SHOYU CHICKEN 5.95
crushed rice served over white or brown rice garnished with green onions
add broccoli: $0.60

KALUA PORK 5.95
smoked shredded pork served over white or brown rice garnished with green onions
add broccoli: $0.60

BIG E PLATE LUNCH 10.95
kalua pork, shoyu chicken, white or brown rice and Hawaiian macaroni salad garnished with green onions

BAKED POTATO 3.55
TOPPINGS: choose any 3
black beans salsa
black olives butter cheddar cheese
broccoli sour cream green onions

PASTA 4.95
serving of pasta with breadstick
see daily specials for today's choices

SOUP
BOWL • 4.95   CUP • 3.25
served with breadstick
see daily specials for today's choices

PESTO CHICKEN 6.95
chicken, artichoke hearts, provolone and pesto sauce on a toasted ciabatta bun served with a dressed green salad

CALZONE 6.95
pepperoni, pepperoni, onion, olive, pizza cheese, baked in pizzada, topped with marinara sauce and shredded Parmesan cheese served with a dressed green salad

TOFU BOWL 5.25
seasoned oven roasted tofu, black beans, broccoli, red onions, red and green peppers, served over white or brown rice with your choice of sauce
SAUCE: Huli Huli, sweet chili or BBQ Hot Vegetarian Substitution Chicken + $2.25

GYRO 5.95
gyro meat in warm pita, served with cucumber, tomato, onion, mixed greens, and tzatziki sauce

MUSUBI 3.75
Hawaiian snack of rice, Spam and Huli Huli sauce wrapped in nori

CAESAR WRAP 6.45
chicken, shaved Parmesan cheese and romaine lettuce tossed with Caesar dressing in spinach tortilla

BLT 4.65
bacon, lettuce, tomato and aioli on toasted multi-grain bread

CAESAR WRAP 6.45
chicken, shaved Parmesan cheese and romaine lettuce tossed with Caesar dressing in spinach tortilla

AVOCADO BAGEL 6.25
herb cream cheese, cucumber, avocado, tomato and lemon pepper on a toasted whole wheat bagel served with fiesta bean salad

BUILD YOUR OWN SANDWICH OR WRAP 6.75
HALF SANDWICH 3.75
BREADS: sourdough, multi-grain, whole-wheat, ciabatta, pita, rye, or California style (between lettuce)
TORTILLAS: flour, whole-wheat, or spinach
SPREAD (2)
honey mustard mayonnaise jalapeno mayo pesto hummus aioli

PROTEIN (1)
ham turkey cheddar cheese provolone

CHEESE (1)
Swiss

UNLIMITED cucumber lettuce onion bell pepper tomato pickle mushrooms spinach

PIEZAS

BBQ 5.95
seasoned chicken, cheese and BBQ sauce

PEPPERONI 5.25
pepperoni and cheese

CHEESE 4.95
blend of cheeses with marinara sauce

Making it easier to find what you want:
Most menu items can be assembled vegetarian, vegan or without gluten, however we cannot assure that items are 100% gluten-free, nor can we guarantee completely allergen-free meals.

OPTION: 
vegetarian 
vegan 
gluten-free

BREAKFAST BAGEL 3.85
plain or whole-wheat bagel, egg and cheddar cheese with your choice of protein
PROTEIN: sausage, ham or bacon

PLAIN OR WHOLE-WHEAT BAGEL 1.50
add cream cheese: regular, or herb • .25

SID'S AMERICAN BREAKFAST 2.75
eggs, tater cake and sausage

BREAKFAST CIABATTA 5.00
bacon, cheddar cheese, egg, lettuce, tomato and aioli on a toasted ciabatta bun

BREAKFAST CALZONE 5.00
eggs, sausage, onion, peppers and cheese all baked in pizza dough

WAFFLE 3.95
butter and syrup
3.55
bananas, chocolate chips, syrup and whipped cream

HOT OATMEAL 2.25
served with brown sugar, raisins and your choice of milk
MILK: skim, 2%, or chocolate

FRESH FRUIT 3.75
BOWL • 3.75   CUP • 2.50   WHOLE • .55

DENVER WRAP 4.75
eggs, peppers, ham and cheddar cheese in a flour tortilla

VEGETARIAN OMELET 5.50
eggs, tomato, onion, peppers, fresh basil, pepper jack cheese, served with whole wheat tortilla

BREAKFAST BURRITO 4.95
eggs, onion, peppes, fresh basil, pepper jack cheese, served with whole wheat tortilla

SID'S AMERICAN BREAKFAST 2.75
eggs, tater cake and sausage

TOFU BOWL 5.25
seasoned oven roasted tofu, black beans, broccoli, red onions, red and green peppers, served over white or brown rice with your choice of sauce

SAUCE: Huli Huli, sweet chili, or BBQ Hot Vegetarian Substitution Chicken + $2.25

VEGETARIAN OMELET 5.50
eggs, tomato, onion, peppers, fresh basil, pepper jack cheese, served with whole wheat tortilla

OMELET 5.50
eggs and your choice of 3 toppings served with whole wheat tortilla

TOPPINGS:
ham jalapenos sour cream
black beans mushrooms salsa
tofu onions tomatoes
sausage peppers cheddar cheese
spinach black olives pepper jack cheese

TATER CAKE 6.75

CINNAMON ROLL 2.75
**SALADS**

**OREGON SALAD** 5.25
mixed greens, blue cheese, pears and candied walnuts, served with raspberry vinaigrette

**CAESAR** 6.45
romaine lettuce, chicken, shaved Parmesan cheese and croutons tossed with Caesar dressing

**BUILD YOUR OWN SALAD** 6.95

choice of romaine lettuce, mixed greens or spinach
DRESSING: balsamic vinaigrette, Caesar, Italian, or ranch
FAT FREE: raspberry vinaigrette

<table>
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<th>PROTEIN (1)</th>
<th>CHEESE (1)</th>
<th>TOPPINGS (1)</th>
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<tr>
<td>black beans</td>
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<td>pepper Jack</td>
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<tr>
<td>turkey</td>
<td>feta</td>
<td>peppers</td>
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**MEZE PLATTER** 4.65
hummus, feta cheese, olives, tomato, cucumber, red onion, romaine lettuce, and Italian dressing served with toasted pita bread

**GARDEN SALAD** LARGE 4.00
SMALL 2.95
mixed greens, cucumber, tomato and shredded carrot, served with your choice of dressing (below)

**DRINKS**

- Fountain Beverage .............................................. 1.80
- Root Beer Float .................................................. 2.00
- Milk: Skim, Chocolate, 2% ...................................... 1.95
- Tea or Cider ....................................................... 1.25
- Cappuccino, Mocha, Hot Chocolate ........................... 1.75
- Coffee .................................................................... 1.75

**EXTRAS**

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<tr>
<th>Item</th>
<th>Price</th>
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<tbody>
<tr>
<td>Chicken</td>
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<td>Avocado</td>
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<td>Jam</td>
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<td>Sausage Patty</td>
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<tr>
<td>Toast</td>
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**BUNDLE IT, BABY!**

WITH ANY MENU ITEM, YOUR CHOICE OF 2 • 2.25
fountain drink, coffee, chips, fruit, cookie, or rice krispies

**Check out our page!**
mu.oregonstate/murfs/pangea

- sign up to receive daily specials
- reserve our private dining room
- view our menu
- Check out our nutritional info

**We have healthy options!**
Try our fruit... Only 55¢

Open 7:30 AM - 3 PM
Monday - Friday

Breakfast Served ALL DAY

Private Dining available for customers by reservation
contact us @ mu.oregonstate.edu/murfs/pangea