

On the Rise

Lunch Menu

Tues-Saturday 10:30AM -4:30 PM

Sandwiches

Famous Egg and Cheese: our handmade bagel with one egg over hard and cheddar (with or without tomato). **4.75**

Grilled Cheese Sandwich: classic melted cheddar grilled on your choice of bread **4.50**

PB&J Sandwich: natural peanut butter and organic fruit sweetened jam on fresh bread **4.50**

Egg Salad Sandwich: fresh made egg salad (we use olive oil in place of mayo) served with lettuce, tomato and your choice of condiment **6.95**

Cheese and Veggie Sandwich cheddar cheese loaded with fresh greens, tomato, carrots, cucumber, red onion and sprouts. Specify your choice of condiments **6.95**

Hummus and Veggie Sandwich humus with fresh greens, tomato, carrots, cucumber, red onion and sprouts. Specify your choice of condiments **6.95**

TLT: choice of marinated tofu or tempeh cooked on the grill and served on toast with lettuce and tomato. Specify your choice of condiments **6.95**

OTR Veggie Burger: our own special recipe veggie burger on toast with garlic mayo, lettuce, tomato, fresh cucumber pickles, and red onion. Specify with or without cheddar **8.95**

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

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

Add-ons unless listed in your sandwich add-ons are available for an additional charge

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,

Wraps and Specials

Seared Tempeh Wrap: our fresh flour tortilla wrapped around pan seared tempeh, fresh greens, sprouts, and avocado. Served with wasabi nayo dipping sauce. **8.95**

Wood Fired Plain Quesadilla: our fresh flour tortilla rolled out to order. Filled with Cabot sharp cheddar and baked in the wood fired oven. served with fresh salsa and sour cream. **6.95**

Bean and Veggie Quesadilla: add black beans and diced veggies to our wood fired quesadilla. with fresh salsa and sour cream. **7.95**

Hot & Cold Wrap: fresh flour tortilla with melted cheddar and roasted veggies (pepper, caramelized onion, mushroom, and eggplant) stuffed with fresh greens, sprouts, and tomato **8.95**

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

Cheese Melt Deluxe: the day's bread topped with melted Cabot cheddar cheese and roasted red pepper, mushroom, and caramelized onions. Served with fresh greens. **8.95**

Salads

Basic Salad: fresh greens topped with cucumber, red onions, carrots, tomatoes, and OTR croutons. choice of dressings below
Small **4.95**
Large **6.25**

Deluxe Salad: add sprouts, broccoli, toasted sunflower seeds, raisins and your choice of cheddar, feta, or marinated tofu to the basic salad.
Small **6.25**
Large **8.25**

Veggie Plate: celery, carrot, cucumber, and pepper sticks. Served with crispy croutons and a side of yogurt dill dressing **6.25**
add hummus **8.25**

Dressings: Maple Balsamic, Yogurt Dill, Carrot Ginger, Oil and Balsamic Vinegar

Basics

Soup ask for the day's soup
cup with bread & butter **4.00**
bowl with bread & butter **4.75**

Pizza Slice check the day's offering
plain slice **2.75**
deluxe slice **3.75**

Please check the counter for other daily specials

* We always use the best freshest high quality local products we can find in our cooking. Some of our local suppliers include: **Butterworks Farms, Chuck Linn Sugarworks, Franklin Heyburn Honey, Last Resort Farm, Gleason Grains, On the Hill Farm** (that's us), **Pete's Greens, Scratch 'n Earth Farm and Freedom & Unity Farm.** Eggs used in our breakfast/brunch are local and free range supplied from **Jericho Settlers Farm or Maple Wind Farm.**

Unless noted prices do not include state rooms and meals tax of 9%