

## Menu

### Eat-in or take-out

Also, ask about catering or reserving Green River for your special event or meeting.

“Real food  
for Real people”

Member Capitol Area  
Local First



**Green  
River  
Cafe**

Green River Café is a locally owned establishment, committed to serving as many Local, Fair-Trade, and other organic products that are available at each and every moment. Devoted to creating a positive atmosphere that supports the local arts and many environmental organizations.

We also cater, deliver, and host small group meetings in the Café.

Watch for our LIVE EVENTS (music, poetry, movies nights, social gatherings etc.)

[GreenRiverCafe.com](http://GreenRiverCafe.com) Ph. 517.999.3700 211 MAC Ave. E. Lansing

## Breakfast

7:00 -11:00

**GRC Scramble:** Tofu or organic eggs scrambled with a delicious medley of sautéed veggies topped with shredded cheddar cheese or soy cheese. \$5.00

Two Eggs, toast and coffee \$4.50

Organic Cereal or Oatmeal \$2.50

Organic Waffles \$3.50 add fruit \$1.50

Toast/Bagel/Eng. Muffin \$1.00  
Add Cream Cheese .40

Yogurt \$1.75

Fruit Cup \$2.50

Granola w/ Milk \$2.70 w/ Silk \$3.25

Whole Fresh Fruit \$.75-\$1.50

## Handcrafted Soups

*Made fresh with natural and organic ingredients!*  
Cup \$2.75 Bowl \$4.50

### Soup selections include:

Turkey Chili, Veggie Chili, Green and Red Organic Lentil, Potato Leek, Chicken Tortilla, Shrimp and Yam (w/locally raised shrimp), many others made as seasonal and local ingredients become available.

## All Sandwiches

\$5.75

Choice of...Organic Breads: Whole Wheat / Flax Seed / Multi Grain

Have your sandwich as a wrap for no extra charge!  
Cheeses: Provolone, Cheddar, Swiss or Pepper Jack

**Traditional Turkey:** mesquite roasted turkey breast on your choice of organic bread, cheese, lettuce, tomato, onion and mayo

**Boca Burger:** A delicious vegan “burger” on your choice of organic bread, cheese, lettuce, tomato, onion and mayo

**Veggie Delight:** The name says it all! Your choice of organic bread piled high with our handcrafted organic hummus, cheese, sprouts, avocado, tomato and red onion

**Tuna Melt:** We start with a generous portion of dolphin friendly tuna, oven heated with your choice of cheese and toasted organic bread, mayo, lettuce, tomato and red onion

**Mediterranean Melt:** Deliciously grilled Eggplant, bell peppers mozzarella cheese, lettuce, and tomato, on your choice of toasted organic bread spread with our handcrafted organic hummus.

**Cherry Chicken Salad Wrap:** Grilled chicken mixed with Traverse City dried cherries, celery, onions, mayonnaise.

## Salads and Sides

**Organic Spring Mix Salad:** A blend of fresh greens and veggies with your choice of many different organic dressings. \$4.75

**Add:** Grilled Chicken, Mesquite Smoked Turkey, Grilled Tofu Tenders, Dolphin friendly Tuna. \$1.75

**Carrot Salad:** Shredded organic carrots, organic raisins and walnuts served with a light dressing of fresh lemon and honey.

**Potato Salad:** Redskin potatoes, celery, onion and colored bell peppers in a creamy dressing.

**Pasta Salad:** Organic tri-colored rotini pasta, grape tomatoes, feta cheese, bell peppers and red onion in our house balsamic vinaigrette.

**Fruit Salad:** A wonderful blend of seasonal fruits. Perfect for breakfast or a refreshing side dish.

**Asian Edamame Salad:** Edamame, peapods, red pepper, corn, red onion, dressed in sesame soy and ginger dressing.

**Southwest Black Bean Salad:** Sweet Corn, black beans, red onion, green & red peppers, and grape tomatoes in a citrus cilantro cumin dressing.

**Cherry Chicken Salad Wrap:** Grilled chicken mixed with Traverse City dried cherries, celery, onions, mayonnaise. Have it in a wrap for the price of a sandwich!

**Focaccia:** Rustic organic whole wheat crust flavored and topped with fresh and in season ingredients. \$4.50

**Crustless Quiche:** A medley of organic eggs and various fresh veggies with cheddar cheese \$3.75

## Smoothies

*Our fresh fruit smoothies are a healthy way to hydrate and vitimize your life!*

**Strawberry Banana-** strawberries, banana, yogurt, apple juice

**Royal Berry-** blueberries, raspberries, blackberries, strawberries, yogurt, apple juice

**Berry Orange-** blueberries, raspberries, blackberries, strawberries, yogurt, orange juice

**Raspberry Banana-** raspberries, banana, yogurt, apple juice

**Blackberry Apple-** Blackberries, yogurt, apple juice

16oz \$3.75

20oz \$4.50

## Organic Fair-trade Coffee and Tea

*Made fresh all day long!*

Tea - \$2.00

Darjeeling

Peppermint

Earl Grey

Irish Breakfast

German Chamomile Flowers

Green Tea



Coffee

Sumatra, Fair-trade Rwanda, Dark Organic

Costa Rican, Peruvian, Organic Mexican,

Decaf Organic Costa Rican

12oz \$1.40

16oz \$1.80

20oz \$2.20

## Espresso Drinks

*Espresso:* Single \$1.50 Double \$2.25

*Latte/Cappuccino:* Single \$2.50 Double \$3.50

*Ghirardelli Mocha & Caramel Latte:*

\$2.85/\$3.85

*Organic Chai:* \$2.75/ \$3.75