





SOUP AND BREAD BOARDS

Our flavorful soups are made from scratch, right here in our kitchen, with the best ingredients available. We think you'll find them to be creative, wholesome, and delicious! All of our soups come with your choice of locally baked Avenue Breads French baguette or honey grain roll. This is no "cup" o' soup! Our generous bowls include a 12 ounce small, and a 16 ounce large. Curious? Ask for a taste of any of our soups!

Clam Chowder
Our own "crowded" clam chowder, stuffed with yummy clams, potatoes, and spices in a creamy base.

African Peanut Soup
Our *signature* soup is an exotic blend of ground peanuts, ginger root, tomatoes, garlic, and turkey.

Split Pea Soup  
Onions, carrots, and of course, peas, make up this healthy, fat free vegan soup. Simply wonderful!

Mexican Corn & Bean Sopa  
Red kidney beans, corn, tomatoes, onions, garlic, and our five spice blend in a vegetable juice base. Mildly spicy.


◆ **Soup Du Jour** ◆
Our daily special varies among over 50 soups. Please ask about today's special, and check out our monthly soup calendar so you can plan your next visit!

- Small soup with bread 6.95
- Small soup with cheese & bread 9.45
- Small soup with small garden or caesar salad and bread 11.95

- Large soup with bread 7.95
- Large soup with cheese & bread 10.45
- Large soup with small garden or caesar salad and bread 12.95

BURGERS BURGERS BURGERS

All of our burgers are served on a mild onion bun with corn tortilla chips on the side.
Add a small soup or salad 5.00

Mexi Black Bean Burger 
This unique vegetarian patty is made with black beans, brown rice, corn, herbs, spices, and chili peppers. We serve it with melted cheddar, avocado, salsa, red onion, lettuce, sprouts, and tomato. 9.95

Avocado Chicken Burger
Grilled garlic-marinated chicken breast strips with melted swiss, avocado, red onion, lettuce, sprouts, and tomato. 9.95

BBQ Chicken Burger
Grilled chicken breast dripping with spicy barbeque sauce, melted swiss, red onion, lettuce, sprouts, and tomato. 9.95

◆ **Salmon Burger** ◆
Wild-caught Alaskan salmon filet with pesto cream cheese spread, roasted red pepper, and melted havarti cheese. Served with lettuce, sprouts, red onion, and tomato. 11.95

SANDWICHES

We make 'em BIG using the best ingredients, including premium meats and cheeses, and fresh veggies. All of our sandwiches are made to order on your choice of Honey Wheat, Dark Russian Rye, or Sourdough bread. Croissants available on request.
* Ask for red onion or shredded carrots on your sandwich - no charge.

◆ Have the best of both worlds with a half sandwich and small soup or salad! ◆


The Colophon Deluxe
Ham, turkey, swiss & Tillamook cheddar, dijon mustard, lite mayo, sprouts, tomato, and lettuce.
Whole 10.95 **Half** 7.95 **Croissant** 8.95
Half w/small soup or salad 12.95

Turkey Avocado
Sliced turkey breast, avocado, smoked gouda cheese, sprouts, tomato, and lettuce.
Whole 10.50 **Half** 7.25 **Croissant** 8.25
Half w/small soup or salad 12.25

Village Turkey
Sliced turkey breast, swiss, lite mayo, dijon mustard, sprouts, tomato, and lettuce.
Ask for cranberry sauce!
Whole 8.95 **Half** 6.25 **Croissant** 7.25
Half w/small soup or salad 11.25

Ham 'n Havarti
Premium sliced ham, havarti cheese, lite mayo dijon mustard, sprouts, tomato, and lettuce.
Whole 10.50 **Half** 7.25 **Croissant** 8.25
Half w/small soup or salad 12.25

Tuna Salad
or **Chicken Peanut Salad**
Your choice of our homemade salads served with lite mayo, swiss cheese, sprouts, tomato, and lettuce.
Whole 10.50 **Half** 7.25 **Croissant** 8.25
Half w/small soup or salad 12.25


Garden of Delights 
A vegetarian specialty! Your choice of cream cheese or our homemade hummus, dijon mustard, cucumbers, sprouts, tomato, and lettuce. (*onions and carrots on request*).
Whole 8.50 **Half** 5.75 **Croissant** 6.75
Half w/ small soup or salad 10.75

Garlic Chicken Avocado
Garlic-marinated chicken strips with avocado, smoked gouda cheese, sprouts, tomato, and lettuce.
Whole 10.50 **Half** 7.25 **Croissant** 8.25
Half w/small soup or salad 12.25

BAGELS

Our bagels come to us fresh daily from The Bagelry in downtown Bellingham. Choose to have any bagel sandwich made on plain, whole wheat, sesame seed, onion, garlic, everything, or cinnamon raisin.

The Bagel Melt
Cream cheese and your choice of turkey with melted swiss, or ham with melted cheddar. Or try our homemade tuna salad melt!
Whole 8.95 **Half** 6.25
Half w/small soup or salad 11.25

Veggie Melt 
Avocado, cucumber, tomato, and melted swiss (*onion and carrots on request*).
Whole 8.95 **Half** 6.25
Half w/small soup or salad 11.25

Garlic Chicken Melt
Garlic-marinated chicken strips over cream cheese, and topped with melted swiss.
Whole 10.50 **Half** 7.25
Half w/small soup or salad 12.25

Smoked Salmon Melt
Wild Alaskan salmon smoked locally at VIS Seafoods, with cream cheese, red onion, and melted swiss.
Whole 10.50 **Half** 7.25
Half w/ small soup or salad 12.25

Smoked Salmon Bagel
Traditional smoked salmon bagel served chilled with cream cheese, red onion, and capers.
Whole 10.50 **Half** 7.25
Half w/small soup or salad 12.25

Muff-Bird
or **Muff-Ham**
Whole wheat english muffin toasted with cream cheese, tomato, and your choice of turkey with melted swiss, or ham with melted cheddar.
Whole 8.50 **Half** 5.75
Half w/ small soup or salad 10.75