



Pangea **

Hours of Operation

Sunday	5:00 PM - 8:00 PM
Monday	5:00 PM - 8:00 PM
Tuesday	5:00 PM - 8:00 PM
Wednesday	5:00 PM - 8:00 PM
Thursday	5:00 PM - 8:00 PM
Friday	5:00 PM - 8:00 PM
Saturday	5:00 PM - 8:00 PM

SALADS

Vibrant salads made of organic field green. Served naked with dressing on the side.

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| 1. Cleopatra Salad | \$6.50 |
| <i>field greens with artichokes, sun-dried tomatoes & parmesan cheese with sun-dried tomato vinaigrette</i> | |
| 2. Squirrel Nut Salad | \$6.50 |
| <i>field greens with sprouts, carrots, goji berry seed and nut blend and sundried tomato vinaigrette</i> | |

TASTY SIDES AND SHARABLES

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| 3. Tapas Dance | \$8.50 |
| <i>tastings of olive, feta and hummus spreads served with focaccia points and mixed greens.</i> | |
| 4. Hummus Plate | \$7.50 |
| <i>our delicious hummus with black olive relish and tahini drizzle. Accompanied by grilled focaccia points.</i> | |

WRAPS

A taste awakening wrapped up in flat bread.

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| 5. The Grill from Ipanema | \$8.75 |
| <i>grilled chicken or tofu, avocado, tomato, red onion & roasted garlic</i> | |
| 9. The MaHarissa | \$8.25 |
| <i>besar spiced tempeh, harissa aioli, cucumber, carrots, red onion, peppers & tzatziki</i> | |
| 10. Thrill of the Grill | \$8.25 |
| <i>grilled zucchini, roasted peppers, caramelized onions & artichokes with pesto & aiouette</i> | |
| 11. Magic Mushroom | \$8.75 |
| <i>marinated portabello and field mushrooms, peppers & onions, zucchini, & creamy bleu cheese</i> | |
| 12. Gimmie the Greek | \$8.25 |
| <i>kalamata olive relish, avocado, tomato, cucumber, red onion & herbed feta cheese</i> | |
| 13. Tangled up in Bleu | \$8.25 |
| <i>grilled chicken, creamy bleu cheese, roasted peppers & caramelized onions</i> | |
| 14. Island Tuna | \$9.25 |
| <i>**Albacore tuna (sustainably caught, our tuna has the lowest mercury levels in the industry & 177% of the recommended Omega 3's) salad laced with celery, carrots % red onions dressed in citrus mayo</i> | |
| 15. Wrap of Khan | \$8.75 |
| <i>lightly spiced chicken, artichoke hearts, grilled zucchini & red pepper aiouette</i> | |
| 16. Hummus Wrapture | \$7.75 |
| <i>hummus with carrots, sprouts, tomato, cucumber, red onion & tahini</i> | |
| 17. Indian Curry | \$8.75 |
| <i>Indian-spiced chicken or tofu, tomato, red onion, carrots, roasted peppers & curried aioli</i> | |
| 19. Hoodoo Voodoo | \$8.50 |
| <i>spicy berbere chicken, cucumber, carrots, roasted red peppers & onions with chermoula aioli</i> | |
| 20. Thai'd up Tofu | \$8.25 |
| <i>tamari braised tofu with carrots, cucumber, red onions & peppers & Thai peanut sauce</i> | |
| 21. Spring Chicken | \$8.50 |
| <i>grilled chicken, tomatoes, carrots, red onions, parmesan & creamy spring onion dressing</i> | |
| 22. The Tempehst | \$8.25 |
| <i>spicy grilled tempeh, zucchini, red peppers, caramelized onions & roasted garlic aioli</i> | |

PANNINIS

Resemble sandwiches, except that they are grilled and hot and yummy. Really yummy.

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| 23. Mushrooms Wild | \$9.50 |
| <i>grilled portabello & field mushrooms, pesto, sun-dried tomatoes, spinach & goat cheese.</i> | |
| 24. Drunken Barbecue | \$9.25 |
| <i>chicken with roasted peppers, caramelized onions, mozzarella cheese & tangy barbecue sauce</i> | |
| 25. Much Ado About Cheese | \$9.00 |
| <i>mozzarella, red pepper aiouette, pesto, tomatoes & parmesan cheese</i> | |
| 26. Eat Your Heart Out | \$9.25 |
| <i>chicken, artichoke hearts, grilled zucchini, spinach & creamy herbed feta cheese</i> | |
| 27. French Kiss | \$9.50 |
| <i>brie with fresh and sun-dried tomatoes, spinach & pesto</i> | |
| 28. Mother Stuffer | \$9.50 |
| <i>(grilled on a spinach tortilla) mozzarella, red pepper aiouette, basil pesto, tomato, avocado, artichokes & spinach</i> | |
| 29. Bison Ranch Blues * NEW | \$9.25 |
| <i>Siracha BBQ spiked Full Circle buffalo sausage, red peppers, onions, blue cheese & moss.</i> | |
| 30. Bernie Your Beancurd | \$9.00 |
| <i>Spicy tofu, roasted onions, red peppers, zucchini, spinach & garlic aioli.</i> | |
| 31. Tuna Meltdown | \$9.00 |
| <i>Tuna salad with tomato, red onion, spinach & cheddar.</i> | |

BLENDED FREEZES

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| 32. Pina Colada Freeze | \$4.50 |
| 33. Chocolate Chai Divine | \$5.00 |
| 34. Chocolate Cherry Bomb | \$5.00 |

DIVINE DESSERT

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| 35. Coconut Ginger Rice Pudding (vegan) | \$4.25 |
| 36. Assorted Cookies | \$2.25 |
| <i>Choose from Chocolate Chip, Toffee Chip, Chewy Peanut Butter & Gogi Berry (spelt, add .49)</i> | |
| 37. Brownie | \$2.50 |
| 39. Biscotti | \$2.25 |

Delectable Drinks

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| 43. Rosewater Lemonade | \$3.25 |
| 44. Iced Black Tea | \$2.25 |

SOUPS

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| 45. Bowl | \$6.75 |
| 46. Cup | \$4.50 |
| 47. Quart | \$10.50 |

BOTTLED BEERS

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| 100. Bridgeport IPA | \$4.25 |
| 101. Rogue Dead Guy Ale | \$4.25 |
| 101. Fat Tire | \$4.25 |