

MICKEY'S CAFÉ & ORGANICS

LUNCH MENU

mickeyscafeandorganics.com // To-go orders: (727) 851-9833 or (727) 851-9832

SALADS

BIG. FRESH. COLOURFUL. ORGANIC. MADE TO ORDER.

HOMEMADE DRESSINGS:

balsamic, raspberry vinaigrette, mango-chardonnay, honey-mustard, gorgonzola or oil & vinegar

ADD PROTEIN \$4.50 extra: Chicken Salad, Jerk Chicken, Tuna Salad

Strawberry Fields \$12.15

#1 Best Seller! Romaine, shredded carrots and red cabbage, sprouts, tomatoes, cucumber, strawberries, crumbled feta cheese, topped with pecans and dried cranberries. Best with raspberry vinaigrette

Chicken Salad \$11.75

Very popular! Romaine, shredded carrots and red cabbage, cucumber, tomatoes, sprouts, topped with our famous chicken salad (oven-baked pulled chicken, light mayo, pecans, dried cranberries and celery)

Jerk Chicken Salad \$11.75

Health with a kick! Romaine, shredded carrots and red cabbage, cucumber, tomatoes, sprouts, topped with our famous jerk chicken

Tuna Salad \$11.75

Romaine, shredded carrots and red cabbage, cucumber, tomatoes, sprouts, topped with tuna salad (albacore tuna, light mayo, pecans, dried cranberries and celery)

Cretan Salad \$12.15

A Greek Island delight! Romaine, cucumber, tomatoes, red onion, boiled potato, kalamata olives, capers, croutons, two dolmades, topped with lumps of soft goat cheese, sprinkled with oregano

Greek Salad \$10.50

Mickey is Greek! Romaine, cucumber, tomatoes, green pepper, red onion, kalamata olives, pepperoncini, topped with crumbled feta cheese

Salad Sampler \$12.15

A little bit of three heavens! Separate heaping scoops of wheat berry salad, tabbouleh, and hummus on a bed of romaine, with shredded carrots and red cabbage, cucumber and tomatoes, served with pita slices

Just Green Salad \$10.75

A phytonutrient blast! Romaine and spinach base with cucumber, green peppers, avocado, celery, sprouts

Spinach Deluxe \$10.50

Baby spinach, shredded carrots and red cabbage, cucumber, tomatoes, sliced hard-boiled egg, sprouts, topped with pecans and dried cranberries

Roasted Veggie Salad \$10.85

Roasted carrots, zucchini & squash on a bed of romaine, cucumber, tomatoes, sprouts, topped with feta cheese

Antipasto Salad \$11.50

Romaine, cucumber, tomatoes, topped with turkey, ham, salami and provolone cheese

Curry Egg Salad \$10.50

Romaine, shredded carrots and red cabbage, cucumber, tomatoes, sprouts, topped with our famous curried egg salad

Raw Power Salad \$9.95

Romaine, shredded carrots and red cabbage, cucumber, tomatoes, sprouts, shredded beets, topped with hearts of palm

Caesar Salad / Chicken Caesar Salad \$7.75 / \$10.95

Romaine, croutons, shredded parmesan cheese, with creamy caesar dressing

Garden Salad \$7.50

Romaine, shredded carrots and red cabbage, cucumber, tomatoes, sprouts

LUNCH COMBOS

1/2 Wrap Special - small salad, soup & cookie \$12.45

1/2 Wrap & Salad \$9.75

Soup & Salad Combo \$8.75

***UPGRADE to salad of choice

***extra \$2.00

1/2 Wrap & Soup \$9.95

Soup & Hummus - served with pita wedges \$9.15

SOUPS

MADE FRESH DAILY

ALWAYS A VEGAN OPTION

Cup \$4.75

Bowl \$6.25

SIDES

Hummus & Pita Wedges \$5.75

Kalamata Olive Pâté & Pita

Wedges \$6.75

Baba Ghanoush & Pita Wedges \$6.75

Raw Veggies & Hummus \$6.75

Tuna Salad \$6.75

Tabbouleh \$6.50

Wheatberry Salad \$6.50

Baked Sweet Potato Sticks \$4.95

Pita Bread \$2.00

DAILY SPECIALS

ALWAYS FRESH

HOT LUNCH

JUST ASK US!

We source only local, organic ingredients whenever possible. Thank you for supporting your local growing community!



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DRINKS

JUICE BAR
ESPRESSO BAR
SMOOTHIES
MILKSHAKES
WINE
BEER
COOLER ITEMS

SNACKS

SELECTION OF
PRE-PACKAGED OR
FRESHLY BAKED TREATS

DAILY SPECIALS

MADE FRESH DAILY
HOT LUNCH
JUST ASK US!

CATERING

WE CATER!
SPECIAL EVENTS
BUSINESS FUNCTIONS
OFFICE MEETINGS
PRIVATE PARTIES
ANYTHING YOUR HEART
DESIRES
..... ASK US

**Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food-borne illness.*

WRAPS

Whole Wheat, Spinach or Gluten-Free Wraps

Chicken Salad \$9.59
Oven-baked pulled chicken with celery, pecans, dried cranberries and light mayo, romaine lettuce, shredded carrots and red cabbage

Jerk Chicken Salad \$9.59
Oven-baked pulled chicken with homemade chipotle mayo, romaine lettuce, shredded carrots and red cabbage

Tuna Salad \$9.59
Albacore tuna with celery, pecans, dried cranberries and light mayo, romaine lettuce, shredded carrots and red cabbage

Turkey Pesto \$9.59
Deli-sliced turkey breast, provolone cheese and homemade pesto spread, romaine lettuce, shredded carrots and red cabbage

Roasted Veggie \$9.25
Roasted carrots, zucchini, squash and feta cheese, romaine lettuce, shredded carrots and red cabbage

Southwest Special \$8.75
Brown Spanish rice, black beans, shredded cheese, romaine lettuce, shredded carrots and red cabbage and homemade salsa served warm off the press

Curry Egg Salad \$8.75
Curried organic eggs, salt, pepper and light mayo, romaine lettuce, shredded carrots and red cabbage

Hummus \$8.75
Homemade hummus, tabbouleh and sprouts, romaine lettuce, shredded carrots and red cabbage

Very Veggie \$8.95
Cream cheese, avocado and cucumber, romaine lettuce, shredded carrots and red cabbage

SANDWICHES

Cuban \$10.25
Ham, Mojo pork, salami, swiss cheese, lettuce, tomato, pickle, mayo and mustard

B.L.T. \$7.95

Create Your Own Starting at \$7.95

SWEETS

Cosmickey Cookie \$3.65
Our locally famous cookie! Chocolate chip or raisin, contains oats, flaxseed & peanut butter! Your new healthy addiction :)

Original Macaroon \$2.35
Our famous gluten-free macaroon!

Chocolate Chip Macaroon \$2.69
Succulent! The original macaroon with chocolate chips!

Baked Goods
MADE FRESH DAILY

Gourmet Popcicle \$4.15
Popcraft local brand. Hand-crafted with all-natural, preservative-free ingredients in plenty of enticing flavours! A healthy alternative to the traditional dessert

Working Cow Homemade Ice Cream \$3.95
Real cream, real eggs, real fruit, real flavours! 2 scoops of any