

**~LUNCH~** Daily 11:00 – 4:00

**SNACKS**

- CHICKEN STRIPS** Served veggie sticks, and ranch dressing or BBQ sauce. **\$7.00**
- HUMMUS PLATE** Rustic white bread slices w/ veggies & house made hummus. **\$5.00**
- FRUIT BOWL** Organic seasonal delights. **\$4.50**
- SOUP OF THE DAY** Served with Grand Central bread Cup **\$3.00** Bowl **\$5.00**

**SALAD**

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| <b>GARDEN SALAD</b><br>Green leaf, carrots, red onions, peppers and sunflower seeds.<br>Choice of dressing: smoked apple vinaigrette or ranch | <b>Small / Large</b><br><b>\$4.00 / \$6.00</b> |
| <b>CAESAR SALAD</b><br>Romaine, croutons, parmesan & caesar dressing.   | <b>\$4.00 / \$6.50</b>                         |
| <b>MIXED GREEN SALAD</b><br>Organic greens with organic pears, bleu cheese & candied hazelnuts.<br>Tossed with our smoked apple vinaigrette.  | <b>\$4.50 / \$7.00</b>                         |
| <b>SPINACH SALAD</b><br>Spinach greens, feta, candied hazelnuts, onions & tomatoes.<br>Served with our warmed smoked apple vinaigrette.       | <b>\$4.50 / \$7.00</b>                         |

**Add Natural Chicken Breast to any salad \$3.00**

**SANDWICHES (all Natural Meats) Served w/Kettle chips, pickles & veggies.**

- TUNA MELT** Tuna salad grilled on rustic bread w/ cheddar. **\$6.50**
- FANCY GRILLED CHEESE** Cheddar, swiss, provolone, tomatoes, garlic spread **\$6.50**
- PRESCOTT BBQ** Smoked cheddar & onions, peppers and barbeque sauce and your choice of ham or chicken. Toasted on focaccia bread. **\$7.00**
- MR. GOBBLER** Roasted natural turkey, tomatoes, roasted pepper sauce and provolone. Grilled on rustic bread. **\$7.00**
- BLACK FOREST HAM** W/ roasted pepper sauce, sliced apples, bleu cheese and provolone. Toasted on focaccia. **\$7.00**
- VEGGIE HEAVEN FOCACCIA** Spinach, mushrooms, corn salsa, peppers, roasted garlic spread and tomatoes. Toasted on focaccia w/ feta cheese. **\$7.00**
- CHICKEN PESTO** Grilled on rustic bread w/ mozzarella and tomatoes. **\$7.00**
- B.L.T.** Our version of the classic. Bacon, lettuce and tomato on grilled bread. **\$7.00**
- DELI SANDWICH** Cold sandwich with lettuce, red onion, tomato, and mayo. Choice of Ham or turkey, and cheddar, smoked cheddar or provolone. **\$7.00**

**KIDS MENU**

- CHICKEN STRIPS** Served with veggie sticks, and ranch dressing or BBQ sauce. **\$4.00**
- LIL' GRILLED CHEESE** ½ grilled cheese, served w/ organic apple wedges and veggie sticks. **\$3.00**
- P B & J** Berry jam & organic peanut butter on rustic white bread. Served w/ organic apple wedges and veggie sticks. **\$3.00**

	<b>Monday – Friday</b>	<b>Weekends</b>
BREAKFAST	7am-4pm	8am-4pm
LUNCH	11am-4pm	11am-4pm

PLEASE BE RESPECTFUL OF OUR NEIGHBORS UPON LEAVING

**NEW DEAL CAFÉ**

**5250 NE Halsey Street, Portland, Oregon 97213**  
**503-546-1833** [www.thenewdealcafe.com](http://www.thenewdealcafe.com)

**~BREAKFAST~**  
served all day till 4 pm

**SCRAMBLES:** All natural, cage free eggs. Served w/ potatoes & a buttermilk biscuit. **\$7.50**  
Tofu or egg white substitutions available.

- THE FARM** Onions, bell peppers, mushrooms & cheddar with choice of bacon, ham, sausage, or veggie sausage.
- VEGGIE GARDEN** Spinach, broccoli, corn salsa, mushrooms & roasted red pepper sauce.
- MEDITERRANEAN** Garlic, tomatoes, basil, greek olives & feta.

**HOUSE FAVORITES** (with All natural, cage free eggs)

- FRENCH TOAST** Rustic bread, served w/ organic seasonal fruits & maple syrup. **\$6.00**
- EGG SAMMICH** Fried egg sandwich with natural bacon & cheddar. Grilled on rustic white bread and served w/ potatoes. **\$7.00**
- AMERICAN STANDBY** Two eggs any style, served w/ potatoes, biscuit & choice of natural bacon, all natural ham, sausage, or veggie sausage. **\$7.00**
- BREAKFAST BURRITO** With scrambled eggs, cheddar, jalapenos, black beans & tomatoes. Served w/ potatoes, sour cream, corn salsa & red salsa. **\$7.50**
- BISCUITS AND GRAVY** Our house made buttermilk biscuits with veggie mushroom gravy. Served with potatoes and 2 eggs. **\$7.50**

**SIDES:**

- Fruit Bowl** Filled w/ organic delights.....**\$4.50**
- Coconut Oatmeal** w/ dried fruit, coconut & nuts.....**\$4.00**
- Oatmeal**.....**\$2.50**
- Black Forest Ham** Sliced & all natural.....**\$3.00**
- Bacon** Hickory smoked & all natural.....**\$2.75**
- Sausage** Mildly spicy Italian chicken.....**\$2.75**
- Veggie Sausage**.....**\$2.75**
- Potatoes** Russet, Yukon gold & red potatoes.....**\$2.00**
- Pancake** Home made buttermilk pancake.....**\$2.00**
- Vegetarian Gravy**.....**\$2.00**
- Egg** All natural and cage free, any style.....**\$1.25**
- Buttermilk Biscuit**.....**\$1.50**