



MUIR WOODS

— Trading Co. —

Hot Sandwiches

(Served 11am – 6pm)

Marin Melt – \$15.00

Wheat Bread with Brie, Cheddar, & Jack Cheeses

Turkey & Jack Melt – \$14.50

Wheat Bread with Turkey & Jack Cheese

Classic Grilled Cheese V – \$8.50

Wheat Bread with Cheddar Cheese

100% Beef Hot Dog – \$8.25

Chili Cheese Dog – \$12.00

Cold Sandwiches

Petaluma Chicken Salad Sandwich – \$14.00

Pan de Mei Roll with Chicken Salad Mix (Chicken, Mayonnaise, Celery, Onion Powder, Salt, Pepper & Ranch Seasoning), Jack Cheese, Spring Mix and Tomatoes

Classic Hummus V – \$10.00

Wheat Bread with Jack Cheese & Spring Mix

Peanut Butter & Jelly V – \$6.50

Wheat Bread with Organic Peanut Butter & Raspberry Preserve

All-Natural Turkey & Jack Cheese – \$12.00

Wheat Bread with Turkey, Jack Cheese, Spring Mix, & Tomatoes

Gluten-Free Bread Available Upon Request

GF – Gluten Free V – Vegetarian

Cup of Soup

(Served 11am – 6pm)

Chili G V – \$7.50

Tomato Soup G V – \$6.50

Soup of the Day – \$7.50

Salads

Signature Salad V – \$14.00

Spring Mix, Shredded Purple Cabbage, Red Quinoa, Garbanzo Beans, Sliced Strawberries, Sliced Almonds and Dressing available on the side

Chicken Caesar Salad – \$13.25

Romaine, Sliced Chicken Breast, Parmesan, Croutons and Dressing available on the side

All food & beverages are intended for dining in the café dining room and outside patio deck. Please keep food and beverages off the trails.



MUIR WOODS

— Trading Co. —

Baked Goods & Snacks

Blueberry Muffin – \$4.95

Chocolate Croissant – \$7.50

Plain Croissant – \$6.50

Mixed Berry Scone – \$6.95

Fruit Salad – \$6.95

Yogurt Parfait – \$8.75

Cookie Sundae—\$9.00

Oatmeal or Peanut Butter Cookie – \$4.25

Brownie – \$5.00

Cinnamon Roll – \$8.50

Chocolate Chip Cookie – \$4.00

Vegan Donut (rotating flavor) – \$4.95

Chips – \$3.00

Straus Organic Ice Cream

1 Scoop—\$6, 2 Scoops—\$12, 3 Scoops—\$15

Beverages

Organic Shade Grown Coffee* – \$3.50

Cold Brew Iced Coffee – \$4.00

Hot Organic Teas* – \$3.50

Straus Milkshake – \$15.00

Juice Blended Slushie – \$8.00

*Free refills

Fountain Soda* – \$3.50

Ghirardelli Hot Chocolate – \$4.50

House Brewed Iced Tea – \$3.50

Headlands Beer (16 oz) – \$9.00

Babe Wine (8 oz) – \$8.00



*Learn more about
Shade Grown Coffee*



All food & beverages are intended for dining in the café dining room and outside patio deck. Please keep food and beverages off the trails.