

Café Menu

We select the freshest organic products available. We use organic grains, hormone-free dairy products and all of our organic fruits & vegetables are washed with care. Since all of our products are made fresh, not all items are available daily.

Specialty Salads

Edamame Salad \$4.50

Organic soy bean, hormone free feta cheese, organic cranberries, fresh basil, sea salt blended with olive oil

Veggie Pasta Salad \$5.50

Organic fusilli pasta tossed with an array of organic vegetables and an olive oil & honey dressing

Tofu Cutlet Salad \$7.00

Organic romaine lettuce topped with assorted organic vegetables, marinated grilled tofu and a vinaigrette dressing

Protein Salad \$7.00

Organic romaine lettuce topped with assorted vegetables, our own homemade hummus, sesame seeds with a side of dressing

Green Salads

Greek Salad \$7.50

Organic spinach topped with hormone free feta cheese, olives, tomato, and red onion with our special dressing

RATHER HAVE IT IN A WRAP.....\$6.99

Springtime Green Salad sm-\$4.50 lg-\$6.50

Organic greens with assorted fresh vegetables and fruits with our own home made vinaigrette

Add Chicken ,Tuna, Eggsalad ... \$2.00

Add Almonds or Cashews\$1.50

House Specialties

Spanakopita (spinach pie) \$6.00

Organic spinach, hormone free feta, cottage cheese, eggs, and spices layered in a fillo dough

Sushi (vegetable or salmon) \$5.00-\$7.00

Maine Sea Coast nori sheets filled with organic veggies or salmon, veggies and cream cheese. Both served with wasabi, ginger and liquid amino

Mom's Nut Loaf \$6.50

A unique blend of walnuts, sunflower seeds, variety of free range hormone free meat, egg, sage, tomato and tamari baked in a loaf

Our own Lasagna \$6.50

Organic noodles layered with homemade sauce, ricotta cheese blended with greens topped with a three cheese blend

Homemade Soups

Homemade Soups \$4.50

Each day we prepare homemade soups using healing foods such as miso, fresh vegetables, free range meats, tofu, blended with herbs and spices

Vegetarian Chili (all organic) \$4.50

Our very own blend of organic vegetables including tomatoes, zucchini, carrots, onions, GMO-free tvp and a blend of herbs & spices

CATERING AVAILABLE, ASK TO SEE OUR CATERING MENU

Whole Life Café is committed to serving the highest quality organic and healthiest foods available. If you are dining in we would enjoy heating your meal and serving you at your table. Relax and enjoy the view down Main St.
 80 Main St. Downtown Machias (corner of Rte 1 and Main St) 207.255.8855 phone 207.255.8866 fax

Everyday Sandwiches

Spicy Thai Chicken Wrap \$6.99 Free range chicken grilled and blended with rice, carrots, celery, broccoli, mushroom and a spicy thai peanut sauce then wrapped with in a white wrap	Garden Burger Wrap \$5.99 A vegetable garden burger grilled (then cooled) placed in a tomato wrap with mesclun mix, tomato topped with grape seed veganise.
Ham & Cheddar \$6.99 Uncured Applegate ham topped with lettuce, tomato, cheddar, and spicy mustard on homemade bread, roll or wrap	The Vegetarian Wrap \$6.49 A spinach wrap is filled with mesclun salad mix, tomato, avocado, cucumber, and sprouts then topped with olive oil and seasoning
Chicken Salad \$6.99 Free Range organic chicken blended with mayo and Rayes fall harvest cranberry mustard topped with fresh romaine on bread or a wrap	Mexican Burrito Wrap \$6.99 Black bean topped with layers of organic rice, mild salsa, cheddar cheese then tightly rolled in a tomato wrap
Best Egg Salad Ever! \$5.49 Organic eggs blended with the right amount of mayo and Eastport's Raye's mustard topped with romaine lettuce on whole wheat or wrap	Our Tuna Special \$5.99 Dolphin safe light tuna blended with organic relish, spices and canola mayonnaise topped with romaine lettuce on whole wheat bread or wrap
Homemade Hummus Wrap \$5.99 Our homemade hummus topped w/ asst'd veggies on a spinach wrap.....Add avocado for \$1.00 more	Black Bean Wrap \$4.99 Black bean layered in a spinach wrap topped sprouts..... Add avocado for \$1.00 more
Roasted Turkey Wrap \$6.99 Applegate turkey breast topped with sliced tomato, fresh romaine, herbs and mayo on a bread, roll or wrap	Peanut Butter & Jelly \$3.29 Organic Peanut butter layered with your choice of jelly.

Specialty Sandwiches

Tofu Cutlet \$6.49 A spicy breaded slice of tofu topped with mixed greens, tomato, and a veganaise and cranberry mustard blend on homemade bread	Chicken Caesar \$6.49 Free-range grilled chicken tossed with organic romaine, Romano cheese and Drew's caesar dressing in a wrap.	Turkey Bacon Club \$7.49 Applegate turkey breast topped with morning bacon, romaine lettuce, tomato and herbed mayo on bread, wrap or roll.
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House Favorites

Layered Mex Dip \$5.50 Layers of refried beans, cheddar, olives, mild salsa, sour cream, and chives	Our own Hummus \$4.00 Organic chick peas, tahini paste, garlic, olive oil, cumin, cayenne and sea salt	Fantastic Fruit Cup \$3.00 An array of organic fruits blended with shredded coconut and orange juice
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Bakery Specialties

Fresh Baked Scones \$2.50	Organic Cheesecake \$4.50
Double Chocolate Brownie \$2.00	Hello Dolly's (wf/gf) \$2.00
Chewy Chocolate Chip Cookies \$2.00	Chocolate Chip Cookies (wf/gf) \$2.75
Signature Muffins: Blueberry, Raspberry, Blackberry, Cranberry nut, Banana	
Chocolate Chip and our famous Morning Glory..... \$2.50----\$3.00	

Boxed Lunches

The Adventurer's Box \$10.00 Add your choice of Wrap to your box of fresh fruit, trail mix and a water or spritzer.	The Kid's Explorer Box \$7.00 Add a Peanut butter & Jelly or a Ham & Cheese to your box of fresh fruit, trail mix and a bottle of water or juice box
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We accept Visa, Mastercard, EBT, Checks and cash
Prices are subject to change without notice. Prices effective May 1st, 2008