



COMFORT FOOD for body and soul

Water, Tea, Coffee

Metro Mint Water — Spearmint or Chocolate	2.50
Harvest Bay Coconut Water	2.95
Hot Tea - Republic of Tea Organic	2.50
Herbal, Black, Green, White, Red – Please ask to see entire list.	
Iced Tea - Republic of Tea Organic	2.75
Blackberry Sage, Ginger Peach, Goji Raspberry Green Tea and Pomegranate Green or “Just Black” Tea by Honest Tea.	
Hot Coffee - Batdorf & Bronson	2.50
Organic, Shade Grown, Fair Trade in Regular or Decaf	
Hot Chocolate Organic with a touch of cream	2.75

Sweets and Treats

Milkshakes in Vanilla, Chocolate, Banana* or Peanut Butter
 Made with either Dairy (v) or Coconut Ice Cream (vg, gf) **4.50**
 V - 510/29/190/48 C - 590/29/200/66 B - 570/30/190/63 PB - 610/37/260/51
Ice Cream Sundae with chocolate sauce (v, qf) **3.95**

Root beer Floats (v, qf) **3.95**
 Cal 330 Total Fat 9g Sodium 90mg Total Carbs 60g

Vegan Cookies (vq) **2.25**
 *Ask your server for today's varieties.

GF Chocolate Chip Cookies (v, qf) **2.25**
 Cal 120 Total Fat 7g Sodium 65mg Total Carbs 16g

* See more delectable desserts in our display case.

Starters and Sides

Brushetta Served on Garlic Cheese Toast (v) **4.95**
 Cal 450 Total Fat 28g Sodium 1020mg Total Carbs 38g

Raw Vegetables and Ranch Dressing* (v, qf) **3.75**
 Cal 340 Total Fat 30g Sodium 350mg Total Carbs 14g

Ants on a Log Celery, Peanut Butter & Raisins (vq) **2.95**
 Cal 340 Total Fat 24g Sodium 310mg Total Carbs 24g

Kettle Lightly Salted Chips (vq, qf) **1.50**
 Cal 150 Total Fat 9g Sodium 105mg Total Carbs 16g

Fresh Fruit Washington Apples (vq, qf) **1.75**
 Cal 44 Total Fat 0g Sodium 0mg Total Carbs 10.5g

Cheesy Biscuits (v) **1.00 ea. or 2 for 1.50**
 Cal 130 Total Fat 5g Sodium 420mg Total Carbs 17g per biscuit

CONSUMER ADVISORY: Consuming raw or undercooked eggs, meat, seafood and unpasteurized milk and juices may increase your risk of food borne illness. In addition, a variety of nuts are used in our recipes. And the nutrient values are estimates only. Variations may occur due to product availability and food preparation.

Soda, Milk, Juice

Kombucha Wonder Drink	3.75
Rooibos Red Peach or Jasmine Niagra Grape	
Natural Draft Root Beer	2.95
Hansen's Natural Soda Orange or Dragonfruit	2.50
Chocolate Milk in a box	1.75
Milk in a glass	1.95 / 2.95
Honest Ade	2.25
CranLemonade, OrangeMango, PomBlueberry, Superfruit punch	
Raspberry Lemonade	2.50
Arnold Palmer (Black Tea & Raspberry Lemonade)	2.95
Blueberry-Pomegranate Juice	1.95 / 2.95
Carrot Juice	3.50

Smoothies

Smoothies “Dr. Smoothie” (vq, qf) **3.95**
 Strawberry, Peach Pear & Apricot, Strawberry Banana, NW Berry, Mango or Pineapple Paradise.
 Cal 230 to 250 Total Fat 0g Sodium 10 to 20mg Total Carbs 60 to 62g

Additions: Whey Protein (v) **.50**
 Half a Raw Banana* (vg) **.50**
 Cal 50 Total Fat 0g Sodium 0mg Total Carbs 13g
 Ice Cream in Dairy (v) or Coconut (vg, df, gf) **1.95**
 Ice Cream: Cal 150 Total Fat 9g Sodium 45mg Total Carbs 14g
 Coconut: Cal 202 Total Fat 14g Sodium 18mg Total Carbs 18g

Organic adjective: of or relating to foods grown or raised without synthetic fertilizers or pesticides or hormones.

Comfort Food noun: food that is simply prepared and gives a sense of wellbeing.

Cafe noun: a restaurant, often with an enclosed or outdoor section extending onto the sidewalk; usually small and unpretentious.



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Sandwiches . . . half or whole, chips, veges

Signature Sandwich (v) 5.95/8.95

Tomato, pesto, mayo and mozzarella cheese sandwich, served toasted. *

Cal 920 Total Fat 53g Sodium 1180mg Total Carbs 83g

Nikki's Sandwich 7.95/10.95

Turkey Breast, Bacon, Avocado and Swiss Cheese, served cold or toasted.

Cal 1200 Total Fat 76g Sodium 3490mg Total Carbs 83g

Cranny Bird Sandwich 7.50/10.50

Turkey Breast, cranberry sauce, cream cheese, mayonnaise and lettuce, served cold or toasted.

Cal 690 Total Fat 36g Sodium 1740mg Total Carbs 66g

Meatloaf Sandwich 7.25/10.25

Meatloaf with Cheddar Cheese, mayonnaise and bbq sauce, served hot or cold.

Cal 1570 Total Fat 90g Sodium 2640mg Total Carbs 139g

Good ole' Toasted Cheese 4.50/6.50

Organic Cheddar Cheese twice toasted with mayonnaise and butter.

Cal 960 Total Fat 63g Sodium 1430mg Total Carbs 76g

Tuna Salad Sandwich 5.75/7.75

Cold Sandwich with lettuce or Hot with your choice of cheese.

Cal 650 Total Fat 32g Sodium 1280mg Total Carbs 81g (if COLD)

Cal 900 Total Fat 53g Sodium 1650mg Total Carbs 82g (if HOT)

Egg Salad Sandwich (v) 4.50/6.50

Cold Sandwich with lettuce.

Cal 1100 Total Fat 64g Sodium 1670mg Total Carbs 80g

PBNJ (vg) 3.00/5.00

Organic peanut butter and jam.

Cal 720 Total Fat 26g Sodium 970mg Total Carbs 108g

(Value counts are for a whole sandwich, chips and vegetable garnish.)

* We are proud to offer fresh **Great Harvest Bread** in 4 great varieties: Honey Wheat, White, Garlic Cheddar or Gluten Free.

Salads . . . half or whole and a biscuit

Merry Berry Salad (v) 5.95/8.95

Fresh organic salad greens mixed with cranberries, apples, almonds, Parmesan cheese and Feta cheese, served with our Berry vinaigrette dressing on the side.

Cal 700 Total Fat 50g Sodium 1070mg Total Carbs 57g

Tom Turkey Salad 6.95/10.95

Fresh organic greens topped with turkey, egg, bacon, mushrooms, red onions and Bleu cheese. Served with your choice of our Berry vinaigrette or Bleu cheese dressing on the side.

Cal 680 Total Fat 39g Sodium 1870mg Total Carbs 31g

Caesar Salad (v) 5.95/8.95

Crisp organic romaine leaves, Parmesan cheese and hand cut croutons served with our own Caesar dressing on the side.

Cal 560 Total Fat 41g Sodium 1020mg Total Carbs 38g

Chicken Caesar Salad 6.75/10.75

Cal 830 Total Fat 51g Sodium 1420mg Total Carbs 39g

BLTC Salad 7.25/11.25

Organic romaine served with tomato, bacon, red onion, chicken, Bleu cheese sprinkles and candied pecans with our own Bleu cheese dressing on the side.

Cal 620 Total Fat 41g Sodium 1480mg Total Carbs 26g

Beet Salad (v) 5.75

Sliced beet salad with walnuts, onion, Feta cheese & Italian dressing

Cal 460 Total Fat 33g Sodium 980mg Total Carbs 35g

Garden Side Salad (v) 5.25

Organic greens, tomatoes, red onions, Feta croutons & cucumber with choice of Bleu Cheese, Berry Vinaigrette, Caesar, Italian or Ranch. (Dressing is not included in this value count.)

Cal 160 Total Fat 6g Sodium 470mg Total Carbs 22g

* Turkey may be added to any salad for \$ 2.50.

(Value counts are for a whole salad, dressing and a cheesy biscuit.)

(df) **Dairy Free:** Contains no milk proteins for those with allergies to dairy.

(qf) **Gluten Free:** Contains no gluten, which is a protein found in all wheat, rye and barley.

(vg) **Vegan:** No animal products, butter, cream, eggs, milk, dairy or meat.

(v) **Vegetarian:** No meats, such as beef, turkey, and pork.



COMFORT FOOD for body and soul

Soup of the Day Served with a Cheesy Herb Biscuit or a Half Slice of Gluten Free Bread.

11 oz. bowl 4.95
16 oz. bowl 6.75

Monday – Cream of Potato or Vegetable (v,qf)

11oz. 400 / 16 / 900 / 57 250 / 5 / 1760 / 44
16oz. 530 / 21 / 1120 / 76 310 / 6 / 2370 / 56

Tuesday – Cream of Mushroom (v) or Lentil (v,qf)

11oz. 490 / 35 / 1260 / 36 320 / 8 / 1200 / 46
16oz. 710 / 53 / 1770 / 48 400 / 9 / 1620 / 60

Wednesday – Cream of Tomato or Squash (v,qf)

11oz. 420 / 28 / 1200 / 36 300 / 7 / 1410 / 55
16oz. 550 / 38 / 1690 / 43 390 / 8 / 2610 / 74

Thursday – Beet Borscht (v,qf) or Chicken Noodle

11oz. 360 / 12 / 1320 / 55 440 / 16 / 630 / 32
16oz. 470 / 15 / 1730 / 72 590 / 21 / 730 / 40

Friday – Black Bean (v,qf) or Corn Chowder

11oz. 510 / 5 / 500 / 89 500 / 28 / 730 / 51
16oz. 680 / 5 / 730 / 124 670 / 39 / 870 / 66

Saturday – Cheesy Broccoli (v) or Split Pea (v,qf)

11oz. 320 / 19 / 1120 / 24 400 / 7 / 1370 / 66
16oz. 400 / 25 / 1440 / 28 520 / 7 / 1800 / 88

Ask us . . . we might just have yesterday's soup still available today!

NUTRITIONAL KEY: Calories / Total Fat / Sodium / Total Carbs
(Value counts include one cheesy herb biscuit.)

Children's Menu

"Kids get Fit" meal (1/2 PBNJ, Carrots, Choc. Milk)	4.25
Cal 565 Total Fat 18.5g Sodium 640mg Total Carbs 83g	
Half Grilled Cheese Sandwich	3.25
Cal 400 Total Fat 27g Sodium 660mg Total Carbs 29g	
Organic PBNJ Half Sandwich	2.50
Cal 360 Total Fat 14g Sodium 420mg Total Carbs 51g	
Mac n' Cheese (or Casserole of the Day)	3.95
Cal 470 Total Fat 22g Sodium 420mg Total Carbs 49g	
Applesauce	1.25
Cal 60 Total Fat 0g Sodium 5mg Total Carbs 15g	
Baby Carrots	1.25
Cal 25 Total Fat 0g Sodium 30mg Total Carbs 6g	
Ants on a Log Celery with Peanut Butter and Raisins	1.95
Cal 230 Total Fat 16g Sodium 210mg Total Carbs 16g	
Annie's Cheese Crackers	1.50
Cal 180 Total Fat 8g Sodium 300mg Total Carbs 23g	
Honest Kids Berry Good Lemonade or Mango	1.75
Santa Cruz Grape Juice	1.75

* Free use of food grinder, dish, spoon and bib upon request.

Check out our gift section. We sell Dombo baby cups, baby food grinders, bibs and blankets with our logo and many other unique and useful items you might like!

Casseroles . . . the taste of home

SERVED DAILY Mac n' Cheese with Wheat or Gluten Free noodles	9.50
Cal 1260 Total Fat 67g Sodium 1740mg Total Carbs 121g	
Quiche Zucchini, Mushroom, Artichoke, Bacon and Swiss	9.25
Cal 1030 Total Fat 69g Sodium 1930mg Total Carbs 72g	
Meat Loaf with Garlic Mashed Potatoes	11.50
Cal 900 Total Fat 51g Sodium 1740mg Total Carbs 78g	
MONDAY-TUESDAY Chicken Divan served on Basmati Brown Rice	11.25
Cal 850 Total Fat 54g Sodium 1040mg Total Carbs 61g	
WEDNESDAY-THURSDAY New York Spaghetti Pie Layered Casserole	11.25
Cal 790 Total Fat 47g Sodium 1380mg Total Carbs 62g	
FRIDAY-SATURDAY Chicken Pot Pie	10.95
Herbed Lentil Casserole	8.95
Cal 830 Total Fat 33g Sodium 1460mg Total Carbs 90g	

Served with a Cheesy Biscuit and a side Garden Salad with choice of dressing.
(Nutritional Analysis Counts include biscuit, salad and dressing.)

(GROUPS of 8 or more, will be on one check and a 15% gratuity automatically included)



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You will be happy to know that:

The ingredients used in our menu items are from 80 to 85% organic; which is higher than the industry standard.

We triple purify our water, ice and water for coffee.

We use environmentally safe and biodegradable cleaning products, paper products and TO-GO packaging.

Our leftover food is donated to teen moms in the MOPS Program, the homeless, etc.

Our cafe is available during morning and evening hours, Just for the cost of the food!

OUR MISSION:

To prepare tasty and nourishing food, heighten awareness of local and world needs and raise funds to do something about those needs.

COMFORT FOOD was set in motion with three objectives. First to serve wholesome and flavorful food in a heartwarming atmosphere. Second, to facilitate a shift of focus and heighten awareness of local and world needs. And third to raise funds to help those in need (specifically our local foster youth and international orphans.)

So it is that all of the profits of **COMFORT FOOD** and any donations from the community, are for these purposes.

No time to cook ? Call 24 hours ahead for TO GO casseroles for 2, 4, 6 or more and take \$ 1.00 off for every additional casserole ordered after a quantity of 2.

PICNIC BLANKETS are available to borrow for Pioneer Park TO-GO orders. ~ 20 dollar Refundable Deposit ~
~ Blankets may also be purchased for 20 dollars each. ~

Organic Comfort Food Cafe'
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