

# OMELETTES

3 Eggs served with Homefries and 2 slices Keystone Vegan Organic bread

## Sourdough Dill \* Whole Wheat \* Herb \* White \* Spelt Rye \* Biscuits \* Corn Bread (Wheatless)

Toast served with Better Butter (a whipped margarine and butter spread). Real Butter or Vegan margarine Add .50

2 Egg Omelette .75 less Eggbeaters egg substitute Add: .50 per egg

Substitute Fruit instead of Homefries or Toast Add: \$ 1.50 Egg whites only Add: \$1.00

**Monster** ..... \$9.50

Cheese, Onions, Green Pepper, Mushrooms with Diced Turkey Ham or Tofu

**Spanish** ..... \$9.50

Cheese, Onions, Green Chili topped with Tomato Veggie Sauce

**Avocado & Cream Cheese** ..... \$9.50

Topped with Cabbage & Salsa

**Enchilada Omelette** ..... \$9.50

Jack Cheese, Spinach, Onions, Olives folded inside, topped with Enchilada Sauce, Cabbage and Salsa.

**Sweet Red Pepper-Cilantro Pesto** ..... \$9.50

**Basil, Tomato & Feta Cheese** ..... \$9.50

**Greek** ..... \$9.50

Spinach, Tomatoes, Olives & Feta

**Lox Omelette** ..... \$10.00

Wild Lox Salmon with Cream Cheese

## Make Your Own Omelette For \$10.00 - Choose Any Three Ingredients

Additional Toppings \$1.25 Each

### \* Meats / Fish \*

Bacon Wild Lox Salmon  
Chorizo Sausage Links  
Chicken Italian Sausage  
Turkey Ham

### \* Cheese \*

Parmesan Cheddar  
Swiss Jack  
Feta Blue  
Cream Cheese

### \* Soy & Such \*

Tempeh  
Tofu  
Pesto

### \* Veggies & Such \*

Garlic Black Olives Green Chili  
Herbs Mushrooms Spinach  
Onions Kale / Collards Jalapenos  
Avocado Green Peppers Tomatoes

## EGGS

## Sourdough Dill \* Whole Wheat \* Herb \* White \* Spelt Rye \* Biscuits \* Corn Bread (Wheat less)

Toast served with Better Butter, a whipped margarine and butter spread. Real Butter or Vegan margarine Add .50

**2 Eggs, Homefries with 1 slice toast and Choice of Protein** ... \$9.50

**Greek Scramble** ..... \$7.95

2 Eggs, Spinach, Tomatoes, Olives, Topped with Feta Cheese, with 2 slices Toast

**Mexican Scramble** ..... \$6.25

2 Eggs, Green Peppers, Onions, Cheese, Cabbage, & Tomato Veggie Sauce on 2 Corn Tortillas (No Toast)

With Tofu or Chorizo ..... \$7.75

**Keystone Rancheros** ..... \$8.25

Your choice of 2 Eggs, Tofu or our own Tempeh mix. Served on 2 Corn Tortillas or bed of Rice, topped with Black Beans, Cheese, Tomato Veggie Sauce, Cabbage, Salsa & Sour Cream..... (No Toast)

**2 eggs, Black Beans,** ..... \$6.00

Served with Cheese, Cabbage, Salsa, Two Flour Tortillas.....(No Toast)

**Denver Scramble** ..... \$8.95

2 Eggs, Diced Turkey Ham, Green Peppers, Onions, Cheese, with 1 slice of Toast & Home Fries.

**Keystone Hangover Breakfast** ..... \$9.00

1 Biscuit with Sausage Gravy, 2 Eggs, with half order of Home Fries

**High Protein Breakfast** ..... \$8.25

Salmon Patty, 2 Eggs, with 1 slice of Toast

**Herbed Egg Scramble** ..... \$6.25

2 Eggs, Mild Cheddar Cheese, Blended Herbs, with 2 Slices Toast

**Breakfast Enchilada** ..... \$6.00

1 Egg, Spinach, Cheese, Olives, Onions & Enchilada Sauce, Corn Tortilla with Cabbage & Salsa..... (No Toast)

With Tofu or Chorizo ..... \$7.75

**Breakfast Burrito** ..... \$7.00

2 Eggs, Black Beans, Onions, Cheese inside a Flour Tortilla topped with Tomato Veggie Sauce, Cabbage & Sour Cream... (No Toast)

**Fried Polenta & Eggs** ..... \$6.00

2 Eggs served with 3 Slices of Fresh Organic Polenta made with a blend of Cheddar Cheese, Jalapeno & Green Peppers fried on the griddle..... (No Toast)

**Tofu or Tempeh Scramble** ..... \$8.00

2 Eggs, Tofu or our own Tempeh mix, with Green Peppers, Onions, Swiss Cheese, Home Fries, and 1 Slice of Toast.

**English Muffin Scramble** ..... \$7.00

2 Eggs with Green Peppers & Onions on a Sourdough English Muffin topped with Nutritional Yeast Gravy

With Cheese ..... \$7.75

# EGGLESS

<b>Spinach Enchilada</b> .....	\$5.95
Corn Tortilla, Spinach, Cheese, Onions & Olives topped with Enchilada Sauce, Cabbage & Salsa	
ADD Chicken .....	\$6.75
Vegan Option .....	\$6.00
<b>Sausage Biscuits and Gravy</b> .....	\$4.50
Sausage Gravy (Nitrate, Hormone, & MSG free)	

<b>Powerhouse</b>	
Home Fries with Tofu, Mushrooms, Cheese & Sour Cream	
Regular, Half order of homefries .....	\$5.50
Large, Full order of homefries .....	\$6.50
<b>Back to Basics</b> .....	\$5.00
Brown Rice, Beans, Enchilada Sauce, Cabbage & Salsa	
With Cheese .....	\$5.75

## VEGAN DISHES

<b>Vegan Soft Taco</b> .....	\$5.95
2 Corn Tortillas with Tofu or our own Tempeh mix. Choice of Black Beans or Brown Rice, and topped with Diced Tomatoes, Cabbage & Salsa	
<b>Vegan Platter</b> .....	\$7.95
Rice & Black Beans; choice of Tofu or our own Tempeh mix, with Corn or Flour Tortillas. Choice of Sauces: Salsa, Tomato Veggie, Enchilada, Hot Peanut or Nutritional Yeast Gravy	
ADD Kale / Collard (mix).....	\$1.25
<b>Vegan Tofu or Tempeh Scramble</b> .....	\$7.00
Grilled Tofu or our own Tempeh mix, Green Peppers, & Onion. Choice of: Nutritional Yeast Gravy, Enchilada, Hot Peanut Sauce, or Tomato Veggie Sauce. Served with Brown Rice and 1 slice of Keystone Vegan bread.	
ADD Kale / Collard (mix).....	\$1.25

<b>Vegan Keystone Rancheros</b> .....	\$6.50
Your choice of Tofu or our own Tempeh mix on 2 Corn Tortillas or a bed of Rice topped with Black Beans, Tomato Veggie Sauce, Cabbage & Salsa	
<b>Vegan Biscuits &amp; Steve's Crimini Mushroom Gravy</b> .....	\$4.50
<b>Vegan Powerhouse</b>	
Choice of Brown Rice or Home Fries, Tofu or our own Tempeh mix, Spinach or Grilled Mushrooms. Choice of: Nutritional Yeast Gravy, Hot Peanut Sauce, Mushroom Gravy, Salsa, or Tomato-Veggie Sauce.	
Regular .....	\$5.75
Large .....	\$6.75
ADD Kale / Collard (mix).....	\$1.25
<b>Vegan Polenta</b> .....	\$6.00
Made with our own Tempeh mix, topped with Mushroom Gravy	

## LIGHT & FRESH

	Cup	Bowl
<b>Grizzles Granola</b> .....	\$2.95	4.95
Lowfat Organic Berry or Cinnamon Nut Granola, choice of Milk, Soy Milk, Plain or Honey Yogurt		
<b>Golden Temple French Vanilla Granola</b> .....	\$2.95	4.95
<b>Fruit Plate</b> .....		\$5.00
Blueberries, Bananas, Oranges, Apple Cinnamon Compote & Seasonal Fresh Fruit		
1/2 Order .....		\$3.00
With Yogurt add .....		\$1.25

<b>Oatmeal</b> .....	\$4.00
Organic Rolled Oats served with Raisins & Brown Sugar.	
<b>Parfaits</b> .....	\$5.00
Marionberries & or Blueberries, choice of French Vanilla, Lowfat Berry, or Cinnamon Nut Granola, with Nancy's Vanilla Yogurt ** Or Vegan option with Organic Sorbet	
<b>Nancy's Yogurt</b> .....	\$2.75
Your Choice of Plain or Honey Yogurt served with Apples & Cinnamon	

## OFF THE GRIDDLE

Pancakes & French Toast served with Better Butter (A whipped margarine / butter spread) Soy or Real Butter Add: \$0.50  
Organic Pure Maple Syrup \$1.00 (1oz) or \$2.00 (2oz)

<b>Pancakes</b> .....	\$6.00
Famous Plate Sized Pancakes, Choose from: Oatmeal Sesame - Corn Rice (wheatless) or Buckwheat Barley	
Add Blueberries, Strawberries, or Marrionberries.....	\$1.75
Other Ingredients Add .....	\$1.25
Sesame Seeds, Poppy Seeds, Sunflower Seeds, Coconut (unsulfated), Walnuts, Bananas, Raisins, Apples & Cinnamon, Yogurt, Whip Cream or Chocolate Chips.	

<b>French Toast</b> .....	\$6.00
Three slices of Special Vegan Bread dipped in our own Egg batter.	
1/2 Order .....	4.00
<b>Vegan Option</b> .....	\$6.00
Three slices of Special Vegan Bread dipped in a Tofu batter.	
1/2 Order .....	\$4.00

# BEVERAGES

<b>Coffee</b> .....	<b>Bottomless</b>	\$2.00
"Cafeto's Keystone Blend" Regular : Columbian - Ethiopian ..... Decaf : Peruvian - Sumatra		
<b>Iced Coffee</b> .....	<b>Bottomless</b>	\$2.00
<b>Herbal or Black Iced Tea</b> .....	<b>With 1 refill</b>	\$2.00
<b>Hot Teas</b> .....	<b>No refill</b>	\$2.00
Assorted Flavors..... Ask your server about our selection		
<b>Hot Chocolate</b> .....		\$1.50
With whipped cream .....		\$2.00
	<u>Small 4oz</u>	<u>Large 12oz</u>
<b>Fresh Squeezed Orange or Grapefruit Juice</b> .....	\$1.50	\$3.25
(Served with pulp)		
<b>Orange Juice (from concentrate)</b> .....	\$0.75	\$1.75
<b>Milk</b> .....	\$0.75	\$1.75
2% or Whole Milk ( both hormone free)		
<b>Organic Apple Juice</b> .....	\$0.75	\$1.75
<b>Soy Milk - plain or vanilla</b> .....	\$0.75	\$1.75
<b>Blueberry Smoothie</b> .....	\$1.75	\$3.75
(Non-Dairy Available) Blueberries, yogurt, apple juice, & banana, blended		
<b>Strawberry Smoothie</b> .....	\$1.75	\$3.75
Strawberries, yogurt, orange juice, & banana, blended		
<b>Organic Lemonade</b> .....		\$2.50
16 oz		
<b>Blue Sky Soda</b> .....		\$1.50
Dr. Becker, Cola, Orange Cream, Cherry Vanilla Cream, Black Cherry, & Creamy Root beer		
<b>Hot Lips "Real Fruit Soda"</b> .....		\$2.50
Blackberry, Pear, Apple, Raspberry, & Boysenberry		

# DESSERTS

<b>Fresh Made Vegan Keystone Pie</b> .....		\$3.00
<b>A La Mode with Organic French Vanilla Ice Cream</b> .....		\$4.25
<b>Keystone Vegan Cookie</b> .....		\$3.00
Oatmeal Raisin (Wheat-Free) or Chocolate Chip		
<b>Whipped Cream</b> .....		\$ .50
(Non Dairy)		
<b>Root Beer Float</b> .....		\$4.00
Made with Organic French Vanilla Ice Cream		
	<u>Cup</u>	<u>Bowl</u>
<b>French Vanilla Organic Ice Cream</b> .....	\$1.75	\$3.00
<b>Raspberry Sorbet Organic</b> .....	\$1.75	\$3.00

# OVER 21

<b>Local Draft Beer (Pint)</b> .....		\$3.50
Ask your server about what's on tap		
<b>Mimosa</b> .....		\$4.50
A wonderful blend of Champagne and Orange Juice		
<b>Bloody Mary</b> .....		\$6.00
The Veggie Cure		

# LUNCH

Lunch served - Monday thru Friday only (after 11am)

## SANDWICHES

Choice of Keystone Vegan breads baked with Organic flour:

Sourdough Dill \* Mixed Grain \* Herb  
White \* Wheatless - Spelt Rye \*

Served with your choice of;

Homefries, Cup of Soup, Kale Slaw or Cole Slaw

Grilled Cheese .....	\$5.00
Grilled Turkey Ham & Cheese .....	\$6.50
Sweet Red Pepper-Cilantro Pesto .....	\$6.00
With Lettuce and Tomato on toasted bread	
Veggie Melt .....	\$6.00
Cheese, Mushrooms, Spinach, Tomato, & Onion	
Tuna Salad .....	\$6.25
Tuna, Parsley, Onion, Celery & Garlic with Lettuce & Tomato on toasted bread	
Tuna Melt .....	\$6.75
Tuna salad melted with cheese, served open face	
B.L.T. ....	\$6.75
Bacon, Lettuce, & Tomato	
Lox Sandwich .....	\$8.50
Toasted English Muffin with Lox Salmon, Cream Cheese, Red Onion, & Capers	

**ADD Avocado to Any Sandwich..... \$1.50**

## BURGERS

Served with your choice of:

Homefries, Cup of Soup, Kale Slaw or Cole Slaw

<b>VEGAN</b> Keystone Vegan Burger .....	\$8.25
Made with Black Beans, Mushrooms & Hempseed. This Vegan Burger is a Hit. Served open face with Lettuce, Onions, Tomatoes & Cheese	
Basic Burger .....	\$7.00
Cheeseburger .....	\$7.75
Bacon Cheeseburger .....	\$8.75
Mushroom Cheeseburger .....	\$8.50
Green Chili & Cheeseburger .....	\$8.25
Salmon Burger .....	\$8.00
<u>Extras</u>	
Bacon .....	\$1.75
Avocado .....	\$1.50
1 Egg .....	\$1.50

## STIR FRIED

Stir Fried Veggies .....	\$6.00
Broccoli, Carrots, Onions, Sesame Seeds, Mushrooms, Celery & fresh seasonal Vegetables. Choice of Hot Peanut Sauce or Nutritional Yeast Gravy on a bed of Brown Rice	

## MEXICAN

Chips & Salsa .....	\$3.00
<b>Nachos Plate</b>	
Chips with melted Cheese, Black Beans, Salsa, Sour Cream, Olives, & Peppers	
Nachos Plate .....	\$6.00
ADD Chicken .....	\$2.00
<b>Quesadilla</b>	
One Flour Tortilla, Grilled Onion, Green Chili, Cheese & Tomato Veggie sauce	
One Quesadilla .....	\$5.00
Two Quesadilla .....	\$6.00
ADD Chicken .....	\$2.00
ADD Stir fried Veggies .....	\$2.00
<b>Burrito</b>	
Flour Tortilla, Black Beans, Brown Rice, Onion, Cheese, & Enchilada Sauce	
Burrito .....	\$4.00
With Chicken .....	\$6.75
With Tofu .....	\$6.75
<b>Enchilada</b> .....	\$5.95
Corn Tortillas, Cheese, Black Olives, Onion, Cabbage, Salsa & Enchilada Sauce (Choice of Chicken, Black Beans, Tempe, or Tofu)	
<b>Extra:</b> .....	\$ .95
2 Tortillas, Corn or Flour	

## SOUP

Served with Corn Bread or choice of Bread	Cup	Bowl
Keystone Steak Chili .....	\$3.25	\$4.25
Homemade Vegan Chili .....	\$3.25	\$4.25
Homemade Soup .....	\$3.25	\$4.25
ADD Cheese .....	\$0.75	

## SALAD

	Small	Large
<b>House Salad</b> .....	\$3.50	\$5.00
Mescaline Lettuce Mix, Carrots, Red Cabbage, Green Pepper, Tomatoes, Beets & Garbanzo Beans.		
<b>Chef Salad</b> .....	\$8.50	
Mescaline Lettuce Mix, Bacon, Turkey Ham, Chicken, Hard Boiled Egg, Tomatoes, Olives with Swiss, Jack and Cheddar Cheese.		
<b>Spinach Salad</b> .....	\$8.50	
Spinach, Strawberries, Red Onion, Roasted Cashews, with Blue Cheese Crumble.		
<b>Smoked Salmon Salad</b> .....	\$9.00	
Mescaline Lettuce Mix, Parsly, Capers, Red Onion, Tomatoes & Smoked Salmon.		

Choice of Dressing:

Honey Mustard, Ranch, Lemon Tamari, Italian, Tahini, Blue Cheese, Yogurt Vinaigrette

**BEVERAGES**

**Coffee**

"Cafeto's Keystone Blend" Regular : Columbian - Ethiopian ..... Decaf : Peruvian - Sumatra  
\$2.00

**Hot Teas**

Assorted Flavors..... Ask your server about our selection

**Lemonade** ..... \$2.50  
16 oz - No Refills

**Blue Sky Soda** ..... \$1.50  
Dr. Becker, Cola, Orange Cream, Cherry Vanilla Cream,  
Black Cherry, & Creamy Root Beer

**Soy Milk - plain or vanilla** ..... Small \$0.75 Large \$1.75

**Organic Apple Juice** ..... \$0.75 \$1.75

**Blueberry Smoothie** ..... \$1.75 \$3.75  
(Non-Dairy Available) Blueberries, yogurt, apple juice, &  
banana, blended

**Iced Coffee** ..... \$2.00

**Herbal or Black Iced Tea** ..... \$2.00

**Hot Chocolate** ..... \$1.50

**Hot Lips "Real Fruit Soda"** ..... \$2.50  
Blackberry, Pear, Apple, Raspberry, & Boysenberry

**Orange Juice (from concentrate)** ..... Small \$0.75 Large \$1.75

**Fresh Squeezed Orange or Grapefruit Juice** ... \$1.50 \$3.25  
(Served with pulp)

**Strawberry Smoothie** ..... \$1.75 \$3.75  
Strawberries, yogurt, orange juice, & banana, blended

**BREADS, GRAINS & BEANS**

English Muffin ..... \$2.00

Toast (2 Slices) ..... \$2.00

Vegan Cornbread (Wheatless) ..... \$2.00

Tofu, Grilled ..... \$2.50

Brown Rice ..... \$1.75

Home Fries ..... \$1.90 (Half) \$3.75 (Full)

Black Beans ..... \$1.75

Vegan Tempeh Mix (Keystone made) ..... \$2.25

Vegan Breakfast Patty 1 @ \$1.75 or 2 @ \$3.50

Tortillas, Corn or Flour (2) ..... \$1.00

Polenta ( Regular or Vegan ) ..... \$3.00

**DAIRY AND NUTS & DRIED FRUITS**

Real Butter or Soy Margarine ..... \$0.50

Cream Cheese ..... \$1.00

Sour Cream (Organic) ..... \$1.00 \$1.50

4 oz Yogurt ..... (1oz) \$1.25 (2oz)

Cashews ..... \$1.50

Hazelnuts ..... \$1.50

Cheese ..... \$1.25

Jack, Cheddar, Swiss, Blue, Feta, Parmesan

1 Egg ..... \$1.50

Peanut Butter ..... \$0.75

Walnuts ..... \$1.50

**SAUCES & SIDES**

**VEGAN** Enchilada Sauce ..... \$1.75

**VEGAN** Nutritional Yeast Gravy ..... \$1.75

**VEGAN** Tomato-Veggie Sauce ..... \$1.75

Salad Dressing ..... \$0.75 \$1.25  
(1 oz) (2oz)

**VEGAN** Hot Peanut Sauce ..... \$1.75

Vegan Mushroom Gravy ..... \$2.00

Sausage Gravy ..... \$2.25

Salsa ..... \$1.00 1.75  
(2 oz) (4 oz)

**VEGGIES**

Avocado ..... \$1.50

Green Pepper & Onion ..... \$1.25

Onions, Grilled ..... \$1.25

Spinach ..... \$1.50

Garlic ..... \$1.00

Jalapenos ..... \$1.25

Diced Green Chilies ..... \$1.25

Grilled Mushrooms ..... \$1.25

Olives ..... \$1.25

Kale / Collards (Mix) ..... \$1.50

Tomato Slices ..... \$1.50

**MEATS & FISH**

Bacon (Nitrate, Hormone, & MSG free) 4 Slices ..... \$3.25

Beef Patty (Nitrate, Hormone, & MSG Free) ..... \$3.25

Sausage Links (Nitrate, Hormone, & MSG Free) ..... \$3.00

Salmon Patty ..... \$3.25

Turkey Ham, Diced ..... \$2.75

Grilled Chicken ..... \$2.75

Bacon (Nitrate, Hormone, & MSG Free) 2 Slices ..... \$1.75

Chorizo, Diced ..... \$2.75

Italian Sausage Patty ..... \$3.00

Lox Wild Salmon ..... \$3.25

Turkey Ham, Sliced ..... \$3.00

Chunk Smoked Salmon ..... \$3.00