

Just For Kids

Mini Kobe Cheeseburger
(GF* DF*) With pickle and a side salad. \$5.00
Add a 2nd burger: \$3.00

Chicken Slider Sandwich
(GF* DF*) Grilled chicken breast, choice of cheese, pickle and fruit salad. \$5.00

Grilled Cheese
(GF) With cheddar jack cheese and fruit salad. \$5.00

Mini Cheese Pizza
(GF DF) With pickle and fruit salad. \$4.00

Beverages

Honest Teas & Ades Check out our selection. \$1.75

Select Coke Products \$2.00

Assorted Vitamin Waters \$1.75

Minute Maid Natural Juices \$1.75

Iced Tea (Organic, Whole-Leaf, Freshly Brewed)
Ask server for selections. \$2.00 with single refill

Organic Blue Sky Ask server for flavors. \$2.00

Fruit Smoothies Ask server for selections. \$4.00

Zevia (Natural, zero-calorie soda) Ask server for flavors. \$2.00

Fruit Juices Orange, Apple, Grapefruit. sm: \$2.00, lg: \$3.00

Milk \$1.75

Coffee (Fair-Trade, Locally Roasted) House Light, Dark, Decaf. \$1.95

Espresso Single: \$1.25, Double: \$2.25, Xtra Shot: \$1.00

Latte Single: \$2.75, Double: \$3.75

Add a Flavor Caramel, Vanilla, Amaretto, Dark Chocolate, Hazelnut. \$.50

Hot Tea (Organic, Fair-Trade, Whole-Leaf) Check out our tea chest selections. \$1.75

Desserts

All baked goods are gluten free and made in house using organic zero trans fat shortening, organic evaporated cane juice and no artificial colors or preservatives.

Walnut or Fudgy Chocolate Chip Brownie \$2.30

Mini Tarts Apple Crumb, Pecan, Cherry Crumb, Peach Crumb \$4.55

Mini Cakes Chocolate or Vanilla with Chocolate or Vanilla Icing, Chocolate Brownie, Gingerbread, Pecan Streusel Coffee Cake. Whole: \$4.55, Half: \$2.75

Mini Carrot Cake Whole: \$4.89, Half: \$3.00

Mini Cheese Cake \$6.30

Peanut Butter Candy Cake \$3.10

Rice Crispie Treat Plain, Chocolate Peanut Butter. \$1.75

Cupcakes (4 pk) Spice, Brownie, Chocolate or Vanilla with Chocolate or Vanilla Icing. \$4.55

Cookies Peanut Butter, Peanut Butter Chocolate Chip, Pecan Mixed Chocolate Chip, White Chocolate Chip Pecan, Snickerdoodles (DF), Chocolate Chip (DF), Oatmeal Raisin (DF) Sugar (DF), Ginger (DF), Molasses (DF), Chocolate Chip (Ve), PB Chocolate Chip (Ve), Oatmeal Raisin (Ve). \$2.05/2, \$5.20/6

Dairy-Free Loaves Pumpkin, Carrot Flax, Banana, Cranberry Orange. mini: \$2.05, lg: \$3.89

Dairy-Free Muffins Ask for daily selections. \$2.50

Vegan Cupcakes Ask for daily selections. \$5.25/pkg of 4

Vegan Rice Crispie Treat Plain, Chocolate Peanut Butter. \$2.50

Vegan Chocolate Chip Brownie \$2.50

Vegan Cakes Ask for daily selections. \$4.50/slice

Whole Cakes Made to order. Ask your server.



Our mission is to provide a safe, friendly environment, feature local, organic and sustainable resources, and promote social responsibility.

Our selections are all fresh and made to order. We appreciate your patience.

Café Hours

M-T-W-F: 8am-8pm
TH & S: 8am-9pm
Sun: 9am-2pm

701 Penn Avenue
West Reading, PA 19611
610-670-4885

GF=Gluten-Free V=Vegetarian VE=Vegan DF=Dairy/Milk-Free
* = can be modified—**SPECIFY WHEN ORDERING!**

BREAKFAST (Mon-Sat 8AM-11:30AM)

From the Bakery

Bagel with Cream Cheese (GF* V Ve* DF*) \$3.50
With smoked salmon: \$5.50

Oatmeal (GF V Ve* DF*) Steel-cut, gluten-free oats with a touch of cream and brown sugar. \$4.50

From the Griddle

Vegan, Gluten-Free Pancakes (GF V Ve DF) with vegan butter, maple syrup and fresh fruit. \$7.25

Maple Buckwheat Pancakes (GF V) with honey butter, sugar-roasted cubanel pepper and fresh fruit. \$7.25

Potato Pancakes (GF V*) Grilled apple, red onion, side sour cream and smoked chevre upon request. \$8.00
With smoked salmon: \$10.00

Stuffed Pumpkin Bread French Toast (GF V) Filled with maple sweetened ricotta cheese and topped with an apple-pear port wine compote. \$8.00

Breakfast Quesadilla (GF* V* Ve* DF*) Scrambled eggs, onions, peppers, cheddar jack cheese, side of sour cream and our house-made salsa. \$8.75

Breakfast Combos

Steak and Eggst (GF* DF*) Grilled house steak, two eggs your style and Yukon gold hash. \$12.00

French Combo (GF V) A slice of our pumpkin bread French toast, a small brie omelet and fresh fruit. \$10.00

From the Farm

All items made with cage-free eggs and served with Yukon gold hash. For sweet potato hash or potato pancakes, add 50¢.

Two Eggs Your Style (GF* V* Ve* DF*) With toast. \$5.00

Barnyard Hash (GF* DF*) A blend of ham, sausage, bacon, onions, peppers, cheddar jack cheeses, topped with two eggs (your style), with a side of toast. \$9.50

Green Eggs and Ham (GF* V* DF*) Prosciutto, tomato and basil, pine nut pesto omelet topped with provolone, served with a side of toast. \$9.50

Spinach and Sun-dried Tomato Omelet (GF* V Ve* DF*)
With feta cheese and toast. \$8.50

Mexican Frittata (GF* V* Ve* DF*) Sausage, onions, peppers and diced tomatoes topped with cheddar jack cheese, served with sour cream, salsa and a grilled tortilla (no potatoes). \$8.75

Vegetable Omelet (GF* V Ve* DF*) Broccoli, butternut squash, asparagus, peppers and tomato, topped with choice of cheese, and toast. \$8.50

Build Your Own Omelet (GF* V* Ve* DF*) Up to four fillings plus choice of cheese, served with toast. \$8.50.

Eggs Sardou (GF* V) Artichoke hearts and spinach atop an English muffin with poached eggs and hollandaise. \$8.75

"Crabby" Eggs Benedict (GF*) Our crab cakes atop an English muffin with poached eggs and hollandaise. \$11.00

From the Deli

Meat Lover (GF DF) Choose from bacon, pork sausage, grilled ham, or turkey sausage. \$4.00

Grab 'n' Go Egg Sandwich with Coffee (GF* V* DF*) Two eggs, choice of meat and cheese...just how you like it! \$7.00

Croissant Breakfast Sandwich (GF* V*) Two eggs, choice of meat and cheese: \$6.00

Breakfast Burrito (GF* V* Ve* DF*) Eggs, sausage, cheddar cheese, salsa in a grilled wrap, with a side of sour cream. \$7.50

WEEKLY SPECIALS & EVENTS

f MEMBER MONDAY
Mondays
10% off for facebook fans

GUYS NIGHT OUT
Wednesdays
free beer with your burger, 5-8pm

BRUNCH
Sundays 9am-2pm

GIRLS NIGHT OUT
Tuesdays
complimentary wine & dessert

STEAK & SEAFOOD SPECTACULAR
Fridays
steak & seafood specials

LIVE MUSIC
Thursday & Saturday Nights

\$ DINNER DISCOUNTS
Wednesdays
20% off all entrees, 4-8pm

COUPLES NIGHT
Saturdays
complimentary wine & live music

We're BYOB!

DON'T MISS OUR TAKE-AWAY ITEMS
Available in our refrigerated section.

Visit us online

facebook.com/goodeatzgreencafe • www.goodeatzgreencafe.com • www.goodeatzbakery.com

LUNCH/DINNER (Mon-Sat 11:30AM-closing)

GF=Gluten-Free V=Vegetarian VE=Vegan DF=Dairy/Milk-Free
* = can be modified—**SPECIFY WHEN ORDERING!**

Small Plates

Soup du Jour (GF* V* Ve* DF*) \$4.50

Five-Bean Vegan Chili (GF V Ve DF) \$5.00

Ahi Tuna Sashimi Plate† (GF* DF) With wakame seaweed, wasabi, pickled ginger and dipping sauce. \$10.00

Mediterranean Platter (GF* V Ve* DF*) House-made hummus, fresh veggies, grilled portabella, stuffed grape leaves, pita and feta. \$9.50

Potato Pancakes (GF V*) Grilled apple and red onion, smoked chevre (goat cheese) and sour cream. \$8.75.
With smoked salmon: \$10.50

Garlic/Wine Herb Mussels (GF DF) With bread stick. \$9.50

Grilled Quesadilla (GF* V Ve* DF*) Cheddar and jack cheese, special seasoning, served with salsa and sour cream. \$8.00.
Choose from our Sides & Add-Ons, and make it your own!

Kobe Beef Slider Sampler† (GF*) Black(ened) and bleu (cheese), salsa, and cheddar jack cheese. \$11.00

Salads

Dressings (GF): Cranberry White Balsamic Vinaigrette, Ranch, Pomegranate Vinaigrette, Blue Cheese, Fat-Free Italian, Maple Mustard Vinaigrette, and 1000 Island (Regular or Vegan)

Grilled Caesar Salad (GF V*) Char-grilled romaine, house-made dressing, sharp provolone cheese, croutons. \$8.00

Avocado Citrus Salad (GF V Ve DF) Avocado with Mandarin oranges on mixed greens with citrus vinaigrette. \$9.00

Spinach Salad (GF* V* DF*) Baby spinach with our maple mustard vinaigrette, topped with crumbled bleu cheese, apple wood smoked bacon pieces, tomatoes, spiced walnuts and carrots. \$8.75

Harvest Salad (GF V Ve DF) A roasted butternut squash and grilled asparagus fort filled with house mixed greens, with a cranberry white balsamic vinaigrette with dried cranberries, spiced walnuts and tomatoes. \$8.75

Chicken Salad du Jour (GF DF*) Daily selection on a bed of mixed greens or baby spinach. \$9.00

Garden Salad (GF V Ve* DF) House lettuce mix with tomatoes, cucumbers, red onion, carrots, radishes and croutons. \$6.75

Sandwiches

All sandwiches are served on a whole wheat kaiser roll unless specified otherwise. Additional bread choices: G/F roll (+50¢), G/F millet (+50¢), G/F rye (+50¢), croissant, sourdough, wheat, deli rye, whole wheat pita, or wrap. (See selections under Wraps.) All items are served with lettuce, tomato and onion, a choice of our daily side salads, and a deli pickle.

Café Deli Sandwich† (GF* DF*) Choose from our house-roasted beef, turkey, or ham with sharp provolone, swiss, cheddar jack or vegan cheese, served with mayo. \$7.75

Raspberry & Brie Grilled Cheese (GF V) On sourdough. \$8.00

House-Made Salmon Burger (GF* DF) \$9.00

Black Angus Cheeseburger† (GF* DF*) Our 6-oz burger du jour. See what our chefs create! \$8.50

Mixed Slider Trio† (GF* DF*) Kobe beef with cheddar, crab cake, and chicken breast with salsa, on mini hamburger buns. \$11.00

Kobe Beef Sliders† (GF* DF*) Black(ened) and bleu (cheese), salsa, and cheddar jack cheese, on mini hamburger buns. \$11.00

Catch of the Day† (GF* DF*) Daily sustainable selection. \$9.50

Grilled Free-Range Chicken Breast (GF* DF*) \$9.00

Chicken Salad (GF* DF*) Check out our daily selection. \$9.00

Crab Cake Sandwich (GF* DF*) House blend, served with Remoulade sauce. \$10.00

Wraps

Choose from wheated white, whole wheat, roasted red pepper, spinach or gluten-free (+50¢). All wraps include a choice of our daily side salads and a deli pickle.

Grilled Chicken Caesar (GF*) Chicken breast, Caesar mayo, sharp provolone, croutons and grilled romaine lettuce. \$9.50

Grilled Chicken Oscar (GF*) Chicken breast, asparagus, crabmeat & béarnaise mayo. \$10.00

Chicken Salad (GF* DF*) Daily selection. \$9.00

Tuscan Turkey (GF* DF*) House-roasted turkey, roasted red peppers, spinach and pesto. \$9.00

Seared (very rare) Sesame Wild Caught Ahi Tuna† (GF* DF) Sesame-coated tuna, wasabi mayo, seaweed salad and citrus soy sauce. \$11.00

Codfish Burrito (GF* DF) Our version of a fish taco. Choose from Cajun, Tropical or Jamaican Jerk, served on your choice wrap with Remoulade sauce. \$9.00

Andouille Sausage Burrito (GF* DF*) Spicy sausage, onions, peppers, rice, salsa & jack cheese in a tortilla. \$9.00

Pizza

Personal 7" Gluten Free Pizza (GF) Plain or choose our Pizza du Jour, served with a side salad. \$9.50

Paninis

All paninis include a choice of our daily side salads.

Beef, Mushroom & Swiss† (GF* DF*) House-roasted beef, grilled portabella, Swiss cheese and horseradish cream. \$9.00

Italian Caprese (GF* V* DF*) Grilled prosciutto ham, charred tomato, fresh mozzarella and basil pesto. \$9.00

Grilled Reuben (GF* DF*) Corned beef, 1000 Island dressing, Swiss cheese and sauerkraut, served on seedless rye. \$9.00

Entrees

Orange-Rosemary Wild Caught Salmon (GF DF) Over house quinoa-rice blend, with veggies and garden salad. \$15.00

Seafood Stir-Fry (GF V* DF) House seafood medley, veggies, quinoa-rice blend and garden salad. \$16.00

Café Oriental Stir-Fry (GF V* Ve* DF) Our selection of veggies, house quinoa-rice blend with choice of beef, chicken, shrimp or tofu. \$14.75

Pasta Primavera (GF* V Ve* DF*) House veggies with regular or gluten-free pasta in either Alfredo or garlic aioli, with bread stick and garden salad. \$13.00

Gluten-Free Cheese Ravioli (GF V) In marinara, with gluten-free bread stick and garden salad. \$15.00

French Combo (GF V) A slice of our pumpkin bread French toast, a small brie omelet and fresh fruit. \$10.00

18% gratuity charge will be added to parties of eight or more.

†Consumption of raw or undercooked fish, meat, poultry or eggs increases the risk of contracting food-borne illness.

VEGAN SELECTIONS

Organic Vegan Veggie "Burger" (GF* V Ve DF) Made from mushrooms, brown rice and assorted vegetables, served with lettuce, tomato, onion, deli pickle and side salad. \$7.50

Marinated Organic Tofu "Burger" (GF* V Ve DF) House-marinated, daily selections, with side salad. \$7.50

Sautéed Vegetable Wrap (GF* V Ve DF) Broccoli, butternut, sun-dried tomatoes, onions, pepper, grilled asparagus and hummus, served with a side salad. \$8.75

Ratatouille Wrap (GF* V Ve DF) Zucchini, squash, onions, portabellas, sun-dried tomatoes, fresh tomatoes and hummus, served with a side salad. \$8.50

Grilled Vegetable Panini (GF* V Ve DF) Hummus, eggplant, roasted red pepper, asparagus and portabella on a Ciabatta roll, served with a side salad. \$8.75

Vegan Grilled Reuben (GF* V Ve DF) Choice of grilled tofu, tempeh or portabella with vegan 1000 Island dressing, vegan cheese and kraut on seedless rye, served with a side salad. \$9.00

Vegan BBQ Sloppy Joe (GF* V Ve DF) Served on a Kaiser roll with vegan cheese and side salad. \$8.75

Vegan Veggie Lasagna (GF V Ve DF) TVP, tofu, eggplant, spinach, zucchini, marinara, rice lasagna noodles, served with a garden salad. \$10.00

Pesto Pasta (GF* V Ve DF) House or gluten-free pasta tossed in olive oil and house-made pesto, served with a garden salad. \$10.00

Vegan Shepherd's Pie (GF V Ve DF) Textured vegetable protein, veggies and mashed potatoes, served with a garden salad. \$9.00

Seitan Meatloaf (V Ve DF) Served with mashed potatoes, gravy and a garden salad. \$10.00

SIDES & ADD-ONS

House Steak (6oz) \$9.00

Chicken Breast \$4.00

Shrimp \$8.00

Tuna (6oz) \$8.00

Salmon (8oz) \$8.00

Smoked Salmon \$3.00

Crab Cake \$7.00

Portabella \$4.00

Veggie Mix \$4.00

Veggie Burger \$4.75

Tofu \$5.00

Quinoa-Rice Blend \$2.00

Kids Menu on Back