

FOOD & COOK



DON'T COME OUT OF A CAN!

the Tomato Head[®]
WWW.THETOMATOHEAD.COM

SALADS.

ADD TO ANY SALAD:

ADD FREE FARMED CHICKEN	\$3.25
SCOOP FREE FARMED CHICKEN SALAD	\$3.75
SCOOP OF TUNA SALAD	\$2.25

HOUSE DRESSINGS

- BASIL VINAIGRETTE ★ FETA ★
 - BLUE CHEESE VINAIGRETTE ★ RANCH ★
 - CAESAR ★ HONEY CARROT ★
 - HONEY MUSTARD ★ MUSHROOM SESAME ★
 - RASPBERRY VINAIGRETTE ★ TAHINI ★
 - POPPYSEED ★ CHIPOTLE RANCH ★
 - SOUTHWEST VINAIGRETTE
- ADDITIONAL DRESSING
SMALL \$.65 LARGE \$.75

all salads served with our homemade dressings and bread

HOUSE SALAD

SIDE \$2.95 ★ SMALL \$5.45 ★ LARGE \$7.45

ROMAINE LETTUCE★MUSHROOM★RED ONION★CUCUMBER★TOMATO★
BLACK OLIVE★GREEN PEPPER★CARROT★RED CABBAGE & SPROUTS

CAESAR SALAD

SMALL \$4.95 ★ LARGE \$6.45

ROMAINE LETTUCE★MUSHROOM★BLACK OLIVE★TOSSED IN CAESAR DRESSING

PASTA SALAD

SMALL \$5.95 ★ LARGE \$7.45

PASTA★BROCCOLI★ARTICHOKE HEARTS★MUSHROOM★
RED ONION★CUCUMBER★TOMATO★BLACK OLIVE★GREEN
PEPPER★CARROT★RED CABBAGE & SPROUTS

TUNA SALAD

SMALL \$6.95 ★ LARGE \$8.95

ROMAINE LETTUCE★TUNA★BROCCOLI★ARTICHOKE HEARTS★
MUSHROOM★RED ONION★CUCUMBER★TOMATO★BLACK OLIVE★
GREEN PEPPER★CARROT★RED CABBAGE & SPROUTS

CHEF SALAD

SMALL \$6.95 ★ LARGE \$8.95

ROMAINE LETTUCE★HAM★SMOKED TURKEY★BROCCOLI★ARTICHOKE HEARTS★
MUSHROOM★RED ONION★CUCUMBER★TOMATO★BLACK OLIVE★
GREEN PEPPER★CARROT★RED CABBAGE & SPROUTS

VEGGIE CHEF

SMALL \$6.95 ★ LARGE \$8.95

ROMAINE LETTUCE★ORGANIC MARINATED TOFU★BROCCOLI★
ARTICHOKE HEARTS★MUSHROOM★RED ONION★CUCUMBER★TOMATO★
BLACK OLIVE★GREEN PEPPER★CARROT★RED CABBAGE & SPROUTS

BAKED TOFU SALAD

SMALL \$6.95 ★ LARGE \$8.95

FRESH SPINACH★ORGANIC BAKED TOFU★BROCCOLI★CARROT★MUSHROOM★
RED CABBAGE & RED ONION★WITH MUSHROOM SESAME DRESSING

GREEK SALAD

SMALL \$6.95 ★ LARGE \$8.95

ROMAINE LETTUCE★FETA CHEESE★RED ONION★CUCUMBER★TOMATO★KALAMATA
OLIVE★GREEN PEPPER★FRESH OREGANO & SPROUTS★WITH FETA DRESSING

TACO SALAD

SMALL \$6.95 ★ LARGE \$8.95

ROMAINE LETTUCE★ORGANIC BLUE CHIPS ★ROMA TOMATOES★BLACK OLIVES★
SWEETWATER VALLEY SHARP CHEDDAR★ORGANIC BLACK BEANS★
FREE FARMED CHICKEN OR ORGANIC BAKED TOFU★TOMATO CHIPOTLE SALSA
WITH CHOICE OF SOUTHWESTERN VINAIGRETTE OR CHIPOTLE RANCH

WARM BACON SALAD

SMALL \$6.95 ★ LARGE \$8.95

BENTON'S BACON★MUSHROOMS★FRESH SPINACH
WITH WARM POPPY SEED DRESSING

SCOOP OF CHICKEN OR TUNA SALAD

★ \$5.95 ★

A SCOOP OF OUR FREE FARMED CHICKEN SALAD OR TUNA SALAD
ON A BED OF LETTUCE & TOMATO

SIDES.

	SMALL	LARGE
BREAD	\$0.65	\$1.00
HUMMOUS	\$1.25	\$1.75
PESTO	\$2.75	\$3.75
SALSA	\$1.35	\$2.25
BEANS	\$1.25	\$1.75
RICE	\$1.25	\$1.75
DRESSING	\$0.65	\$0.75
POTATO CHIPS	\$1.00	\$2.00
BLUE CHIPS	\$1.00	\$2.00
FRUIT	\$2.00	\$3.00

SWEETS. HOMEMADE INHOUSE

COOKIES

MANY VARIETIES \$1.60

DESSERTS

SLICE OF PIE \$4.95

KEYLIME OR CHOCOLATE PEANUT BUTTER

WHOLE PIE \$32.00

KEYLIME OR CHOCOLATE PEANUT BUTTER

COBBLER \$6.75

WARM FRUIT TOPPED WITH POPPY SEED

BISCUIT & VANILLA ICE CREAM

BROWNIE \$3.50

CUPCAKE \$4.25

VEGAN CUPCAKE \$4.25

VANILLA ICE CREAM \$1.60

★ *Catering, delivery, box lunches available* ★



*We have gift cards!
Get some.*

VISIT OUR WEBSITE FOR STORE HOURS

WWW.THETOMATOHEAD.COM



WE USE FREE FARMED,
ANTIBIOTIC FREE CHICKEN,
UNBLEACHED, UN-BROMATED FLOUR
LOCAL BACON, LAMB, MILK, HONEY
AND EGGS

TAKE SOME TOMATO HEAD HOME

DRESSINGS
HUMMOUS
PESTO
TAKE & BAKE PIZZAS
T-SHIRTS
AND OUR ENTIRE MENU
TO GO...



DESIGN BY YEE HAW INDUSTRIES
ILLUSTRATION BY BJORN RUNE LIE

DRINKS.

for a full selection see our drink menu



MAKE YOUR OWN

CHEESE	9 INCH		14 INCH
	\$5.55		\$8.95
SOY CHEESE	7.75		13.25
EACH EXTRA ITEM FROM GROUP 1	0.80		1.60
EACH EXTRA ITEM FROM GROUP 2	1.35		2.65
EACH EXTRA ITEM FROM GROUP 3	1.85		3.20
PESTO AS SAUCE	2.35		3.25
SIDE OF PIZZA SAUCE	0.75		1.25

BY THE SLICE {LUNCH ONLY}

SLICE OF THE DAY WITH SMALL HOUSE SALAD	\$6.90
SLICE CHEESE	1.50
SLICE SOY CHEESE	2.15
EACH EXTRA GROUP 1 ITEM	0.45
EACH EXTRA GROUP 2 ITEM	0.55
EACH EXTRA GROUP 3 ITEM	0.65
PESTO AS SAUCE	0.45

CALZONES

BASIL RICOTTA, SHREDDED CHEESES AND SAUCE, ADDITIONAL TOPPINGS SAME PRICE AS 9 INCH PIZZA **\$6.10**

PIZZA

TOMATO HEAD COMBINATIONS

SLICE 9 INCH 14 INCH
{LUNCH ONLY}

NUMBER ONE {1}	2.95	10.05	16.95
<i>HERBED TOMATO ★ SUNDRIED TOMATO ★ PESTO</i>			
NUMBER TWO {2}	4.25	12.25	21.70
<i>HAM ★ ANDOUILLE SAUSAGE ★ BENTON'S BACON ★ RED ONION ★ CHEDDAR</i>			
NUMBER THREE {3}	4.05	11.65	20.15
<i>LAMB SAUSAGE ★ HERBED TOMATO ★ BLACK OLIVE ★ CAPERS ★ SUNDRIED TOMATO</i>			
NUMBER FOUR {4}	2.15	6.90	11.60
<i>NO SAUCE ★ MOZZARELLA ★ FONTINA ★ SWISS ★ MONTEREY JACK ★ PARMESAN CHEESE</i>			
NUMBER FIVE {5}	4.35	10.10	18.00
<i>MUSHROOM ★ ARTICHOKE HEART ★ RED & GREEN PEPPER ★ RED ONION</i>			
NUMBER SIX {6}	2.70	7.70	13.20
<i>HAM ★ PINEAPPLE</i>			
NUMBER SEVEN {7}	3.05	9.00	15.35
<i>NO SAUCE ★ GOAT CHEESE ★ ROMA TOMATO ★ BASIL</i>			
NUMBER EIGHT {8}	2.70	9.70	15.70
<i>PESTO BASE ★ ROMA TOMATO ★ ROASTED PORTOBELLA</i>			
NUMBER NINE {9}	3.25	8.50	14.80
<i>SMOKED TURKEY ★ FRESH SPINACH ★ RED ONION</i>			
NUMBER TEN {10}	5.10	12.00	21.70
<i>ORGANIC BLACK BEANS ★ ANDOUILLE SAUSAGE OR ORGANIC BAKED TOFU ★ FRESH SPINACH ★ TOMATO ★ ROASTED GARLIC ★ ROASTED ONION</i>			
NUMBER ELEVEN {11}	4.00	10.40	18.50
<i>NO SAUCE ★ GORGONZOLA ★ ROMA TOMATO ★ WALNUT ★ BASIL RICOTTA CHEESE</i>			
NUMBER TWELVE {12}	2.40	9.25	15.35
<i>NO SAUCE ★ SMOKED SALMON ★ PESTO</i>			
NUMBER THIRTEEN {13}	4.70	14.60	25.45
<i>NO SAUCE ★ FREE FARMED CHICKEN ★ ROASTED PORTOBELLA ★ KALAMATA OLIVES ★ ROASTED ONION ★ GOAT CHEESE ★ PESTO</i>			
NUMBER FOURTEEN {14}	6.20	13.60	24.90
<i>FRESH SPINACH ★ RED ONION ★ ROMA TOMATO ★ KALAMATA OLIVE ★ BANANA PEPPER ★ FETA CHEESE ★ FRESH OREGANO & ORGANIC BAKED TOFU OR ANDOUILLE SAUSAGE</i>			

★ please inquire if you have a food allergy ★

QUESADILLAS.

All topped with crema and homemade tomato chipotle salsa

CHEESE QUESADILLA

★ \$6.25 ★

MONTEREY JACK, SWISS, MOZZARELLA, SWEETWATER VALLEY SHARP CHEDDAR

VEGETABLE QUESADILLA

★ \$8.00 ★

FRESH SPINACH, ROASTED PORTABELLA MUSHROOMS,
ROASTED ONION, GOAT CHEESE, SHREDDED CHEESE

CHICKEN OR BAKED TOFU QUESADILLA

★ \$8.50 ★

FRESH SPINACH, YOUR CHOICE OF FREE FARMED CHICKEN OR
ORGANIC BAKED TOFU, CHEESE, ROASTED ONION

ADD

TO ANY QUESADILLA OR BURRITO

FREE FARMED CHICKEN

★ \$3.25 ★

ORGANIC BAKED TOFU

★ \$2.25 ★



BURRITOS.

All served with organic blue corn chips and our homemade roasted tomato chipotle salsa

BEAN + RICE BURRITO ★ \$7.75 ★

ORGANIC BLACK BEANS, ORGANIC BROWN RICE, ROASTED ONION, WALNUTS,
ROASTED PORTABELLA, CHEESE, CREMA

JOSE JOSE BURRITO ★ \$8.95 ★

FRESH SPINACH, ORGANIC BROWN RICE, ORGANIC BAKED TOFU, HUMMOUS, GREEN OLIVE,
BANANA PEPPER, RED & GREEN PEPPERS, CHEESE, CREMA

CHICKEN BURRITO ★ \$9.50 ★

ORGANIC BROWN RICE, ORGANIC BLACK BEANS, FREE FARMED CHICKEN, FRESH SPINACH,
ROASTED ONION, GOAT CHEESE, SPICY SRIRACHA SAUCE, CREMA

SANDWICHES.

*served on choice of
fresh baked white,
wheat, or pita bread,
with organic blue corn
chips or potato chips
and pickle*

SUBSTITUTE SOY CHEESE \$.65

*★
SUBSTITUTE FOR CHIPS*

FRUIT \$1.00

CUP OF SOUP \$1.50

SMALL HOUSE SALAD \$1.95



★ LARGE \$7.50 ★

★ SMALL \$5.75 ★



CHEESE MELT

FONTINA, MONTEREY JACK, PARMESAN,
SWEETWATER VALLEY SHARP CHEDDAR,
MUSTARD & MAYO,
HEATED WITH LETTUCE & TOMATO

OH BOY

FRESH SPINACH, FREE FARMED
CHICKEN, BENTON'S BACON, SUNDRIED
TOMATO, MONTEREY JACK, POPPYSEED
DRESSING & MAYO, HEATED

HAM & CHEESE

HAM, MONTEREY JACK,
MUSTARD & MAYO,
HEATED WITH LETTUCE & TOMATO

TUSCAN CHICKEN

FREE FARMED CHICKEN,
MONTEREY JACK, PESTO, SUNDRIED
TOMATO & MAYO, HEATED

TURKEY MELT

SMOKED TURKEY, FRESH SPINACH, RED
ONION, MONTEREY JACK, MUSTARD &
MAYO, HEATED WITH TOMATO & SPROUTS

ROAST BEEF

ROAST BEEF, GORGONZOLA SAUCE,
ROASTED ONIONS & MAYO,
HEATED WITH TOMATO

TOMATO HEAD

HAM, PEPPERONI, MONTEREY JACK,
PESTO, TOMATO, MUSTARD,
MAYO & SPROUTS

CHICKEN SALAD

FREE FARMED CHICKEN SALAD
WITH LETTUCE & TOMATO

TUNA

TUNA, SWEET BASIL,
TOMATO, MUSTARD, MAYO & SPROUTS

ROGER ROGER

HUMMOUS, FRESH SPINACH, ORGANIC
BAKED TOFU, GREEN & RED PEPPER,
BANANA PEPPER, GREEN OLIVE &
MONTEREY JACK, HEATED

CHEDDAR HEAD

FRESH SPINACH, ORGANIC BAKED TOFU,
ROASTED ONION, SWEETWATER VALLEY
SHARP CHEDDAR & MUSTARD
HEATED WITH TOMATO

KEPNER MELT

FRESH SPINACH, ORGANIC BAKED TOFU,
MONTEREY JACK, HERBED TOMATO,
PINEAPPLE, ROASTED ONION, WALNUT,
PESTO & MUSTARD, HEATED

HUMMOUS PITA

HUMMOUS, CUCUMBER, CARROT,
RED ONION, TOMATO & SPROUTS

LUCY

FRESH SPINACH, HUMMOUS, CARROT,
ROASTED ONION, ROASTED PORTOBELLA,
WALNUT & MONTEREY JACK, HEATED

VEGAN

ORGANIC MARINATED TOFU, FRESH
SPINACH, CARROT, RED ONION, VEGAN
PESTO, TOMATO & SPROUTS

VEGETARIAN

ORGANIC MARINATED TOFU, MONTEREY
JACK, FRESH SPINACH, MUSHROOM,
PESTO, TOMATO, MUSTARD & SPROUTS

GOAT CHEESE

GOAT CHEESE, PESTO,
SUNDRIED TOMATO, HEATED

VEGGIE BURGER

★ LARGE ONLY ★

HOMEMADE VEGGIE BURGER
WITH LETTUCE, TOMATO,
KETCHUP & RED ONION
ADD CHEESE \$.55



APPETIZERS.

NACHOS **\$7.25**
ORGANIC BLUE CORN CHIPS, ORGANIC BLACK BEANS, SHREDDED CHEESE, BLACK OLIVES, HOUSE PICKLED JALAPENOS, ONION, TOPPED WITH SHREDDED LETTUCE, TOMATO CHIPOTLE SALSA & CREMA

HUMMOUS PLATE **\$6.50**
CUCUMBER, TOMATO, BROCCOLI, FRESH BAKED PITA WITH HUMMOUS

HUMMOUS & ORGANIC BLUE CORN CHIPS **\$3.75**

BLACK BEAN HUMMOUS **\$6.00**
BLACK BEANS TOPPED WITH HUMMOUS & SPICY SRIRACHA SAUCE, SERVED WITH ORGANIC BLUE CORN CHIPS

PEPPERONI OR SPINACH ROLL **\$6.90**
PIZZA DOUGH ROLLED WITH SHREDDED CHEESE, PEPPERONI OR SPINACH, WITH A SIDE OF SAUCE
SUBSTITUTE RANCH DRESSING **\$0.75**
SUBSTITUTE PESTO **\$2.00**

BREAD & PESTO **\$5.50**

BREAD & TAHINI **\$4.00**

ORGANIC BLUE CORN CHIPS & ROASTED TOMATO CHIPOTLE SALSA **\$4.25**

HOMEMADE SOUPS & GRAINS.

served with homemade bread

CUP SOUP **\$2.50**

BOWL SOUP **\$3.50**

CUP SOUP & SIDE SALAD **\$5.45**

BLACK BEANS & BROWN RICE
CUP **\$2.50**
BOWL **\$3.50**

CHILDREN'S MENU.

SIMON PLATE **\$4.50**

PASTA, TURKEY OR ORGANIC TOFU, CUCUMBER, TOMATO & FRUIT

PASTA PLATE **\$3.50**

PASTA WITH PIZZA SAUCE & A SPRINKLE OF PARMESAN

CHEESE TOAST **\$2.50**

ROSEMARY BREAD TOPPED WITH MELTED MONTEREY JACK & SWEETWATER VALLEY SHARP CHEDDAR

CHILD'S QUESADILLA **\$2.95**

FLOUR TORTILLA FILLED WITH CHEESE

KETCHUP PIZZA **\$5.55**

SAUCELESS CHEESE PIZZA TOPPED WITH ORGANIC KETCHUP

TOPPINGS

GROUP ONE

CAPERS
FRESH SPINACH
ROMA TOMATO
HERBED TOMATO
CARROT
RED ONION
ROASTED ONION
RED PEPPER
GREEN PEPPER
PINEAPPLE
JALAPENO
BANANA PEPPER
GARLIC
GREEN OLIVE
BLACK OLIVE
BROCCOLI
FRESH MUSHROOM
ORGANIC BLACK BEANS
FRESH BASIL
FRESH OREGANO

GROUP TWO

ANCHOVY
HAM
ANDOUILLE SAUSAGE
SMOKED TURKEY
PEPPERONI
ORGANIC BAKED TOFU
ORGANIC TOFU
FETA CHEESE
GORGONZOLA
CHEDDAR CHEESE
BASIL RICOTTA CHEESE
FONTINA CHEESE
ARTICHOKE HEARTS
KALAMATA OLIVE
ROASTED GARLIC
ROASTED PORTOBELLA-
MUSHROOM
WALNUT

GROUP THREE

HOMEMADE LAMB-
SAUSAGE
BENTON'S BACON
FREE FARMED CHICKEN
SMOKED SALMON
GOAT CHEESE
SUNDRIED TOMATO
PESTO
VEGAN PESTO