



Our Mission is to provide the community with a safe, friendly environment featuring local, organic and sustainable resources promoting social responsibility

Some things that we feature at Good Eatz Green Café:

- *All-Natural Ingredients* * Take Home & Take Out* * Gluten-Free Meals* *"Green" Containers *
Vegetarian & Vegan Meals * Freshly Baked Goods* * Free-Range Chicken *
* Artisan Cheeses* * Organics * * Dairy-Free Meals *

All soups, salads & dressings are gluten free, some rolls & wraps MAY contain gluten, ask your Server

GF=Gluten-Free, V=Vegetarian, VE=Vegan, DF=Dairy/Milk-Free

(◇)Diamonds indicate that these items may be made to fit your needs—just let us know!

Small Plates

Soup du Jour GF◇, V◇, VE◇, DF◇ \$4~ 5 Bean Vegan Chili GF, V, VE, DF \$4~

Ahi Tuna Sashimi Plate* GF◇, DF With wakame, wasabi, pickled ginger & dipping sauce \$9~

Mediterranean Platter GF◇, V, VE◇, DF◇ Hummus, fresh veggies, grilled portabella, stuffed grape leaves, pita & feta \$9~

Potato Pancakes GF, V◇ Grilled apple & red onion, smoked chevre (goat cheese) & sour cream \$8~ add smoked salmon \$10~

Grilled Quesadilla GF◇, V, VE◇ Cheddar & jack cheese, special seasoning served with salsa & sour cream \$8~
Add an item from our Grilled Additions List below and make it your own!

Corncakes GF, V◇ With Andouille sausage, sour cream & cranberry gastrique \$10~

Kobe Beef Slider Sampler*GF◇ Black and blue - Salsa - Cheddar Jack \$9~

Salads

Harvest Salad GF, DF, V, VE \$8~

A roasted butternut squash and grilled asparagus fort filled with house mixed greens, tossed in a cranberry white balsamic vinaigrette with dried cranberries, spiced walnuts & cherry tomatoes

Spinach Salad GF◇, V◇, DF◇ \$8~

Baby spinach with our maple mustard vinaigrette, topped with crumbled bleu cheese, apple wood smoked bacon pieces, cherry tomatoes, spiced walnuts and carrots

Grilled Caesar Salad GF, V◇\$7~

Char-grilled romaine, house made dressing, smoked parmesan cheese and croutons

House Chicken Salad GF, DF◇ \$9~

Our house chicken salad tucked into a tomato on a bed of mixed greens

Garden Salad GF, V, VE◇, DF \$6~

House lettuce mix with tomatoes, cucumbers, red onion, carrots, radishes & croutons

Dressings: cranberry white balsamic vinaigrette, pomegranate vinaigrette, blue cheese, fat-free Italian, maple mustard vinaigrette & 1000 Island (traditional or Vegan)

Grilled Additions*

Chicken Breast \$5 - Shrimp \$6 - Flat Iron Steak \$6 - Tofu ~\$5

Tuna \$7 - Portabella or Veggie Mix or Veggie Burger \$4 - Crab Cake \$7

*Consumption of raw or undercooked fish, meat, poultry or eggs increases the risk of contracting food borne illness

Check Our Daily Special Board & Friend Us On Facebook For Daily Updates

www.GoodEatzGreenCafe.com

Monday-Saturday 8a-8p - Special Menu Sunday Brunch 9a-2p

B.Y.O.B - Feel free to bring your favorite spirits

701 Penn Avenue West Reading Pa 610.670.4885

Our selections are all fresh and made to order, we appreciate your patience

Organic produce, cage-free eggs and hormone free meats



we are a proud supporter of the NFCA

18% gratuity charge will be added to parties of 8 or more

Sandwiches

Café Deli Sandwich* GF, DF \$7~

Served on choice of sourdough, wheat, deli rye, Kaiser Roll or wrap with lettuce, tomato & house made mayo;
House roasted beef or turkey, ham with provolone, Swiss, cheddar jack or vegan rice cheese

- Vegetable "Burger" GF, V, VE, DF \$7~ Marinated Tofu "Burger" GF, V, VE, DF House marinated, daily selections \$7~
6 oz. Black Angus Cheeseburger* GF, DF \$7~ Special Burger Du Jour ~See What Our Chefs Create! \$8~
Andouille Sausage Burrito GF, DF Spicy sausage, onions, peppers, rice, salsa & jack cheese in a tortilla \$9~
Mixed Slider Trio* GF, DF Kobe Beef with cheddar-Crab Cake -Chicken Breast with salsa \$10~
Kobe Beef Sliders* GF, DF Black (ened) & Bleu (cheese) - Salsa - Cheddar Jack Cheese \$10~
Catch of the Day* GF, DF Chef's Daily Fish Selection with Side Salad \$9~

Wraps

- Choose from: Wheated White, Whole Wheat, Roasted Red Pepper, Pesto Garlic or G/F Brown Rice
Grilled Chicken Caesar GF Chicken breast, Caesar mayo, smoked parmesan, croutons & grilled romaine lettuce \$8~
Roasted Turkey Cordon Bleu GF, DF Turkey, Ham, & Swiss with whole grain mustard sauce \$9~
Grilled Chicken Oscar GF Chicken Breast, asparagus, crabmeat & béarnaise mayo \$10~
Tuscan Turkey GF, DF Turkey, Roasted Red Peppers, Spinach and Pesto \$9~
Seared (very rare) Sesame Wild Caught Ahi Tuna GF, DF \$10~
Sesame seed coated tuna, wasabi mayo, seaweed salad & citrus soy dipping sauce

Paninis

- Beef, Mushroom & Swiss* GF, DF House roasted beef, grilled portabella, Swiss cheese & horseradish cream \$9~
Italian Caprese GF, V, DF Grilled Prosciutto ham, charred tomato, fresh mozzarella and basil pesto \$9~
Grilled Reuben GF, DF Corned beef, 1000 Island dressing, Swiss & sauerkraut on rye \$9~
Grilled Ham & Swiss GF, DF Ham & Swiss cheese on grilled seedless deli rye \$8~

All above offerings served with a choice of our daily salads & deli pickle

Personal Gluten Free Pizza GF ~ See our Selection Du Jour~ with garden salad \$8~

Vegan Selections - No Animal Ingredients

- Sautéed Vegetable Wrap GF, V, VE, DF Broccoli, butternut, sun dried tomatoes, onions, pepper, grilled asparagus & hummus \$8~
Ratatouille Wrap GF, V, VE, DF Zucchini, squash, onions, portabellas, sundried tomato, fresh tomatoes & Baba Ganoush \$8~
Vegan Veggie Lasagna GF, DF, V, VE TVP, Tofu, Eggplant, Spinach, Zucchini, Marinara, Lasagna Noodles & garden salad \$10~
Grilled Vegetable Panini GF, V, VE, DF Hummus, eggplant, roasted red pepper, asparagus & portabella on Ciabatta \$8~
Pesto Penne Pasta GF, DF, V, VE Gluten-free penne pasta tossed in olive oil & house-made pesto with garden salad \$10~
Vegan Grilled Reuben GF, DF, V, VE Grilled Tofu, Vegan 1000 Island dressing, Vegan Cheese & kraut on rye \$9~
Vegan Shepherd's Pie GF, DF, V, VE Textured Vegetable Protein, Veggies, Mashed Potatoes & garden salad \$9~
Baked Vegan Gluten Free Macaroni and Cheeze GF, DF, V, VE Served with a side garden salad \$9~
Vegan BBQ Sloppy Joe GF, DF, V, VE Served on a Kaiser roll with Vegan Cheese and side salad \$8~

Entrees

- Seafood Stir-Fry GF, DF, V \$14~
Our selection of shrimp, scallops & fish, veggies, rice blend & garden salad
Shrimp Penne Vodka Rosé GF, DF \$14~
Gluten-free penne pasta, shrimp and fresh basil tossed in a vodka cream sauce
Café Oriental Stir-Fry GF, DF, V, VE \$14~
Our selection of veggies, house rice blend with choice of beef, chicken, shrimp or tofu
Flat Iron Steak Maitre D'hôtel* GF, DF \$12~
Char Broiled Angus on toast points topped with a grilled portabella mushroom & veggies
Steak and Eggs* GF, DF \$12~
Grilled Black Angus flat iron steak, two eggs (any style), choice of potato pancakes or veggie mix
Pasta Primavera GF, DF, V, VE \$12~
House veggies with gluten-free penne pasta in either Alfredo or garlic aioli & bread stick
French Combo GF, V \$10~
A slice of our pumpkin bread French toast, a small brie omelet and fresh fruit

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www.GoodEatzGreenCafe.com

Monday-Saturday 8a - 8p

Special Menu Sunday Brunch 9a - 2p

B.Y.O.B-Feel free to bring your favorite spirits

Please note: Due to escalating costs, there will be an additional .50 for gluten free breads/wraps

18% gratuity charge will be added to parties of 8 or more



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- All-Natural Ingredients, Free-Range Chicken, Gluten-Free Meals, Artisan Cheeses, Take home & Take out, "Green" Containers, Dairy-Free Meals, Vegan Meals, Organic Vegetables, Vegetarian Meals, Cage-Free Eggs, Baked Goods

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Breakfast From the Bakery

Bagel with Cream Cheese GF◇, V, VE◇ \$3.5~

Oatmeal GF, V, VE◇, DF◇ \$4~

Steel cut gluten-free oats with a touch of cream and brown sugar

Breakfast From the Griddle

Maple Buckwheat Pancakes GF, V \$7~

Accompanied by honey butter, sugar-roasted cubanel pepper and fresh fruit

Vegan Gluten Free Pancakes GF, V \$7~

Accompanied by vegan butter, maple syrup and fresh fruit

Potato Pancakes GF, V◇ \$8~

Grilled apple, smoked chevre, red onion and side sour cream upon request ~ with smoked salmon ~ \$10

Stuffed Pumpkin Bread French Toast GF, V \$8~

Filled with maple sweetened ricotta cheese and topped with an apple ~ pear port wine compote

Breakfast Quesadilla GF◇, V◇, VE◇ \$8~

Scrambled eggs, onions, peppers, cheddar jack cheese, side of sour cream and our house made salsa

Breakfast From the Butcher

Bacon, Sausage, Grilled Ham, Turkey Sausage \$4~

Breakfast From the Deli

Grab n' Go Egg Sandwich with Coffee GF◇, DF◇, V◇ \$7~

Two eggs, choice of meat & cheese just how you like it!

Croissant Breakfast Sandwich GF◇, V◇ \$6~

Two eggs, choice of meat & cheese

Breakfast Burrito GF◇, V◇, VE◇, DF◇ \$7~

Eggs, sausage, cheddar cheese and salsa in a grilled wrap with a side of sour cream

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Breakfast From the Farm

*Most egg dishes may be replaced with tofu to become Vegan—just ask your server- **VE◇**,
All selections served with Yukon Gold Hash - .50 additional for sweet potato hash, potato pancakes or corn cakes*

Two Eggs Your Style GF◇, V◇, VE◇, DF◇ \$6~
Served with Yukon gold potatoes and toast

Barnyard Hash GF◇, DF◇ \$9~
A blend of ham, sausage, bacon, Yukon potatoes, onions, peppers,
cheddar jack cheeses, topped with two eggs (your style) with a side of toast

Green Eggs and Ham GF◇, DF◇, V◇ \$9~
A prosciutto, tomato and basil, pine nut pesto omelet topped
with provolone, served with Yukon gold hash & toast

Spinach and Sun-dried Tomato Omelet GF◇, V, VE◇, DF◇ \$8~
With feta cheese, a side of Yukon gold hash and toast

Mexican Frittata GF◇, V◇, VE◇, DF◇ \$8~
Sausage, onions, peppers and diced tomatoes topped with cheddar jack cheese
Served with sour cream, salsa and a grilled tortilla-no potatoes

Vegetable Omelet GF◇, V, VE◇, DF◇ \$8~
Broccoli, butternut squash, asparagus, cubanel peppers and tomato, topped
with choice of cheese and Yukon gold hash & toast

Build Your Own Omelet GF◇, V◇, VE◇, DF◇ \$8~
Up to 4 selections plus choice of cheese with Yukon gold hash & toast
Add seafood* \$3~

Eggs Sardou GF◇, V \$8~
Artichoke hearts & spinach atop an English muffin with poached eggs
& hollandaise with side of Yukon gold hash

“Crabby” Eggs Benedict GF◇ \$11~
Our crab cakes atop an English muffin with poached eggs &
hollandaise, served with side of Yukon gold hash

Breakfast Combos

Steak and Eggs* GF◇, DF◇ \$11~
Grilled Black Angus flat iron steak, two eggs any style and Yukon gold hash

French Combo GF, V \$10~
A slice of our pumpkin bread French toast, a small brie omelet and fresh fruit

Ask your server for our current selection of local fruit butter spreads

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