4     Add both for 6</b>	<b>14.95</b>
<b>Vegan Breakfast Burrito (V)</b> 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	<b>13.50</b>
<b>Breakfast Quesadilla</b> Organic eggs, bacon, cheddar cheese in a whole wheat tortilla served with home fries, side of sour cream and salsa <b>Add guacamole 3.75</b>	<b>16.50</b>
<b>Huevos Rancheros (GF*) (V)</b> <b>half: 10.95     whole: 15.95</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 and scallions	
<b>Tofu Stack (V)</b> 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	<b>15.95</b>
<b>Avocado Toast (GF* not vegan) (V)</b> Avocado spread, gomasio, sprouts, served on thick cut toast and cup of fresh fruit (bananas, raspberries, blackberries, blueberries and strawberries) or a side of home fries	<b>14.50</b>
<b>Mexican Benedict (GF*)</b> <b>half: 11.95     whole: 17.95</b> Two organic eggs poached, chorizo, salsa fresca, scallions, home fries, avo-	

## More Classics

<b>Classic Benedict (GF*)</b> Two organic eggs poached, ham & house-made hollandaise, over toasted English muffin. Served with home fries	<b>16.75</b>
<b>Eggs Florentine (GF*)</b> Two organic eggs poached, spinach, tomatoes & house-made hollandaise over toasted English muffin. Served with home fries	<b>16.50</b>
<b>Base Camp (GF*)</b> 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	<b>17.95</b>
<b>Farmer's Starter (GF*)</b> 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	<b>15.50</b>
<b>Bumbleberry French Toast (GF*)</b> Walnut multigrain French toast served with mixed berries compote, whipped blueberry butter, whipped cream and a dash of powdered sugar	<b>12.95</b>
<b>Multigrain Pancakes &amp; Fresh Fruit (V)</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 (bananas, raspberries, blackberries, blueberries and strawberries)	<b>14.25</b>
<b>Blueberry Banana Pancakes (V)</b> Three blueberry and banana multigrain pancakes served with vegan butter and organic maple syrup	<b>13.95</b>
<b>Granola (GF*)</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>7.50</b>
<b>Fruit Parfait</b> A bowl of nonfat yogurt, bananas, raspberries, blackberries, blueberries, strawberries and house-made granola, drizzled with honey	<b>9.50</b>

## Kid's Breakfast

<b>Farmer's Helper (GF*)</b> One organic egg, your choice of reindeer sausage, bacon, ham, avocado or organic tofu. Served with home fries and your choice of toast with butter	<b>10.50</b>
<b>Kid's Quesadilla</b> Organic eggs, bacon, cheese with home fries and side of salsa	<b>10.75</b>
<b>Bumbleberry French Toast (GF*)</b> Walnut multigrain French toast served with mixed berries compote, whipped blueberry butter, whipped cream and a dash of powdered sugar	<b>8.50</b>
<b>Kid's Multigrain Pancakes (V)</b> Two vegan multigrain pancakes with maple syrup* and vegan butter	<b>8.95</b>
<b>Chocolate Banana Pancakes (V)</b> Two chocolate banana* pancakes with maple syrup* and vegan butter	<b>9.50</b>
<b>Blueberry Banana Pancakes (V)</b> Two blueberry banana* pancakes with maple syrup* and vegan butter	<b>8.50</b>
<b>Kid's Fruit Parfait</b> Cup of bananas, raspberries, blackberries, blueberries and strawberries, house-made granola* and nonfat yogurt	<b>5.95</b>

## Sides

Steamed kale* with lemon, salt, & pepper	<b>4.50</b>
Sautéed Vegetables	<b>4.50</b>
Home fries	<b>4.50</b>
One boiled egg	<b>2.25</b>
Two organic eggs (your style)	<b>4.25</b>
Thick sliced bacon, AK reindeer sausage, Ham	<b>4.95</b>
Blackened tofu*	<b>2.95</b>
Roasted chicken breast	<b>7.25</b>
English muffin or toast	<b>2.25</b>
Dressings	2 oz - <b>2.00</b> 4 oz - <b>3.25</b>
Salsa	2 oz - <b>.75</b> 4 oz - <b>1.25</b>
Guacamole	<b>3.75</b>
Maple syrup 2oz	<b>2.75</b>
Gluten free toast	<b>3.25</b>
Solo pancake with maple syrup and vegan butter	<b>4.95</b>
Cup of fresh fruit	<b>4.95</b>
Avocado	quarter - <b>2.00</b> half <b>3.75</b>



**Middle Way Café**

ANCHORAGE, ALASKA

(GF) Gluten Free     (V) Vegan     (GF\*) Gluten free Option     (V\*) Vegan Option  
(\* ) Ingredients that are either locally sourced or organic.

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



# Lunch

Served all day  
Smoothies & Juices available 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 for an extra 1.25  
Sprouts available upon request for .75*

**Gluten free bread available for 2.95 or a bed of lettuce for 1.75  
Substitute chips with a micro salad or a cup of fresh fruit for 3.75**

### Avocado Toast (C)(V)(GF\* not vegan) 14.50

Homemade avocado spread, gomasio and local sprouts served on thick cut toast. Salad with your choice of dressing or a cup of our house made soup

### Spicy Veggie (C)(GF\*) Half: 8.95 Whole: 13.75

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, light 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: 9.25 Whole: 13.95

100% Albacore tuna salad, herbed mayo, green leaf lettuce, tomato and red onion

### Tuna Melt (GF\*) 16.95

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

### B.A.L.T.O. (GF\*) 15.75

Bacon, avocado, lettuce, tomato, red onion and herbed mayo. A BLT with a delicious twist!

### The Best Avocado Melt (GF\*) 14.95

Avocado, tomato, red onion, herbed mayo, gomasio and provolone

### Vegan Avocado Melt (V)(GF\* not vegan) 13.95

Avocado, tomato, red onion, house made vegan mayo, gomasio and our house made vegan provolone

### Middle Way Reuben (GF\*) 15.50

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

### Vegan Middle Way Reuben (V)(GF\* not vegan) 14.95

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

### Spicy Chicken (GF\*) 17.25

Natural lemon-pepper chicken breast, cheddar cheese, coyote sauce, green leaf lettuce, tomato and red onion

### Chicken Milano (GF\*) 17.95

Natural lemon-pepper chicken breast, provolone cheese, pesto, red bell pepper, 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

## Middle Way Combo

Choose 2 of the following 14.50

Cup of soup - Green salad - half sandwich

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

## Homemade Soups

Cup - 8 oz 6.75 Bowl - 16 oz 8.50  
Served with bread and butter or OG tortilla chips

## Kid's Sandwiches

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

**Grilled Cheese (GF\*) half 5.95 whole 8.95**

**PB & Jelly or Banana\* (V) half 5.75 whole 7.95**

**TLC (GF\*) half 8.95 whole 11.95**

## MWC Bowls

### Shoji Bowl (GF)(V\*) 17.75

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) 17.50

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

### Baja Bowl (GF)(V) 14.95

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

## Burritos

*All our burritos are rolled in a locally made whole wheat tortilla*

### Rancho Verde Burrito (V) 14.95

Fresh jalapenos, ranchero rice and black beans, our home made vegan mozzarella, roasted jalapeno chimichurri, red cabbage, green leaf lettuce, avocado. Served with vegan cashew nacho cheese and a side of salsa

### Baja Burrito (V) 15.50

Cashew nacho cheese, vegan sour cream, brown rice, black beans, green leaf lettuce, red cabbage, avocado, diced tomatoes and a side of salsa

### Middle Way Burrito 17.95

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

## Modern Burgers

*Served on a locally baked whole wheat bun with OG blue corn chips  
Add bacon, sauteed mushrooms or caramelized onions for an additional charge*

### Alaskan Salmon Filet on a Bun (GF\*) 18.95

Wild Alaskan salmon filet seasoned with blackening spice, green leaf lettuce, tomato, red onion and herbed mayo  
**Add a 1/4 avocado 2**

### Middle Way Half Pound Burger (GF\*) 17.95

A half pound Organic Beef and bacon patty, herbed mayo, green leaf lettuce, tomato, red onion, pickles  
**Add a 1/4 avocado 2 Add Cheese 2**

### House Veggie Burger (V)(GF\* not vegan) 14.50

House made lentil patty, green leaf lettuce, tomato, vegan mayo, red onion, avocado, pickles and vegan mozzarella

### Coyote Burger (GF\*) 14.50

House made lentil patty, avocado, coyote sauce, cheddar cheese, green leaf lettuce, tomato, red onion and pickles

## 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)**

### 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 organic tofu 2.95  
Add AK grilled salmon 10**

**Add roasted chicken 7  
Add a boiled egg 2**

### Greek (GF\*) half: 9.50 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

### Albacore Salad (GF) half: 10.25 full: 15.50

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

### House Green (GF)(V) 7.50

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

(GF) Gluten Free (V) Vegan (GF\*) Gluten free Option (V\*) Vegan Option  
(\* Ingredients that are either locally sourced or organic)

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