

the Tomato Head®



FOOD & COOK
DON'T COME OUT OF A CAN!

STARTERS

HUMMUS PLATE

cucumber · tomato · broccoli · pickled carrot · fresh baked pita · hummus

\$7.95

HUMMUS & BLUE CORN CHIPS

\$4.75

BLACK BEAN HUMMUS

black bean · hummus · sriracha blue corn chips

\$7.50

GARLIC STICKS

pizza crust · garlic · romano cheese · oregano

\$3.25 (gluten free \$6.50)

BREAD & PESTO

\$7.50

SOUP OF THE DAY

CUP \$3.99 · BOWL \$4.99

TOMATO CHIPOTLE SOUP

CUP \$3.25 · BOWL \$4.25

BLACK BEANS

CUP \$2.50 · BOWL \$3.75

BEVERAGES

JUICE & BOTTLED WATER

san pellegrino sparkling mineral water

\$3.50

juice — orange · cranberry

\$2.95 sm · \$4.75 lg

martinelli's apple juice

\$3.50

blackberry izze sparkling juice

\$3.25

virgil's root beer

\$3.25

reed's ginger ale

\$3.25

MILK

vanilla coconut milk

\$3.25

organic whole milk

\$2.00 sm · \$2.50 lg

chocolate milk

organic whole milk · flour head

bakery chocolate sauce

\$2.50 sm · \$3.00 lg

SOFT DRINKS & TEA

coca-cola · diet coke · sprite · dr. pepper · iced tea · sweet tea

\$2.50

NON-ALCOHOLIC BAR DRINKS

cleanse

lime juice · ginger syrup · soda · cayenne pepper

\$3.75

cranberry sparkler

cranberry juice · ginger syrup · soda

\$3.75

shrub

house shrub concentrate · soda

\$4.25

COFFEE

golden roast fair trade

regular or decaf

\$2.50

HOT TEA BY TAZO

teas served in a pot (2-3 cups)

\$3.00

green teas

zen · green ginger

black teas

chai (organic) · earl grey · awake

herbal infusion teas

passion (hibiscus)*

refresh (mint/tarragon)*

wild sweet orange (lemongrass/licorice/citrus)

calm (chamomile, rose petal)*

*caffeine free

SALADS

ADD TO ANY SALAD

chicken, baked tofu or avocado

SIDE \$1.25 · SMALL \$2.25 · LARGE \$4.45

benton's bacon

SIDE \$1.35 · SMALL \$2.65 · LARGE \$5.25

HOUSEMADE DRESSING

BASIL VINAIGRETTE

CAESAR

FETA

RANCH

MUSHROOM SESAME

BLUE CHEESE VINAIGRETTE

TAHINI

POPPYSEED

CHIPOTLE RANCH

SOUTHWEST VINAIGRETTE

HONEY CARROT

HOUSE

romaine lettuce · mushroom · red onion · cucumber · tomato · black olive · green pepper · carrot · red cabbage · sprouts

SIDE \$4.25 · SMALL \$7.25 · LARGE \$9.60

CAESAR

romaine lettuce · mushroom · black olive · parmesan · caesar dressing · tossed

SIDE \$3.75 · SMALL \$6.50 · LARGE \$8.95

PASTA

pasta · broccoli · mushroom · red onion · cucumber · tomato · black olive · green pepper · carrot · red cabbage · sprouts

SIDE \$4.75 · SMALL \$7.95 · LARGE \$10.25

CHEF

romaine lettuce · broccoli · mushroom · red onion · cucumber · tomato · black olive · green pepper · carrot · red cabbage · sprouts · ham & smoked turkey or baked tofu

SIDE \$5.25 · SMALL \$9.25 · LARGE \$11.50

BAKED TOFU

spinach · baked tofu · broccoli · carrot · mushroom · red cabbage · red onion · mushroom sesame dressing

SIDE \$5.50 · SMALL \$9.75 · LARGE \$12.25

GREEK

romaine lettuce · feta cheese · red onion · cucumber · tomato · kalamata olive · green pepper · oregano · sprouts · feta dressing

SIDE \$5.25 · SMALL \$9.25 · LARGE \$11.50

SOUTHWESTERN

romaine lettuce · roma tomato · sweetwater valley smoked cheddar · black beans · chicken or baked tofu · blue corn chips · corn salsa · southwest vinaigrette or chipotle ranch

SIDE \$5.50 · SMALL \$9.75 · LARGE \$11.95

BACON

spinach · benton's bacon · mushroom · poppy seed dressing

SIDE \$5.50 · SMALL \$9.95 · LARGE \$12.50

SANDWICHES

choice of fresh baked white rosemary, wheat or pita bread. blue corn chips or potato chips · pickle

HAM & CHEESE

ham · monterey jack · mustard · mayo · lettuce · tomato · heated

SMALL \$6.50 · LARGE \$8.50

TURKEY MELT

smoked turkey · spinach · red onion · monterey jack · mustard · mayo · tomato · sprouts · heated

SMALL \$6.95 · LARGE \$8.95

TOMATO HEAD

ham · pepperoni · monterey jack · pesto · mustard · mayo · tomato · sprouts

SMALL \$6.95 · LARGE \$8.95

CHEDDAR HEAD

spinach · smoked turkey or baked tofu · roasted onion · sweetwater valley smoked cheddar · mustard · tomato · heated

SMALL \$6.95 · LARGE \$8.95

HUMMUS PITA

hummus · cucumber · carrot · red onion · tomato · sprouts

LARGE ONLY \$8.95

VEGAN

marinated tofu · spinach · carrot · red onion · spinach & sundried tomato pesto · tomato · sprouts

SMALL \$6.95 · LARGE \$8.95

add avocado
sm \$1.25 lg \$2.25
add side hummus
\$1.75

substitute
non-dairy cheese \$.95
gluten free bread · sm \$.50 · lg \$1.00

substitute for chips
fruit \$1.00
cup soup \$2.35
side salad \$2.50

VEGETARIAN

marinated tofu · monterey jack · spinach · mushroom · pesto · mustard · tomato · sprouts

SMALL \$6.95 · LARGE \$8.95

OH BOY

spinach · chicken · benton's bacon · sundried tomato · monterey jack · poppyseed dressing · mayo · heated

SMALL \$7.95 · LARGE \$9.95

TUSCAN CHICKEN

chicken · monterey jack · pesto · sundried tomato · mayo · heated

SMALL \$7.95 · LARGE \$9.95

ROGER ROGER

hummus · spinach · baked tofu · green & red pepper · banana pepper · green olive · monterey jack · heated

SMALL \$7.75 · LARGE \$9.50

KEPNER MELT

spinach · baked tofu · monterey jack · herbed tomato · pineapple · roasted onion · walnut · pesto · mustard · heated

SMALL \$7.75 · LARGE \$9.50

LUCY

spinach · hummus · carrot · roasted onion · roasted portobello · walnut · monterey jack · heated

SMALL \$7.75 · LARGE \$9.50

CHICKEN SALAD

lettuce · tomato

SMALL \$7.75 · LARGE \$9.50

VEGGIE BURGER

housemade veggie burger · lettuce · tomato · ketchup · red onion

LARGE \$9.75

add cheese \$.75



PIZZAS

		LUNCH ONLY SLICE	9 INCH	14 INCH
No.1	PESTO. SUNDRIED TOMATO herbed tomato	\$4.00	\$12.00	\$21.75
No.2	BENTON'S BACON. HAM. ITALIAN SAUSAGE red onion · cheddar	\$5.45	\$15.50	\$28.50
No.3	LAMB SAUSAGE*, SUNDRIED TOMATO herbed tomato · black olive · capers	\$5.95	\$13.95	\$25.45
No.4	FOUR CHEESE mozzarella provolone blend · fontina · parmesan · white pizza	\$2.50	\$8.25	\$14.25
No.5	SPINACH. HERBED TOMATO. PINEAPPLE roasted onion · banana pepper · pesto base	\$5.90	\$14.85	\$27.20
No.6	HAM. PINEAPPLE	\$3.15	\$9.25	\$16.25
No.7	GOAT CHEESE. ROMA TOMATO basil · white pizza	\$3.85	\$10.75	\$19.25
No.8	ROASTED PORTOBELLO roma tomato · pesto base	\$4.10	\$12.00	\$21.55
No.9	TURKEY. RED ONION spinach · feta cheese · banana pepper	\$5.25	\$13.50	\$24.95
No.10	SPINACH. BLACK BEAN italian sausage or baked tofu · roasted onion · roma tomato · roasted garlic	\$5.95	\$15.95	\$29.45
No.11	BLUE CHEESE. WALNUT roma tomato · basil ricotta · white pizza	\$4.55	\$12.75	\$23.25
No.12	SMOKED SALMON. PESTO white pizza	\$3.45	\$11.25	\$19.75
No.13	CHICKEN. ROASTED PORTOBELLO. PESTO kalamata olive · roasted onion · goat cheese · white pizza	\$6.25	\$17.75	\$32.95
No.14	SPINACH. FETA CHEESE. KALAMATA OLIVE italian sausage or baked tofu · red onion · roma tomato · banana pepper · oregano	\$7.25	\$17.75	\$33.45

CUSTOMIZE

	CALZONE	LUNCH ONLY SLICE	9 INCH	14 INCH
CHEESE	\$7.75	\$1.80	\$6.55	\$10.70
NON DAIRY CHEESE	\$9.25	\$2.50	\$9.25	\$15.65
PESTO BASE	+\$2.80	+\$1.00	+\$2.80	+\$5.25
EACH TOPPING GROUP A	+\$0.95	+\$0.60	+\$0.95	+\$1.95
EACH TOPPING GROUP B	+\$1.70	+\$0.70	+\$1.70	+\$3.45
EACH TOPPING GROUP C	+\$2.25	+\$0.80	+\$2.25	+\$4.45

TOPPING

GROUP A		GROUP B		GROUP C	
capers	green pepper	anchovy	fontina cheese	avocado	sundried tomato
spinach	pineapple	ham	house pickled banana pepper	italian sausage	goat cheese
roma tomato	green olive	smoked turkey	house pickled jalapeño	housemade lamb sausage*	pesto
herbed tomato	black olive	pepperoni	kalamata olive	benton's bacon	spinach & sundried tomato pesto
red onion	mushroom	baked tofu	roasted garlic	chicken	
roasted onion	basil	feta cheese	roasted portabello mushroom	smoked salmon	
red pepper	oregano	blue cheese	black beans		
		sweetwater valley smoked cheddar	walnut		
		basil ricotta cheese			

GLUTEN FREE CRUST 9 INCH ONLY
+ \$3.50

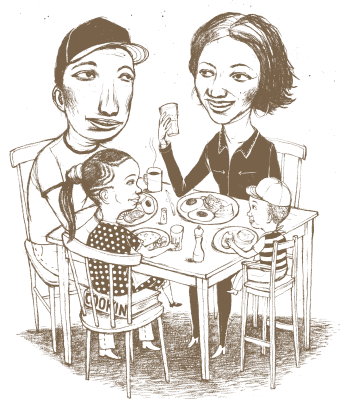
SWEETS

KEY LIME PIE	\$5.50
whole pie	\$38.25
CHOCOLATE PEANUT BUTTER PIE	\$5.50
whole pie	\$38.25
COBBLER	
fruit · poppy seed biscuit · haagen dazs vanilla ice cream	\$8.25
CUPCAKE	\$5.00
VEGAN CUPCAKE	\$5.00
GLUTEN SENSITIVE CUPCAKE	\$6.25
SCOOP OF ICE CREAM	\$1.95

COOKIES	\$1.95
ROCK YOUR WORLD	chocolate chips · walnuts
DEVIL'S DELIGHT	double chocolate cookie · sour cherries · white chocolate chips
CHOCOLATE THUNDER	double-chocolate cookie · milk, white and bittersweet chocolate chips
CHOCOLATE CHIP	
VEGAN CHOCOLATE CHIP	
SUGAR WITH GLAZE	
Vegan Sugar with Glaze	
PEANUT BUTTER WITH CHOCOLATE GLAZE	
OATMEAL RAISIN	
GLUTEN FREE CHOCOLATE CHIP	\$2.95

CHILDREN'S MENU

SIMON PLATE	pasta · turkey or marinated tofu · cucumber · broccoli · fruit	\$5.50
PASTA PLATE	pasta · pizza sauce · parmesan	\$4.25
add mozzarella, provolone blend		+\$1.70
CHEESE TOAST	white rosemary bread · monterey jack · sweetwater valley smoked cheddar	\$3.25
MAC N CHEESE PIZZA	no sauce · pasta · mozzarella, provolone blend · sweetwater valley smoked cheddar	\$8.25



BRUNCH

Saturday & Sunday until 3pm

STARTERS

EGG ROLLS pizza dough · scrambled egg · sriracha ketchup · one of the following: ham · chorizo · benton's bacon · housemade soysage · baked tofu

From Flour Head Bakery...

CINNAMON ROLLS vanilla icing · heated \$4.25

MONKEY BREAD vanilla icing · heated \$3.95

BISCUIT with jam \$3.75
with blackberry compote \$4.25

BAR DRINKS

MIMOSA \$6.50

POINSETTA \$6.50

BLOODY MARY \$8.50
organic tomato juice
housemade bloody mary mix

EGG SANDWICHES

fresh baked white rosemary or wheat bread · side of fruit

BUDDY scrambled egg · sweetwater valley smoked cheddar · roasted potato · italian sausage · roasted onion \$10.95

CLYDE scrambled egg · benton's bacon · sweetwater valley smoked cheddar · lettuce · tomato \$11.65

EULA scrambled egg · avocado · baked tofu or benton's bacon · cilantro pesto · tomato · sprouts \$13.25

BREAKFAST BOWLS

DIEGO cheese grits · spinach · black bean · scrambled egg · roasted onion · benton's bacon or portobello mushroom · salsa fresca · crema \$10.50

FIDEL scrambled egg · roasted potato · avocado · roasted onion · cheese · sriracha ketchup \$9.75

FERNANDO spinach · scrambled egg · chorizo or baked tofu · roasted potato · cheese · jalapeno peppers · pineapple · spicy apple salsa · chipotle crema \$10.50

DOMINGO spinach · scrambled egg · cheese grits · avocado · cheese · sprouts · cilantro pesto · tomato · sriracha \$11.25

HUEVOS RANCHEROS

corn tortillas · scrambled eggs · cheese · housemade mole

ZIPOLITE black bean · spinach · roasted portobello mushroom · salsa fresca · crema \$10.95

TIA black bean · roasted onion · benton's bacon · salsa fresca · crema \$11.75

ROSITA black bean · chicken · roasted potato · salsa fresca · crema \$12.50

CARMEN spinach · chorizo or soysage · cheese grits · spicy apple salsa · cilantro pesto \$13.50

EVA black bean · spinach · avocado · chorizo or soysage · spicy apple salsa · chipotle crema \$13.50

BUILD YOUR OWN WAFFLE

housemade belgian waffle · butter maple syrup \$5.75

Add extra toppings \$1.70 each

fresh strawberry
housemade blackberry compote
flour head bakery chocolate syrup
whipped cream

MAKE YOUR OMELET

cheese omelet · fruit · cheese grits \$10.95

CHEESE choose one feta · sweetwater valley smoked cheddar · mozzarella, provolone blend

+ add ingredients

GROUP A +\$0.60

capers
spinach
tomatoes
red onion
red pepper
green pepper
green olive
black olive
broccoli
mushroom
basil
oregano

GROUP B +\$0.70

bacon
ham
house pickled banana pepper
house pickled jalapeno
smoked turkey
baked tofu
kalamata olive
roasted garlic
salsa fresca

GROUP C +\$0.80

avocado
benton's bacon
italian sausage
smoked salmon
goat cheese
sundried tomato
house soysage
pesto
cilantro pesto
chorizo

HAROLD SHERSKY PIZZA

scrambled egg · cheese · smoked salmon capers · red onion · crema · white pizza

Slice \$4.75
9 inch \$13.95
14 inch \$23.25

BISCUITS & GRAVY

biscuit · gravy \$4.75

biscuit · scrambled egg · sweetwater valley cheddar · gravy · one of the following: ham · benton's bacon · chorizo · housemade soysage · baked tofu \$11.25