



MUIR WOODS

— Trading Co. —

HOT SANDWICHES

MARIN MELT | \$15.00

Grilled Rocky's Chicken, Tomato, Jack Cheese, and Pesto on 9-Grain Bread

TURKEY & JACK MELT | \$14.50

Diestel Turkey and Jack Cheese with Tomato on Sourdough

CAPRESE v | \$13.00 *Made with Locally-Sourced Ingredients!*

Tomato, Mozzarella, Basil, Pesto, and a Balsamic Glaze on Rotating Bread

VEGGIE BURGER v | \$13.00

Morningstar Veggie Patty, Tomato, Butter Lettuce, and Spicy Mayo Aioli on a Brioche Bun

GRILLED CHEESE v | \$9.00

Cheddar and Jack Cheese on 9-Grain Bread

100% ALL-BEEF HOT DOG | \$8.50

SOUP

LENTIL SOUP v+ CUP \$6.50 | BOWL \$12.00

TOMATO SOUP CUP \$7.00 | BOWL \$13.00

SOUP OF THE DAY | \$8.00

BREAD OPTIONS

MAKE ANY SANDWICH GLUTEN-FREE +\$1

COLD SANDWICHES

PETALUMA CHICKEN SALAD SANDWICH | \$14.00

Chicken Salad Mix, Jack Cheese, Lettuce, and Tomato, on Sourdough

CLASSIC HUMMUS SANDWICH v+ | \$10.00

Hummus Spread, Tomato, Shredded Carrots, and Lettuce on 9-Grain Bread

PEANUT BUTTER & JELLY v+ | \$6.50

Organic Peanut Butter and Strawberry Preserves on 9-Grain Bread

ALL-NATURAL TURKEY & JACK CHEESE | \$13.00

Diestel Turkey, Jack Cheese, Spring Mix, and Tomatoes on 9-Grain Bread

SALAD

SIGNATURE SALAD v+ | \$14.00

Spring Mix, Red Quinoa, Garbanzo Beans, Sliced Strawberries, Sliced Almonds, and Dressing Available on the Side

SIDE SALAD v+ | \$3.50

Spring Mix, Shredded Carrots, and Dressing Available on the Side

Welcome to Our Café!

WE INVITE YOU TO RELAX AND ENJOY YOUR FOOD AND DRINKS IN OUR COZY DINING ROOM OR ON THE OUTDOOR PATIO. TO HELP KEEP MUIR WOODS WILD AND BEAUTIFUL, PLEASE REFRAIN FROM TAKING CAFÉ ITEMS ON THE TRAILS.

V VEGETARIAN | V+ VEGAN

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions. Please be advised that our kitchen handles all major food allergens, including milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, and soy. Please inform our staff of any food allergies.

CAFÉ BEVERAGES

ORGANIC SHADE GROWN COFFEE* | \$4.00

DOUBLE ESPRESSO | \$4.50

LATTE | \$5.25

CAPPUCINO | \$5.25

MACCHIATO | \$4.50

FLAVORS + \$0.50

Vanilla, Caramel

HOT ORGANIC TEAS* | \$3.75

PEPSI FOUNTAIN SODAS* | \$3.50

ORGANIC APPLE JUICE | \$2.75



HOT CHOCOLATE | \$5.50

***FREE REFILLS!**

SEASONAL BEVERAGES

ORGANIC SMOOTHIES | \$11.00

TROPICAL SLUG v+

Banana, Strawberry, Pineapple, Mango

BEARLY AWAKE

Banana, Protein Powder, Organic Yogurt, Honey, Cold Brew Base

POWER BEARY

Blueberries, Protein Powder, Organic Yogurt, Honey, Vanilla Soy Base

JUICE BLENDED SLUSHIE | \$8.50

Mango, Watermelon, or Strawberry

HOUSE-BREWED ICED TEA | \$4.00

COLD BREW ICED COFFEE | \$5.00

BEER | \$6.00 – \$10.00

WINE 8 oz | \$8.00 – \$10.00

ORGANIC BAKED GOODS

SEASONAL MUFFIN | \$4.95

CHOCOLATE CROISSANT | \$8.00

PLAIN CROISSANT | \$7.00

BERRY SCONE | \$7.00

CINNAMON ROLL | \$8.50

SEASONAL COOKIE | \$4.00

CHOCOLATE CHIP COOKIE | \$4.25

SALTY & SWEET

ORGANIC YOGURT PARFAIT | \$8.75

GLUTEN-FREE CUPCAKE | \$6.00

KETTLE CHIPS | \$3.00

STRAUS ICE CREAM | \$3 / SCOOP (\$12 FOR 3)



SHADE GROWN COFFEE?
SCAN TO LEARN MORE!