

On the Rise

Dinner Menu Tu-Sa 5:00-9:00 PM

Our dinner menu is centered on the wood fired oven and fresh organic ingredients from our gardens and other great local farms. We make everything from scratch right here. We hope you enjoy it! Ben, Rae, and OTR Staff

Starters

Veggie Plate a selection of freshly cut carrot, celery, cucumber, broccoli, and pepper sticks. served with a side of dressing and crispy croutons

6.²⁵ add hummus 8.²⁵

Four Cheese Breadsticks our own sourdough topped with cheddar, asiago, mozzarella, & parmesan cheese, baked in the wood-fired oven, cut into strips and served with a side of tomato sauce.

7.⁹⁵

Cheese Quesadilla our fresh flour tortilla rolled out to order. Filled with Cabot sharp cheddar and baked in the wood fired oven. Served with salsa and sour cream.

6.⁹⁵

add black bean and diced veggies

7.⁹⁵

customize your quesadilla see add-ons at end of menu

Salads

Basic Salad mixed baby greens topped with cucumber, tomato, red onion, carrot, and our own croutons. served with a side of dressing.

Small 4.⁹⁵ Large 6.²⁵

Deluxe Salad mixed baby greens topped with cucumber, tomato, broccoli, red onion, carrot, sprouts, croutons, sunflower seeds, raisins and your choice of cheddar, feta, marinated tofu, or tempeh bacon. served with a side of dressing.

Small 6.²⁵ Large 8.²⁵

Dressings: maple balsamic, yogurt dill, or oil and vinegar.

Sandwiches

Sandwiches can be ordered on your choice of our fresh bread, toasted bread or for 1.⁰⁰ extra on our handmade tortilla as a wrap. Specify your choice of condiments or dressing

Grilled Cheese Sandwich classic melted cheddar - grilled

4.⁹⁵

Egg Salad Sandwich fresh made egg salad (we use olive oil in place of mayo) served with lettuce, tomato

6.⁹⁵

Cheese and Veggie Sandwich cheddar cheese loaded with fresh greens, tomato, carrots, cucumber, red onion and sprouts.

6.⁹⁵

Hummus and Veggie Sandwich our own hummus with fresh greens, tomato, carrots, cucumber, red onion and sprouts.

6.⁹⁵

TLT choice marinated tofu or tempeh cooked on the grill and served with lettuce and tomato. 6.⁹⁵

OTR Veggie Burger house made veggie burger grilled & served with lettuce, tomato, red onion,

& garlic mayo 8.⁹⁵ add cheese +.50

Condiments: mayo, mustard, nayonaise, garlic mayo, wasabi nayonaise, yogurt dill dressing, maple balsamic vinaigrette, oil and vinegar.

Wraps

Seared Tempeh a fresh flour tortilla with seared tempeh, fresh greens, sprouts, and avocado. served with wasabi mayo. 9.²⁵

Hot & Cold flour tortilla with melted cheddar and roasted veggies (pepper, caramelized onion, mushroom, and eggplant) stuffed with fresh greens, sprouts, and tomato. choice of condiments 9.²⁵

The Veggie fresh flour tortilla stuffed with greens, tomato, cucumber, sprouts, carrot, red onion, sunflower seeds, raisins and your choice of cheddar, feta, tempeh, or tofu and condiments. 8.²⁵

The Ryan fresh flour tortilla melted cheddar tempeh, pineapple, black beans, greens & salsa 8.²⁵

Burritos and More

On the Rise Burrito fresh flour tortilla stuffed with greens, rice, beans, cheddar cheese, and a choice of roasted or fresh-diced veggies. Baked in the wood fired oven 9.²⁵

The Naked Burrito(GF) (no tortilla) pinto beans, rice, and cheddar cheese served on a bed of fresh green and tomato with your choice of roasted or fresh veggie served with sour cream and fresh salsa 8.⁹⁵

Breakfast Burrito: our flour tortilla stuffed with two scrambled eggs, black beans, cheddar, fresh greens, and rice. fresh salsa & sour cream 9.²⁵

Tostada(GF) two corn tortillas with melted cheddar, black beans, diced veggie and fresh greens. Served with sour cream and salsa 9.²⁵

Deluxe Quesadilla a generous portion refried black beans, corn, salsa, cheese and fresh greens stuffed in a hand made fresh tortilla. 8.⁹⁵

Customize

Addons unless listed in your sandwich, wrap or tostada add-ons are available for an additional charge as follows:

for .50 apple, artichoke, basil, black beans, broccoli, caramelized onion, carrot, cilantro, cucumber, garlic, green pepper, kalamata olives, mushroom, red onion, roasted red pepper, red onion, sprouts, sundried tomato, tomato for .95 tempeh bacon, setain sausage, avocado, or tofu