

# Ceres Café

**MONDAY TO FRIDAY FROM 9 AM TO 2 PM**

View our menu online at [www.ceresproject.org/Cafe/index.html](http://www.ceresproject.org/Cafe/index.html)

Questions? Contact Cole at [cole@ceresproject.org](mailto:cole@ceresproject.org)

**ORDER BY PHONE FOR PICK UP 707-829-5833 EXT.340**

Café items are available for purchase using a debit or credit card only - **no cash**. All dishes are made with organic and sustainably raised ingredients, locally sourced whenever possible. The wraps are made by La Tortilla Factory and are preservative free but not certified organic. All artisan bread is from Red Bird Bakery in Santa Rosa.

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## Sandwiches

- Sunny Beet Burger** served warm on Seeded Whole Wheat Bread ..... **\$8.75**  
with Mixed Greens, Tomato & Green Goddess Dressing
- Sunny Beet Burger Wrap** served warm ..... **\$8.75**  
with Mixed Greens, Red Onions, Melted Cheddar Cheese & Green Goddess Dressing
- Chicken & Kale Pesto Panini** •DF upon request ..... **\$9.50**  
served warm on Rustic Whole Wheat Roll with Mixed Greens, Grilled Peppers, Caramelized Onions & Fontina Cheese
- Tuscan Kale Wrap** •DF upon request ..... **\$9.25**  
Hummus, Tuscan Kale Salad with Organic Chicken or Alive & Healing Tempeh
- Niçoise Tuna Wrap** •DF ..... **\$9.25**  
Line-caught Tuna Salad with Lemon Zest, Mixed Greens, Capers & Tomatoes
- Tuna Melt** on open-faced Seeded Whole Wheat Bread ..... **\$8.75**  
with Mixed Greens, Red Onions, Tomato, & Fontina Cheese

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## Salad/Soups

- Garden Salad** •GF•DF ..... **\$5.00**  
Mixed Greens, Seasonal Vegetables & House Dijon Vinaigrette
- Tuscan Kale Entrée Salad** •GF•DF upon request  
with Lemon, Olive Oil, Garlic Croutons & Pecorino Cheese ..... **\$6.50**  
with Organic Chicken Breast or Alive and Healing Tempeh ..... **\$9.50**
- Sunny Beet Burger** served warm •GF ..... **\$8.00**  
with Mixed Greens, Seasonal Vegetables & Green Goddess Dressing
- Niçoise Tuna Salad Plate** •GF•DF ..... **\$9.25**  
Line-caught Tuna and Potato Salads, plus Roasted Red Peppers, Marinated Artichoke Hearts, Kalamata Olives, Hardboiled Egg, Caramelized Onions, Mixed Greens & House Dijon Vinaigrette
- Salad Sampler Plate** ..... **\$9.25**  
Your choice of three: Tuscan Kale Salad, Niçoise Potato Salad, Niçoise Tuna Salad, Garden Salad or warmed half Sunny Beet Burger Salad

**SEE OUR SPECIAL'S BOARD FOR DAILY SOUPS AND OTHER ITEMS**

**GF = gluten free • DF = dairy free**

**SEE BACK**

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## Breakfast/Sweets

### ASK ABOUT TODAY'S SELECTION

<b>Muffin</b> .....	<b>\$1.75</b>
<b>Scone</b> .....	<b>\$2.25</b>
<b>Cookie</b> .....	<b>\$2.25</b>

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## Drinks

### SEE CASE FOR OPTIONS

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## Bella Rosa Organic Fair Trade Coffee

<b>Regular &amp; Decaf Available</b> .....	<b>12 oz</b> .....	<b>16 oz</b>
<b>Drip</b> .....	<b>\$2.00</b> .....	<b>\$2.50</b>
<b>Americano</b> .....	<b>\$2.50</b> .....	<b>\$3.00</b>
<b>Latte</b> .....	<b>\$3.50</b> .....	<b>\$4.00</b>
<b>Mocha</b> .....	<b>\$4.00</b> .....	<b>\$4.75</b>
<b>Sattwa Organic Fair Trade Chai Latte</b> .....	<b>\$3.75</b> .....	<b>\$4.50</b>
<b>Extra Shots</b> .....	<b>\$0.50</b>	

Straus Organic Milk (whole, 2%), Almond Milk or Coconut Milk

