

We use primarily **ORGANIC** ingredients and buy seasonal produce from local farmers whenever possible.

THE BASICS

Sampler Plate 7.75

Three sandwich spreads, a thick slice of bread, and a cup of soup **or** Garden Salad. (To substitute Greek Salad, add \$1.75)

Soup and Bread Bowl 5.50

Cream or vegan soup each day. Served with our honey whole-wheat bread and butter.

(12 oz.)

Cup 4.50

(8 oz.)

Sandwiches

Choose a bean, tofu or cheese spread, served open-faced on a thick slice of bread, topped with sprouts and served with tortilla chips.

Whole 5.25

Half 3.25

SALADS

Garden Salad Large 6.25.

Leaf lettuce, shredded carrots and cabbage, sprouts, croutons & dressing of choice. (Add a small salad to other food item: \$3.50)

(includes bread)

Small 4.25

(includes 1/2 bread)

Greek Salad Large 7.50

Leaf lettuce, cucumbers, tomatoes, feta cheese, red onions, kalamata olives, & garlic herb dressing. (Add a small salad to other food item: \$5.00)

(includes bread)

Small 5.75

(includes 1/2 bread)

Seasonal Salad Large 7.50

Available in spring and summer only. Selections vary, depending on what's in season. (Add a small salad to other food item: \$5.00)

(includes bread)

Small 5.75

(includes 1/2 bread)

COMBINATIONS

Bowl of Soup and Sandwich Whole 8.25

Pair a bowl of soup with any whole or half sandwich

Half 7.00

Cup of Soup and Sandwich Whole 7.50

Pair a cup of soup with any whole or half sandwich

Half 6.25

Add a small Garden Salad: Add-on 3.50

Add a small Greek or Seasonal Salad: Add-on 5.00

KID'S SPECIAL

Age 10 and under, please 4.50

1/2 peanut butter and jam closed-face sandwich, apple sauce, a small glass of milk and a cookie.

BEVERAGES

Fair Trade Coffee (Regular or Decaf) 1.85

A bottomless cup!

Hot Tea (Herbal, Black or Green tea varieties) 1.85

Milk (2%) 1.85

Fruit Spritzers (Black Cherry, Mango, Cranberry, Lemon-Lime, or Tangerine) 1.95

Fruit Juice (Apricot or Orange) 1.95

Lemonade or Iced Tea 1.85

April—September (includes refill)

Apple Cider - served hot or cold 1.95

October—March (includes refill)

EXTRAS

Extra bread - full slice w/butter 1.25
- half slice w/butter .75

Basket of bread (3 slices w/butter) 3.25

Side of peanut butter or jam 1.00

Piece of fruit 1.25

Wheat/gluten-free and vegan options: rice cakes, rice crackers or corn chips.

GRANOLA

Granola 5.25

Our own blend of oats, nuts, and currants. Crunchy and perfectly sweet. Served with plain yogurt or milk, and fruit.

SWEETS

Our bakery items vary depending on the whims of the expert baker of the day! Our bakery case usually includes cookies, bars, and pie or cake. Ask your server to show you today's selections.

LARGE ORDERS / TAKE-OUT

(All menu items are available for take-out)

Check with your server or the cashier for price list.

Honey Whole Wheat Bread 3.00 per pound (check availability with your server)

Consider St. Martin's Table for your next gathering of friends or coworkers! We can host special events or make large orders of our delicious food for take-out. Call (612) 339-3920.

Ask your volunteer server where the tips are going this month! 85% of our tips are donated to organizations which work to alleviate hunger.