

Grilla Sandwiches

Served with chips or veggies & hummus
Half sandwiches...\$6.25

Magilla Grilla...\$9.75
turkey, soy bacon, avocado, TSRO*,
cheddar, mayo, ranch, & BBQ sauce

Turkey & Pesto...\$9.50
with tomato, red onion, jack
cheese, & mayo

Turkey & Cranberry...\$9.50
with jack cheese & mayo

Pastrami on Rye...\$9.50
with sauerkraut, tomato, swiss,
mayo & 1000 island

Thai Tuna...\$9.50
topped with soy bacon,
TSRO*, & cheddar

Chipotle Chicken...\$9.50
with chipotle aioli, TSRO*, & cheddar

Italian Chicken...\$9.25
with marinara, pesto, & jack cheese

Mom's Grilla Cheese...\$9.25
cheddar, jack, & swiss cheese with pesto,
tomato, grilled red onions, or pickles

Chicken & Pesto Ranch...\$9.50
with tomato, grilled red onion, & jack cheese

Turkey, Soy Bacon, & Avocado...\$9.75
with TSRO*, jack cheese, mayo, & Goddess Dressing

Served on multigrain sourdough, ciabatta roll, marbled rye, sprouted whole
wheat, gluten-free bread, spelt bread, whole wheat wrap, or rice wrap

ANY Half
Sandwich &
Cup of Soup
\$9.25

Grilla Kids

Ages 12 & under

Served with veggies, fortune cookie & choice of juice or milk

organic PB&J...\$4.95
organic peanut butter & jelly
on sourdough

Chicken Nuggets...\$4.95

organic Hot Dog...\$4.95
nitrate, preservative, & additive
free, uncured beef hot dog

*Tomato, Spinach, & Red Onion (TSRO)

Mini Zen Bowl...\$4.95
zen veggies over brown rice or
soba noodles with coconut curry
or peanut sauce

Pasta Marinara...\$4.95
made with organic pasta

Grilla Cheese...\$4.95
on sourdough

Veggie Grillas

Served with chips or veggies & hummus

Grilla ToFu...\$9.50
pesto, BBQ, or curry tofu with
avocado, red onion, tomato,
& jack cheese

Veggie ToFu...\$9.50
with avocado, sprouts, TSRO*,
& jack cheese

The Veggie...\$9.50
with avocado, hummus, cucumber, mushrooms, sprouts, red onion,
tomato, jack cheese, & roasted pepper vinaigrette

Italian Garlic...\$9.25
with pesto, tomato, jack cheese,
& garlic spread

BST...\$9.25
with soy bacon, TSRO*,
jack cheese, & ranch

Grilla Burgers

All topped with TSRO* & served with chips or veggies & hummus
Patty Options: Veggie, Tempeh, Beef, or +\$1.00 for Bison

The Classic...\$9.50
with mustard, ketchup, mayo, & cheddar

BBQ Cheeseburger...\$9.50
with BBQ sauce, soy bacon, cheddar,
pickles, mustard, ketchup, & mayo

Blue Bacon Burger...\$9.50
with blue cheese spread & soy bacon

Portobello Burger...\$9.25
marinated in balsamic vinaigrette
& topped with blue cheese spread

Chipotle Burger...\$9.50
with chipotle aioli

Wild Salmon Burger...\$9.95
Wild Alaskan salmon patty with dill aioli

ortega Chili Burger...\$9.50
with jack cheese, grilled ortega peppers, mustard,
ketchup, & mayo

Bison Hot Dog...\$6.25
on a wheat bun

Grilla Healthy options Guide



Heart Healthy
Omega 3



Vegetarian
Item



Vegan
Item



Vegan
Option



Gluten Free
Option

Grilla Supper

Served with steamed veggies & mashed potatoes or rice...\$8.95

Choose one:

Grilled Bison Patty
Jamaican Baked Tofu
Beef Patty
Veggie Patty
Grilled Chicken
Wild Salmon

Choose a sauce:

Peanut Sauce
Coconut Curry Sauce
Mushroom Gravy
Dill Aioli
Chipotle Aioli

Grilla Entrées

Zen Bowl...\$7.95
with broccoli, carrots, edamame, snow peas, sugar snap peas,
& bean sprouts over brown rice or soba noodles
with coconut curry or peanut sauce

Vegetable Lasagna...\$9.95
with veggies, tofu, & garlic bread

Vegetarian Meatloaf...\$9.50
with steamed veggies & vegan mushroom
gravy with brown rice or mashed potatoes

Soup
\$3.50/cup
\$6.50/bowl
Salad Bar
\$9.25/lb

Grilla Mex

Grilla Cheese Quesadilla...\$7.25
with sour cream, avocado,
& salsa on a wheat tortilla

Grilla Nachos...\$7.95
with beans, olives, jalapeños, green
onions, avocado, cheddar & jack
cheese, sour cream & salsa

Add Chicken...+\$2.00
Add Veggies...+\$2.00
Vegan option...+\$1.50

Chips & Salsa...\$4.25

Chips & Guac...\$5.25

Chips & Hummus...\$5.25

Veggies & Hummus...\$5.25

