




Fresh & Organic



We use locally grown organic ingredients whenever possible.

Our turkey, chicken & pastrami contain no hormones, growth stimulants, fillers, nitrates or phosphates.

 We use organic tofu, heart healthy delicious Vegenaize[®] "mayo." Vegan Cheese is available.

 We use gluten-free tamari.

Whole Grilla Sandwiches can be made on:

Multigrain Sourdough, Ciabatta Roll, Marbled Rye, Sprouted Whole Wheat, Gluten-Free Bread , Spelt Bread, Whole Wheat Wrap, or Rice Wrap 

Half Grilla Sandwiches Available . . \$6.25

Half Sandwiches made on Multigrain Sourdough or Rye only.

All Sandwiches, Burgers, Hot Dogs & Kids Entrees served with chips or veggies & organic hummus.

Split Orders: add 50¢; To Go Orders: add 25¢/item

Special Dietary Needs

We can accommodate many dietary needs. Just let us know.





Grilla Sandwiches

Turkey & Cranberry  \$9.50

Turkey breast, cranberry sauce, jack cheese, and mayo

Turkey & Pesto  \$9.50

Turkey breast, pesto, tomato, red onion, jack cheese, and mayo

Turkey, Bacon & Avocado . . \$9.75

Turkey, soy bacon, avocado, spinach, tomato, red onion, jack cheese, mayo, and Goddess Dressing

Magilla Grilla \$9.75

Turkey, soy bacon, avocado, spinach, tomato, red onion, cheddar cheese, mayo, ranch dressing & BBQ sauce

Mom's Grilled Cheese \$9.25

Melted cheddar, jack & swiss with your choice of pesto, tomato, grilled red onions and/or pickles





Tofu/Veggie Grillas

Pesto Tofu   \$9.50

Topped with tomato, avocado, red onion & jack cheese

BBQ Tofu   \$9.50

Topped with tomato, avocado, red onion & jack cheese

Curry Tofu   \$9.50

Topped with tomato, avocado, red onion & jack cheese

Tofu Veggie   \$9.50

Topped with tomato, avocado, red onion, spinach, sprouts & jack cheese

Italian Garlic   \$9.25

Jack cheese, pesto, tomato and garlic spread

Veggie   \$9.50

Avocado, hummus, cucumbers, tomato, red onion, fresh mushroom, sprouts, jack cheese, and roasted bell pepper vinaigrette

BST  \$9.25

Soy bacon, spinach, tomato, red onion, jack cheese, and ranch dressing





Grilla Sandwiches

Italian Chicken  \$9.25

Grilled chicken breast with marinara, pesto & jack cheese

Chipotle Chicken \$9.50

Grilled chicken breast with chipotle aioli, tomato, spinach, grilled red onions & cheddar cheese

Chicken & Pesto Ranch  . . \$9.50

Grilled chicken breast with pesto, ranch, tomato, grilled red onions & jack cheese

Thai Tuna \$9.50

Tuna mixed with mayo, cilantro, red onion, crushed red peppers, and bread crumbs, topped with red onion, soy bacon, tomato, mayo, spinach and cheddar cheese




Pastrami on Rye  \$9.50

Sliced lean pastrami, free of fillers, nitrates and phosphates, topped with sauerkraut, tomato, Swiss cheese, mayo and 1000 island or mustard, grilled on fresh-made marbled rye





Grilla Burgers

Choose from an organic veggie patty ,
organic tempeh , Prather Ranch beef patty,
or local, grass-fed bison .

\$9.50

Bison: add \$1.00

Classic

Served with mustard, ketchup, mayo, grilled red onions, spinach, tomato and your choice of cheese

Chipotle Burger

Served with our chipotle aioli, grilled red onions, spinach, tomato and cheddar cheese

BBQ Cheeseburger

Served with BBQ sauce, soy bacon, cheddar cheese, spinach, tomato, grilled red onions, pickles, mayo, mustard, & ketchup

Blue Bacon Burger

Served with blue cheese spread, soy bacon, grilled red onions, spinach, & tomato

Ortega Chili Burger

Served with grilled red onions, jack cheese, spinach, tomato, mayo, mustard, ketchup & grilled ortega peppers





Grilla Burgers

Portobello Burger   . . . \$9.25

A whole portobello mushroom marinated in balsamic vinaigrette topped with grilled red onions, tomato, spinach and blue cheese spread

Wild Salmon Burger   . . \$9.95

A wild Alaskan salmon patty topped with grilled red onions, tomato, spinach and dill aioli

Bison Hot Dog  \$6.25

Grilled grass-fed bison hot dog served with grilled onions, spinach & tomatoes (nitrate free, preservative free, additive free)





Kids Menu

Kids 12 and under. Served with veggies & hummus.

PB&J  \$4.25

*Organic peanut butter and jelly
on sourdough*

Grilled Cheese   \$4.25

Jack and cheddar cheese on sourdough

Chicken Nuggets\$4.25

*Organic nuggets with
ketchup, ranch or BBQ sauce*

Organic Pasta  \$4.25

Served with marinara, pesto, or butter & parmesan

Organic Hot Dog\$4.25

*Nitrate free, preservative free, additive free,
uncured beef hot dog served in an organic wheat bun.*





Grilla Mex

Grilla Cheese Quesadilla... \$7.25

Melted cheddar cheese in a whole wheat tortilla, served with sour cream, avocado & salsa on the side. Available with Pesto or Chipotle added.



- Add Chicken \$2.00
- Add Veggies \$2.00
- Vegan Option add \$1.50

Grilla Nachos \$7.95

Chips, black beans, cheddar cheese, jack cheese, avocado, black olives, jalapeños, green onions, sour cream & salsa.

- Add Chicken \$2.00
- Add Veggies \$2.00
- Vegan Option add \$1.50

Chips & Organic Salsa \$4.25

Chips & Guacamole \$5.25

Chips & Organic Hummus \$5.25

Veggies & Organic Hummus \$5.25





Grilla Entrées

Zen Bowl    \$7.95

Broccoli, carrots, edamame, snow peas, sugar snap peas & fresh bean sprouts served over your choice of brown rice or soba noodles with your choice of coconut curry or peanut sauce.

Add grilled chicken or tofu \$2.00

Vegetable Lasagna   ... \$9.95

Grilled vegetables, tofu, marinara and cheese layered with organic lasagna pasta. Served with garlic bread.

Vegetarian Meatloaf  ... \$9.95

Grilla Bite's famous vegan meatloaf, served with steamed vegetables and vegan mushroom gravy. Accompanied with your choice of organic brown rice or vegan mashed potatoes.

Salad Bar    \$9.25/lb.

Cup of Soup    \$3.50

Bowl of Soup    \$6.50

Half Sandwich & Cup of Soup Special    \$9.25





Beverages

Fresh Juices

	12 oz.	16 oz.
<i>Organic Orange, Apple or Carrot Juice</i>	\$4.25	\$4.95
<i>Fresh Squeezed Lemonade</i>		\$2.50
<i>Fresh Squeezed Brazilian Limeade</i>		\$2.50
<i>Wheat Grass</i>	\$2.95 (1 oz.)	\$4.50 (2 oz.)

Fresh Juice Combos

<i>Create your own juice combination or choose one of our creations:</i>	12 oz.	16 oz.
	\$4.75	\$5.50

- Green Lemonade:** *Lemon, apple, celery, romaine and ginger*
- Ginger Zinger:** *Orange, carrot, beet, celery, lemon and ginger*
- Jungle Juice:** *Apple, carrot, pineapple, lime, and ginger*
- Orchard Fresh:** *Orange, apple and lemon*

Grilla Smoothies

Made with your choice of orange juice, apple juice, iced tea or milk. **16 oz.**
\$4.95

- Grilla Berry:** *Strawberries, blueberries, raspberries, blackberries, banana & yogurt*
- Grilla Paradise:** *Pineapple, mango, banana, yogurt & coconut milk*
- Tropical Berry:** *Strawberries, blueberries, raspberries, blackberries, pineapple, mango, banana & yogurt*

Mega Green Smoothie

Fresh spinach, kale & parsley blended with bananas, yogurt & apple juice **12 oz.** **16 oz.**
\$3.95 \$4.95





Beverages

Specialty Coffee Drinks

Made with organic, fair-trade, freshly ground espresso

	Solo	Doppio
Organic Espresso.....	\$1.75	...\$1.95
12 oz.	16 oz.	20 oz.
Americano	\$1.95	...\$2.45... \$2.95
Café Latte/Cappuccino	\$2.55	...\$3.45... \$3.75
Vanilla Latte	\$3.05	...\$3.95... \$4.25
Mocha (Chocolate, White, or Mexican) ...	\$3.15	...\$3.95... \$4.35
White Mocha	\$3.45	...\$4.15... \$4.55
Caramel Macchiato	\$3.45	...\$4.15... \$4.55
Chai Latte	\$3.45	...\$4.15... \$4.55
Hot Chocolate	\$2.45	...\$2.85... \$3.15
Kids Hot Chocolate	\$1.50	
Add an extra shot of organic espresso to any drink		75¢

Organic Fair-Trade Coffee & Tea

Fresh Ground Coffee	\$1.50	...\$1.95 ... \$2.15
Iced Coffee	\$1.80	...\$2.45 ... \$2.85
Full Leaf Tea	\$1.95	...\$2.15 ... \$2.45
Iced Chai	\$2.95	...\$3.50 ... \$3.95
Shaken Iced Tea Lemonade	\$2.45	...\$2.95 ... \$3.45

Frappes

(16 oz.) \$3.95
 Organic Mocha (decaf available), Mexican Mocha (decaf available),
 Organic Vanilla Latte or Green Tea





Supper Menu

Available All Day.

\$8.95 Entrees

Bison: add \$1.00

Choice Of:

Wild Salmon

Grilled Bison Patty

Prather Ranch Beef Patty

Veggie Patty

Jamaican Baked Tofu

Grilled Chicken

Includes:

Mashed Potatoes Or Rice

And Steamed Vegetables

Choice Of Sauce:

Mushroom Gravy

Peanut Sauce

Coconut Curry Sauce

Dill Aioli

Chipolte Aioli

