



Common Knowledge Tea House

Spring Menu 2010

We serve local organic foods.. Our mission is to nourish the mind, body and soul by sharing a wealth of books, information, nutrition and experience, bringing us closer to the world at large and closer to ourselves.

Serving breakfast & lunch Mon-Fri. 7am-3pm.

Limited cafe menu from 3-6pm

823 Main, Sandpoint. Take-out Orders: **263-0509**

Breakfast

Kidz breakfast: A small bowl of whatever they will eat.	\$4.25
Toasted Bagel: Icehouse bagel with butter or jam.	\$2.5
Add organic goat chevre or cream cheese.	\$3.25
Granola: House made. Served with your choice of organic milk & topped with yoghurt and raspberries upon request.	\$4.75
Bagel Sandwich: Toasted with egg, pesto, tomato and sprouts & goat chevre.	\$5.25
Sympatico: Two scrambled eggs, Sprouted sourdough toast. Garnished with sprout, carrot and scallion.	\$5.5
Gringo: Green onion and tomato egg scramble with beans, cheese, salsa and Sprouted grain toast with butter.	\$7.5
Breakfast Taco: Scrambled eggs, bean blend, spring mix, carrot, sprout, salsa, yoghurt, jack and sharp cheddar cheeses on a brown rice tortilla.	\$7.5
Seedy Egg Taco: Scrambled eggs, bean blend, spring mix, carrot, Sprout, creamy seed sauce and avocado on a brown rice tortilla.	\$7.75
Pesto Scramble: Two scrambled eggs, sauteed portabella, zucchini, onion, peppers, fresh carrot and sprout with pesto, parmesan over brown rice.	\$7.5
Potato Pesto Taco: Two scrambled eggs, Yukon golds, spring mix, carrot, scallion, sprout, pesto, parmesan and creamy seed in a brown rice tortilla.	\$9
Full Monte: 2 scrambled eggs over roasted potatoes with sauteed mushrooms, zucchini, onion, peppers, broccoli and cauliflower topped with two cheeses, carrot, sprout, and salsa on the side.	\$9
	Half order \$6
Melby: Our greenest breakfast. 3 scrambled eggs, pesto, parmesan & pumpkin seed with steamed green veggies, pesto, and creamy seed.	\$9.25
	Half order \$6
Greek Hash: 2 Scrambled eggs, Kalamata, tomato, pesto, scallion, feta and parmesan over potatoes.	\$9.25
Huevos Rancheros: 2 fried eggs, sauteed portabellas, onions, zucchini and red peppers, pinto and black beans with cheese and salsa over a bed of Corn chips. Garnished with carrot, sprout and scallion.	\$9.25
	Half order \$6

Appetizers

- Kidz lunch:** A small bowl of whatever they will eat. \$4.5
- Spring Roll:** Fresh shredded vegetables, sprouts, avocado, scallion, seed and sea veg sauces in a tapioca/rice wrap. Served with sweet chili dipping sauce. \$3.25
- Soup of the Day:** Served with rye crackers or corn chips. \$3.25/\$5.25
- Vegetable Bean Quesadilla:** Brown rice tortilla with black and pinto beans, sauteed onion, mushrooms, pepper, zucchini and squash. Two cheeses, salsa and yoghurt. \$6.75
- Pesto Veggie Pizza:** Personal size, 6" pita crust with red peppers, zucchini, onion, mushrooms, tomato, pesto, 3 cheeses, and scallion. \$6.5

Salads

- Side Salad:** baby mixed greens with shredded carrot, cabbage, sprout, miso ginger tamari and creamy seed dressings. \$4.25
- Soup~n~salad:** Cup of soup, whole grain crackers and a small salad. \$6.5
- House Salad:** lettuce blend, carrot, cabbage, sprout, broccoli, cauliflower, zucchini, tomato, rye cracker & gomasio. Served with creamy seed and miso ginger tamari dressing. \$7.25
- Add grilled portabello** \$10
- Steamer Salad:** Steamed Carrot, zucchini, broccoli, cauliflower, cabbage, seasonal greens, topped with toasted sesame. Dressed with creamy seed or your choice of curry sauce, sea veg sauce or miso ginger tamari upon request. \$8.25
- Sauteed Vegetable Salad:** Sauteed cabbage, carrot, onion, zucchini, mushrooms, pepper, broccoli and Kale over greens. Dressed with miso ginger tamari and spicy sea vegetable sauce. \$9
- Tempeh Salad:** House Salad with sauteed onion, red pepper, zucchini, portabello and marinated grilled tempeh. Dressed with miso ginger tamari and creamy seed. \$10

Rice Bowls

- The Skosch:** 5 oz. baby rice bowl with creamy seed sauce. \$1.5
- Yogi Bowl:** Brown rice topped with hearty soup of the day, fresh carrot, cabbage, sprout & rye crackers. \$6.75
- Rainbow Rice Bowl:** Freshly steamed seasonal vegetables served over rice with curry sauce of the day. Topped with yoghurt upon request. \$8.25
- Fried Rice and Vegetable Bowl:** sauteed vegetables with brown rice and spicy sea vegetable sauce. \$8.75
- Add marinated grilled tempeh or egg** \$11.25
- Sunshine Bowl:** Brown rice, bean blend, cheese blend, corn chip, mushrooms, zucchini, onion, carrot, cabbage, sprouts, salsa and yoghurt. \$9.25

Sides:

Beans (5 oz.)	\$2
Cheese - Monterey jack & sharp white cheddar blend. (2oz.)	\$1.5
Corn Chips (1 2oz.)	\$1.5
Curry (5oz.)	\$2
Dressings- (2 oz.) creamy seed (non-dairy), miso ginger tamari, sweet And spicy sea vegetable sauce, salsa, yoghurt or pesto.	\$1
Eggs (2 scrambled)	\$3
Potatoes (1 1/2 cups)	\$3
Rice- (5 Oz.)	\$1
Sauteed vegetables	
Portabella, peppers, onions, zucchini and squash	\$3
Steamed vegetables	
Broccoli, Cauliflower, Carrot, Zucchini, Squash, Kale & Cabbage	\$4
Toast - 2 slices, sprouted grain w/butter, miso, or jam)	\$2.5
Tempeh- 2 slices grilled, 5-grain.	\$3