



Rhody's  
GARDEN CAFÉ

## SANDWICHES \$7.95

*All sandwiches include lettuce, sprouts, tomato, red onion, pickle, mayonnaise, mustard*

### **Build your own sandwich with our sandwich order guide on counter**

**Proteins:** *Nitrate free meats:* Applewood Smoked Ham, Roast Beef, Salami, Oven-Roasted Turkey or Avocado

**Breads** *Fort Bragg Bakery organic:* Sourdough, WW or Rye, *Rollin Dough Bakery* Multi or Rye; *Mendo Baking* Gluten free

**Cheeses:** Cheddar, Hot Pepper Jack, Provolone, Swiss add \$.75

**Add:** Avocado, \$1.50; Sliced Pepperoncini, \$.50; Jalapeño Peppers, \$.50; Artichoke Hearts, \$.75; Extra Meat, \$3.00

**BLT**, mayo and choice of bread (tempeh sub \$1.00) \$7.95

**Hummus Veggie Sandwich** \$8.75

*Choice of bread; house-made organic hummus, avocado, tomato, red onions, cucumber, carrot, sprouts (add smoked tempeh \$3.00)*

**Grilled Cheese** \$5.00

*Jack and sharp cheddar cheese mix; choice of bread*

*½ grilled cheese with soup or green salad* \$7.95

**Light Meat and Cheese** \$5.50

*With mayo and mustard on choice of bread (no veggies)*

**Organic Peanut Butter and Jam** *Choice of bread* \$4.00

**or Lover's Lane Honey**

- Check the Specials Board Daily-

## - SALADS & SOUPS -

*Choice of House Vinaigrette, Russian, Ranch or Caesar dressing*

**House Green Salad** \$7.95

*Fresh organic green mix, sprouts, tomato, red onion, carrot, cucumber, pickled beets, croutons, pumpkin seeds* small \$5.95

**Caesar Salad** \$7.95

*Organic Romaine leaves, fresh parmesan, croutons with house-made Caesar Dressing* small \$5.95

**Spinach Salad** \$8.95

*Baby organic spinach, sprouts, red onion, cucumber, tomato, beets, artichoke hearts, feta* small: \$6.95

**Add avocado \$1.50; roasted chicken \$3.50**

<b>Hummus plate</b>	chips, cukes, carrot & hummus	\$6.50
<b>House-made Soup</b>	<i>with oyster crackers (chowder weekends)</i>	
<b>Cup</b>	veggie	\$4.25
	chowder	\$4.95
<b>Bowl</b>	veggie	\$6.25
	chowder	\$6.95
<b>Cup of soup with small green salad</b>		\$9.25
<b>Half Deli Sandwich with Cup of Soup or small green salad</b>		\$10.50
<b>Rollin Dough Bagel, toasted w/ cream cheese or butter and jam</b>		\$3.50
	Add tomato red onion and cucumber	+ \$2.00
<b>Savory Croissants (Rolling Dough Bakery)</b>		\$4.50
<b>Corn Dogs</b>		\$1.50
<b>Hard boiled 'local' free range Egg</b>		\$1.00
<b>Kettle, Dirty and Pita Chips</b>		\$1.50
<b>Extras:</b>	sour cream, cream cheese, dressing, whip cream	\$.85
	bread and butter	\$1.00

*We use our own organically grown vegetables as available.  
(all flowers used on your plate are edible)*

## – DESSERTS –

<b>Housemade Cookies</b>		\$1.50
	<i>Chocolate chip, Peanut Butter, Oatmeal Raisin</i>	
<b>Bread Pudding w/whip cream</b>		\$4.00
<b>Fruit Cobbler or Crisp w/whip cream</b>		\$5.00
	<i>A la mode</i>	+ \$2.50
<b>Mendo Baking Muffin</b>	gluten free	\$3.50
<b>Cousteaux Coconut Macaroon</b>		\$3.25
<b>Fort Bragg Bakery Almond Frangipane</b>		\$4.00
<b>Fort Bragg Bakery Chocolate Dream Cookie</b>		\$3.00
<b>Strawberry Lemonade Popsicle</b>		\$1.50
	<i>(see special board for other desserts as available)</i>	
<b>Cowlick's Handmade Ice Cream</b>		
<b>Mini</b>	– \$3.25	<b>Double mini</b> –\$5.25
<b>Single</b>	– \$4.25	<b>Double single</b> – \$7.25
	CUP or CAKE or SUGAR CONE	WAFFLE CONE +\$.50
<b>Sundae with whip cream and chocolate syrup</b>		<b>\$5.50</b>
<b>Milkshake (any flavor) with whip cream</b>		<b>\$8.00</b>

(Doggie ice cream with purchase, upon request)

## – DRINKS –

<b>Ice Tea -Black unsweetened</b>		\$2.00
<b>Ice Tea –Raspberry, herbal, organic</b>		\$2.00
<b>Hot Tea, Tazo organic</b>		\$2.00

<b>Strawberry Lemonade</b> , housemade Organic	\$3.95
<i>Arnold</i>	\$2.95
<b>Fruit Smoothie</b>	\$6.75
<i>Organic berry mix, banana, yogurt, water, touch of honey</i>	
<i>Fresh spinach</i>	\$.50
<i>Proudblend</i>	\$1.25
<b>Apple juice (organic) box</b>	\$1.75
<b>Coffee Organic regular or decaf, 12 oz</b>	\$2.00
<i>Thanksgiving Songbird Nicaraguan</i>	
<b>Hot Mocha with whip cream</b>	\$3.50
<b>Frappe Mocha with whip cream</b>	\$4.75
<b>Frappe Coconut with whip cream</b>	\$5.25
<b>'Cold Brew' organic Coffee</b>	\$3.75
<b>Add Chocolate or other flavor</b>	\$4.25
<b>Chai, Tazo organic w/2% milk</b> (hot or cold)	\$4.50
<b>Dirty Chai, coffee, chai and ½ &amp; ½</b> (hot or cold)	\$5.50
<b>Hot Chocolate</b> (made with milk)	\$3.50
Includes whipped cream	
<b>Milk 2%</b>	7 oz \$1.50/ 16 oz. \$2.50
<b>Sparkling water</b> with or w/o lemon	\$1.50
<b>Bottled Water</b>	\$1.00

OPEN EVERY DAY from 11am-4:00pm (lunch 11am- 3:00pm)

MENDOCINO COAST BOTANICAL GARDENS

18220 North Highway One, Fort Bragg, CA 95437 (707) 964-4352 x 20



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