



## Starters

### Chuckwagon Chili

A hearty vegetarian chili with a bit of spice 6

### Organic Greens & Things

Organic Lettuces, Cherry Tomatoes, Cucumbers, Red Onion, Artichoke Hearts, Citrus Vinaigrette 7

### Quinoa Power Salad

Quinoa, Organic Lettuces, Cherry Tomatoes, Cucumbers, Red Onion, Roasted Garlic Dressing, Feta Cheese 10.

## Wraps

### East Ridge Wrap

Smoked Turkey, Cranberry Relish, Pimenton Aioli, Cheddar Cheese, Tomato, Romaine Lettuce, Flour Tortilla 9.25

### Sunset Trail Wrap

Albacore Tuna Salad, Mayo, Capers, Red Onion, Pickle Relish, Lettuce, Tomato, Cheddar Cheese, Flour Tortilla 10.25

### Tree Hugger Wrap

Hummus, Tahini, Roasted Peppers, Artichoke Hearts, Shredded Lettuce, Tomato, Yogurt Dressing, Flour Tortilla 11

## Paninis

### Catch 22

Albacore Tuna Salad, Sweet Pickles, Pimenton Aioli, Capers, Red Onion, Cheddar Whole Wheat, Green Salad 12.50

### Way Down South

Barbeque Pulled Pork, Pepper Jack Cheese, Grilled Onions, Special Sauce, Sourdough, Green Salad 13.50

### Redwood Grilled Cheese

Cheddar Cheese, Roasted Red Peppers, Whole Wheat 9

## Kids

### Kids Grilled Cheese

Cheddar Cheese, Whole Wheat 9

### Pint Sized East Ridge

Turkey, Cheddar, Lettuce, Mayo, Mustard, Sourdough or Whole Wheat 6

## Smoothies

### Berry Creek Falls

Blueberries, Blackberries, Raspberries, Strawberries, Mango,  
Apple Juice, Orange Juice, Vanilla Frozen Yogurt 6

### Big Basin Blast

Peaches, Blackberries, Apple Juice, Orange Juice, Vanilla Frozen Yogurt 6

### Redwood Remedy

Strawberries, Peaches, Apple Juice, Orange Juice,  
Vanilla Frozen Yogurt 6

## Soft Serve

### Chocolate, Vanilla & Swirl

Small 2.50 Large 3.50

### Raspberry Swirl

Vanilla Frozen Yogurt, Fresh Raspberries, Raspberry Syrup 5

### Root Beer Float

Root Beer, Vanilla Frozen Yogurt 5



Healthy  
Options  
For Kids

### FIT KID MEAL

+Pick Turkey or PB & J Sandwich  
Whole Wheat Seeded Bread

+Veggie Sticks, Ranch Dressing,

+Healthy Chips

+Bottle of Water 9.99

**FREE PRIZE!**

## Coffee

FLAVOR SHOT .50 EXTRA SHOT .75

### Espresso

One Shot 2.75 Two Shots 3.50

### Cappuccino

One Shot 3.25 Two Shots 3.75

### Latte

One Shot 3.25 Two Shots 3.75

### Mocha

One Shot 3.75 Two Shots 4.25

### Americano

One Shot 3.00 Two Shots 3.75

### House Coffee

Small 1.75 Large 3.00