

THE CHEESE FACTORY RESTAURANT

VEGETARIAN MENU



Wisconsin Dells
www.cheesefactoryrestaurant.com
608 253-6065

BREAKFAST

Served until 2:00 p.m. Vegan Menu available upon request.

Fresh Fruit Plate..... 7.95

Assorted seasonal fresh fruit, including watermelon, strawberries, honeydew, oranges, apple and banana. Garnished with maple-crusting walnuts. Includes a fresh baked muffin of the day.

Fresh Baked: Muffin, pecan sticky bun, almond pastry, or cinnamon roll..... 2.00

Pancakes. Buttermilk	or	Blueberry
2 high..... 4.95		2 high..... 5.95
3 high..... 5.95		3 high..... 6.95

Granola served with milk..... 3.50

Home Fried Potatoes Wisconsin Style..... 4.95
Broiled with sharp cheddar and grilled onions.

Lite & Lean Skillet..... 9.95
Grilled seasoned broccoli, mushrooms, carrots, zucchini, onions and red peppers tossed with scrambled eggs or fluffy egg beaters (1/3 the calories & fat of eggs). Served with veggie sausage links and fresh fruit.

Breakfast Wrap..... 7.95
Flour tortilla filled with scrambled eggs, brown rice & fragrant chickpea stew, served with fried banana and fresh fruit garnish.

The following are served with a fresh fruit garnish.

Combination Breakfast Plate..... 8.95
Two eggs any style, pancakes, home fried potatoes and vegetarian sausage links (gluten).

Peg's Eggs..... 10.95
A creation inspired by one of our staff, this dish combines a grilled croissant topped with layers of pesto, capers, Romano cheese, mushrooms, onions, roasted red peppers and two basted eggs.

Huevos Rancheros..... 10.95
Black beans, rice, vegetarian chorizo sausage, onions, chili sauce and two basted eggs. Served with cheese quesadilla, salsa, and sour cream.

Thai Bananas 5.95
Deep fried bananas served with coconut-curry-peanut sauce. Garnished with pineapple, walnuts and toasted coconut. (Contains peanut oil.)

OMELETTES

The following omelettes are served with home fried potatoes, croissant and fresh fruit garnish. Eggbeaters® may be substituted for \$1.50/serving.

Plain Omelette A light, fluffy 4-egg omelette.. 6.50
with cheese... 7.95

Sicilian Omelette..... 9.95
Filled with Italian crumble veggie sausage, marinara, Romano cheese, grilled onions, red peppers and mushrooms.

American Omelette..... 10.95
Cheddar, mushrooms, onions and tomatoes.

Mediterranean Omelette..... 10.95
Filled with Kalamata olives, Feta cheese, pesto, tomatoes and onions.

SANDWICHES

Served anytime. Vegan Menu available upon request.

*Served anytime with French fries or a salad
of crisp romaine and organic greens tossed with Honey Mustard Vinaigrette.*

Eggplant Parmesan..... 10.95

Breaded fried eggplant, grilled red peppers, onions, mushrooms, vegetarian sausage (gluten), marinara and melted Mozzarella and Romano cheeses. Served open-faced on a multi-grain bun.

Veggie Burger..... 7.95 with cheese.... 8.95

Served on a grilled multi-grain bun with lettuce, tomato and onion (gluten).

Big Cheese..... 9.95

A grilled double decker of Wisconsin sharp cheddar and Swiss cheeses with Roma tomatoes on sourdough bread.

Portobello Mushroom..... 10.95

Marinated and grilled Portobello mushroom with grilled onions, red peppers and pesto mayonnaise, served on a multi-grain bun.

"Bacon", Lettuce, Tomato & Sprouts..... 9.95

Our version of the famous American classic on toasted sourdough bread with mayo, lettuce, tomato, veggie bacon (soy & gluten) & sprouts.

Pita Tapenade..... 8.95

Flame-broiled pita topped with Manzanilla olive & herb spread, tomatoes, warm feta cheese, crunchy roasted walnuts, zucchini and red onions.

Croissant Parisienne..... 12.95

Delicious, melt-in-your-mouth flavor - grilled croissant stuffed with roasted leeks, fresh herbs and goat cheese, and sprinkled with maple roasted walnuts. Served with cranberry relish.

SALADS

*Dressings: Creamy Herb Ranch, Raspberry Walnut,
Balsamic Vinaigrette, Fat-free Sun-dried Tomato-Basil, Honey Mustard Vinaigrette*

Dinner Salad 4.95

A light and crisp salad of romaine and organic greens, sprouts, cucumbers, tomatoes and house croutons. Choice of dressing and a sourdough roll.

Greek Salad 12.95

smaller version. 7.95

Crisp romaine and organic greens with feta cheese, Kalamata olives, roma tomatoes, cucumbers, red onions and red peppers tossed in a Balsamic herb vinaigrette. Served with a sourdough roll.

Grilled "Chicken" Tofu Salad 12.95

smaller version. 7.95

Crisp romaine and organic greens with strips of flame-broiled marinated tofu, tomatoes, cucumbers, Manzanilla olives, red peppers, red onion rings, roasted walnuts and marinated carrots. Served with raspberry walnut dressing and a sourdough roll.

Confetti Quinoa Salad..... 11.95

smaller version. 7.95

Quinoa tossed with chunks of marinated tofu, carrots, celery, red peppers, scallions, cranberries & roasted maple walnuts, served on crisp mixed greens with honey mustard vinaigrette.

SOUPS AND LIGHTER FARE

Served anytime. Vegan Menu available upon request.

Soup cup 2.95
Bowl of Soup and Dinner Salad 8.95

Soup bowl 4.95

Our Wisconsin beer cheese soup, or homemade soup du jour. Served with a sourdough roll.

Veggie-Tofu Rice Bowl 10.95
Broccoli, carrots, mushrooms, baby corn, red peppers, onions, bean sprouts, organic tofu, and organic brown rice in a light and flavorful sesame-ginger miso broth. Laced with toasted sesame seeds and scallions!

Rattlesnake" Tofu 6.95
Our signature dish! Seasoned charbroiled tofu served with our homemade BBQ sauce and black beans.

Mediterranean Medley 13.95
Quinoa, fried eggplant, roasted red peppers, flame-broiled Portobello mushroom, cucumber, tomato, marinated carrots, hummus, Feta cheese, and Kalamata olives nestled in a bed of crisp romaine and organic greens.

Hummus 6.95
A Middle Eastern spread of garbanzo beans, garlic, olive oil and tahini with toasted pita bread.

Eggplant Romano 5.95
Italian breaded eggplant, broiled with Mozzarella and Romano cheeses on a bed of marinara sauce.

Onion Rings 6.95
Served with a side of barbecue sauce.

Thai Bananas 5.95
Deep fried bananas served with coconut-curry-peanut sauce. Garnished with pineapple, walnuts and toasted coconut. (Contains peanut oil.)

Fresh Fruit Plate..... 7.95
Assorted seasonal fresh fruit, including watermelon, strawberries, honeydew, oranges, apple and banana. Garnished with maple-crusted walnuts. Includes a fresh baked muffin of the day.

Crostini Douxelles 6.95
Crunchy garlic toast layered with Portobello mushroom paté, capers, smoked almonds, Romano cheese, and roasted red peppers. Served with side salad or French fries.

Bruschetta Parmesan..... 5.95
Garlic toast layered with veggie meat (soy), tomato sauce, parmesan cheese and melted Mozzarella. Served with choice of fries or side salad.

East Meets Midwest..... 6.95
Fragrant bowl of chickpea stew seasoned with aromatic Indian spice blend, served with flame-broiled pita bread. Choice of side salad or fries.

Reubenesque..... 7.95
Grilled sourdough bread layered with house barbecue sauce, tangy sauerkraut, pineapple, veggie bacon (soy and gluten), crunchy toasted almonds and melted Jack cheese. Served with choice of salad or fries.

SOUPS AND LIGHTER FARE (CONT.)

Served anytime. Vegan Menu available upon request.

Spicy Thai Lomein..... 7.95
Noodles tossed with grilled celery, onions, carrots, bean sprouts, toasted cashews, pineapple, scallions and our signature Thai sauce.

Dolmades Salad..... 7.95
Brown rice, Feta cheese, Roma tomatoes, crunchy almonds, scallions, and carrots tossed in an herb and Manzanilla olive pesto. Served on a bed of crisp mixed greens with flame-broiled pita bread.

MEXICAN

Served anytime. Vegan Menu available upon request.

Black Bean Burrito 10.95
Flour tortilla filled with black beans, vegetarian chorizo sausage, rice, Monterey Jack cheese, grilled onions, green chillies and our Rojo Chipotle Sauce. Served with fresh greens, salsa and sour cream.

Chimichanga 10.95
Chicken flavored tofu, rice, Jack cheese, Romesco Sauce (prepared from roasted red peppers, garlic and smoked almonds), grilled onions, and green chillies wrapped in a deep fried flour tortilla. Served with fresh greens, salsa and sour cream.

Quesadilla 10.95
A large grilled tortilla filled with grilled onions, peppers, green chillies, Monterey Jack and sharp cheddar cheeses. Served with black beans, salsa and sour cream.

Mexicali Polenta 10.95
Flame-broiled polenta (cornmeal cakes) served on black beans, with crisp organic greens, salsa, and sour cream, garnished with fried bananas and pineapple.

GOURMET PIZZA

Served after 2:00 p.m.

Romesco 12.95
Romesco Sauce (prepared from roasted red peppers, garlic and smoked almonds), sun dried tomatoes, grilled onions, Manzanilla olives and Mozzarella cheese.

Three Cheese.....11.95
Thick crust, 8 inch pizza with marinara sauce and Romano, Mozzarella and sharp cheddar cheeses. *Add mushrooms, olives, onions, peppers..... .75 ea*

Mediterranean 12.95
Basil pesto, zucchini, Kalamata olives, tomatoes, onions and Feta cheese.

Gorgonzola Garden Veggie.....12.95
Mushroom duxelles, capers, grilled onions, broccoli, carrots, mixed peppers & melted Gorgonzola cheese.

CHEESE FACTORY CLASSICS

Served after 2:00 p.m. Vegan Menu available upon request.

Mushroom Stroganoff 12.95

Fresh, locally grown Portobello, Shiitake and button mushrooms in a rich and creamy Burgundy-sour cream sauce. Served on a bed of egg noodles.

Spanikopita 11.95

Puff pastry filled with spinach, Feta cheese, eggs and onion. Dressed with quinoa, fresh sliced Roma tomatoes, Balsamic vinaigrette and grated Romano cheese.

Ravioli Sacre Bleu 14.95

Artichoke and mascarpone ravioli in spinach pasta on a bed of Gorgonzola cream sauce, garnished with roasted red peppers, sweet cranberries and walnuts.

Bleu Cheese Lover's Quesadilla 11.95

Filled with blue cheese, walnuts, cranberries and served with fresh fruit and sour cream.

Thai Stir Fry (uses peanut oil) 12.95

An assortment of fresh vegetables and seasoned tofu stir-fried with our famous Thai peanut coconut curry sauce. Served with basmati rice.

Pasta Siciliana w/garlic toast..... 9.95

Linguini tossed w/marinara sauce, veggie (soy) sausage, romano cheese, with grilled zucchini.

Chèvre Crêpes 14.95

Four delicate French crêpes stuffed with roasted leeks and goat cheese, accompanied by cranberry chutney, roasted maple walnuts, and fresh fruit.

Hungarian Goulash..... 13.95

Our rendition of an Eastern European classic includes scrumptious morsels of vegetables and tofu slowly simmered in a sour-cream paprika sauce. Served with pierogi (potato dumplings) and Bavarian sauerkraut.

Malaysian Coconut Noodles 14.95

Seriously scrumptious, this dish incorporates a medley of seasoned cabbage, carrots, red peppers, celery, pineapple, cashews and rice noodles smothered in a mildly spicy coconut milk/red chili sauce - garnished with toasted coconut. (Soy, gluten and dairy free.)

Delhi Delicious..... 13.95

A unique blend of flavors & textures filled with the aromatic spices of East meets West: crisp fried eggplant, chickpea stew seasoned with fragrant Indian spice blend, served in a nest of organic brown rice. Garnished with cranberry chutney, deep-fried banana and sour cream.

BEVERAGES

Fresh Ground Colombian Coffee	1.95
Espresso single.....	1.75 double..... 2.25
	<u>8 oz cup</u> <u>12 oz cup</u>
Cappuccino single.....	2.95 double..... 3.25
Cafe Latte single.....	2.95 double..... 3.25
Mochaccino single.....	3.25 double..... 3.50

All of the above can be iced, decaf, skim or add .75 for soy milk or extra shot of Espresso.

Italian Syrup Flavorings:50
Amaretto, caramel, dark chocolate, hazelnut, pistachio, raspberry, Irish crème, French vanilla.

Viennese Cafe 3.95
Espresso and steamed milk with vanilla flavoring, whipped cream and nutmeg.

Blackforest Cafe 3.95
Espresso and steamed milk blended with dark chocolate, hazelnut and raspberry flavorings. Topped with whipped cream and chocolate sprinkles.

Aussie Frappe 4.95
Espresso, milk and vanilla ice cream with a dollop of whipped cream and chocolate sprinkles.

Shakes are on our Soda Fountain Menu!

Green Tea Cooler.....	2.95
Teas	1.95
Regular: Earl Grey, Lemon Lift, Green Tea, Constant Comment, English.	
Herbal: Apple Cinnamon, Mint Medley.	
Decaf: Lipton Black.	

Iced Tea 1.95

Fruit Smoothie 4.50
A smooth blend of raspberries, banana, pineapple, and soy milk.

Milk or Chocolate Milk
 small 2.25 large..... 2.75
Soy Milk small 2.50 large..... 3.25

Juices small 1.75 large..... 2.50
100% Florida orange juice, tomato or apple.

Sodas 1.95
Coke, Diet Coke, Lemonade, Sprite, Orange.

Chocolate, cherry or vanilla Coke 2.25

Phosphates 2.25
Seltzer water blended with your choice of chocolate, vanilla, cherry or strawberry syrup.

Italian Cream Sodas 2.95
Any Italian syrup flavoring blended with seltzer water and half-and-half. See flavors above.

KIDS MEALS

Kids under 12 get a choice of soft drink or milk with their meal for \$ 1.25 (Soy Milk is \$2.00)

BREAKFAST

Served until 2:00 p.m.

Two Eggs and Toast	4.95
Pancake with Syrup, Butter and Fruit Garnish	4.95
Cereal with Milk	3.95

LUNCH AND DINNER

Peanut Butter & Jelly Sandwich	4.95
w/ Potato Chips	
Quesadilla with Rice	5.95
Cheese Pizza	5.95
Kids Fresh Fruit Plate	5.95
Pasta with Red Sauce or Butter.....	5.95

Grilled Cheese Sandwich	5.95
w/ Potato Chips	
Tofu Dog on a Bun w/ Potato Chips	5.95
French Fries	2.25
Shirley Temple	2.25