

Great Beginnings

GARLIC BREAD \$4.95, *with mozzarella* \$5.95, *with mozzarella and marinara* \$6.95

FOCACCIA *crispy baked flatbread topped with olive oil, garlic, herbs and parmesan* \$10.95

MUSHROOMS CAPS *stuffed with a blend of cheeses and spinach* \$7.95

VEGETABLE EGGROLLS *served with sweet and sour sauce* \$7.50

HOMEMADE ONION RINGS *batter dipped and fried until golden brown* \$7.95

VEGETABLES TEMPURA *a mound of batter- dipped vegetables served with sweet and sour and Dijon mayonnaise sauces* \$9.95

NACHOS DELUXE *tortilla chips smothered with melted cheddar, refried beans, shredded salsa, guacamole and sour cream* \$9.95, *with taco "meat"* \$11.95

MOZZARELLA STICKS *coated in a lightly seasoned breading, then fried. Served with our own savory marinara sauce* \$6.95

MIDDLE EASTERN PLATTER *humus, babaghanouj, Israeli salad, tehina, falafel and pita* \$10.95

HUMUS AND PITA *creamy blend of ground chick peas and spices, served with pita* \$6.95

SALMON TERIYAKI KABOBS *fresh salmon chunks marinated in teriyaki sauce and grilled* \$11.95

POTATO SKINS *potato wedges fried to a golden brown and topped with melted cheddar, black olives, diced tomatoes and scallions. Served with sour cream* \$7.95

Soups and Sides

VEGETARIAN CHILI \$5.95

MINISTRONE \$5.95

FRENCH ONION \$5.95

SOUP du JOUR \$5.95

FRENCH FRIES \$3.95, *with cheddar* \$4.95

CURLY SEASONED FRIES \$6.95

SWEET POTATO FRIES \$6.95

SCOOP TUNA SALAD \$6.95

More than the Garden Variety

Creamy Garlic, Dijon Vinaigrette, Lite Italian, French, Thousand Island, Oil & Vinegar.

Add to any salad: cheese \$2.25, avocado \$2.25

GARDEN SALAD *mixed greens, tomato, cucumber, carrots and cabbage* \$5.95

CAESAR SALAD *romaine lettuce and croutons tossed with our Caesar dressing* \$10.95

SALMON CAESAR SALAD *poached salmon on top of Caesar salad* \$16.95

PORTABELLO CAESAR SALAD *with grilled, balsamic-marinated portabello mushrooms* \$15.95

CRAISIN WALNUT *fresh spinach, raisins, walnuts and feta cheese, tossed in a raspberry balsamic vinaigrette* \$13.95

ITALIANO *sun-dried tomatoes, roasted bell peppers, grilled portabello mushrooms, feta and fresh spinach tossed in balsamic vinaigrette* \$14.95

AVOCADO MANDARIN *crunchy toasted pecans, mandarin orange and slices of avocado, tossed with mixed greens and Italian dressing* \$13.95

GREEK SALAD *mixed greens, red cabbage, feta and black olives tossed in an authentic red wine vinaigrette (anchovies upon request)* \$12.95

WEST COAST *feta, albacore tuna, black olives, tomatoes, hard-boiled egg, avocado, red onion, red potato and croutons over fresh spinach with an herb vinaigrette* \$14.95

ISRAELI SALAD *served with tehina and pita* \$6.95

SPINACH CITRUS *fresh spinach, mandarin oranges, mushrooms, red onions and slivered almonds in a tangy wine vinaigrette* \$11.95

CALIFORNIA GREENS *mixed greens, cucumber, tomato, zucchini and avocado, topped with cheddar cheese, raisins, grated carrots, and sunflower seeds* \$12.95

TACO SALAD *a crisp tortilla shell, filled with mock taco "meat" and shredded lettuce, piled high with sour cream, guacamole, cheddar and diced tomatoes* \$13.95

RAINBOW *mixed greens, avocado, bell peppers, mushrooms, tomatoes, carrots, red cabbage, and shredded mozzarella* \$13.95

MEDLEY OF FRESH FRUIT \$11.95

Pastas, Etc.

Served with garden salad or soup. Add cheese to any pasta \$2.25

SPAGHETTI MARINARA \$12.95, *small portion* \$10.95

PASTA POMODORO *penne tossed in a chunky tomato sauce and topped with fresh basil* \$13.95, *small portion* \$11.95

PENNE ALLA NORMA *eggplant, tomato, onion & basil, garlic and olive oil* \$16.95

PORTABELLO PASTA *fettuccine tossed with portabello, fresh spinach, onions and sun-dried tomatoes, in balsamic, olive oil, fresh basil and garlic* \$17.95

TRI-COLOR CHEESE TORTELLINI *in marinara, tomato cream, pesto or Alfredo sauce* \$17.95

POTATO GNOCCHI *in marinara, tomato cream, pesto or Alfredo sauce* \$17.95

PENNE ALLA VODKA *in a creamy tomato vodka sauce* \$17.95

BOWTIE SALMON PRIMAVERA *salmon and garden vegetables tossed in fresh basil, garlic and olive oil* \$19.95

LINGUINE al PESTO *prepared with fresh basil, garlic, parmesan and olive oil, topped with diced fresh tomatoes* \$16.95

SPINACH RAVIOLI *homemade spinach ravioli stuffed with a blend of cheese and spinach and topped with Alfredo, tomato cream or marinara sauce* \$18.95

BOWTIE CESARIO *lightly sautéed vegetables tossed in fresh basil, garlic and olive oil and topped with mozzarella* \$17.95, *small portion* \$15.95

LINGUINE CON SALMONE *fresh salmon sautéed in Alfredo, tomato cream, or aglio y olio sauce* \$19.95

BOWTIE PRIMAVERA *fresh vegetables tossed in your choice of marinara, tomato cream, pesto or Alfredo sauce* \$16.95

FETTUCCHINE ALFREDO *fettuccine enrobed in a rich sauce of butter, grated Parmesan and cream* \$16.95, *small portion* \$14.95

SPAGHETTI “BOLOGNESE” *our own vegetarian “meat” sauce* \$16.95

SPINACH LASAGNA *a savory blend of ricotta, mozzarella, spinach and herbs layered between lasagna and tomato sauce* \$16.95

BAKED ZITI *chunky tomato sauce, topped with mozzarella* \$14.95

HOMEMADE CHEESE BLINTZES *filled with sweet cream cheese and cinnamon* \$13.95

SEITAN MARSALA *tender pieces of seitan, marinated in a robust Marsala wine and portabello mushroom sauce, served over rice* \$17.95

SWEET AND SOUR MOCK “CHICKEN” *slender pieces of seitan tossed with pineapple and vegetables in a sweet and sour sauce, served over rice* \$17.95

STIR-FRY VEGETABLES *in a fresh ginger and soy sauce, served over brown rice* \$14.95, *with tofu* \$16.95

EGGPLANT PARMESAN *lightly breaded eggplant baked with marinara and mozzarella* \$16.95

Fresh From the Waters

Served with garden salad or soup, vegetable and choice of French fries, brown rice or baked potato. Our fish is accompanied by a beurre blanc sauce.

CHAR-GRILLED SALMON *a generous fillet, cooked just the way you like it* \$27.95

GRECIAN WHITEFISH *gently seasoned with olive oil, lemon and oregano* \$24.95

CHAR-GRILLED TUNA STEAK *a meaty fillet of fresh tuna* \$28.95

LEMON GARLIC TILAPIA *baked to perfection in lemon juice, butter and garlic* \$25.95

DIJON-CRUSTED SALMON *baked with a tantalizing coating of delectable seasonings* \$28.95

STIR FRY TUNA *julienne vegetables and fresh grilled tuna chunks stir-fried in a fresh ginger and soy sauce, served over rice* \$27.95

TILAPIA PARMESAN *broiled, with a creamy and flavorful parmesan coating* \$26.95

SALMON TERIYAKI *grilled and topped with a teriyaki and portabello mushroom sauce* \$27.95

HERB-CRUSTED WHITEFISH *breaded and lightly fried* \$24.95

TUNA MARSALA *char-grilled, with a robust Marsala wine and portabello mushroom sauce* \$28.95

Sensational Sandwiches and Wraps

Served with French fries, potato chips, brown rice, or baked potato, and cole slaw.

Add to any sandwich: cheese \$2.25, avocado \$2.25

PORTABELLO MUSHROOM SANDWICH *portabello mushrooms and onions marinated in balsamic and BBQ honey mustard, on French bread spread with pesto, and topped with feta* \$13.95

“GYROS” *seitan strips, bell peppers, mushrooms and red onions, marinated in balsamic vinegar, sautéed with garlic and olive oil and served over pita with cucumber dill sauce* \$13.95

BBQ SEITAN *wheat “meat,” onions and mushrooms smothered in BBQ sauce* \$13.95

CHAR-GRILLED SALMON BURGER *prepared with a zesty blend of herbs and spices* \$13.95

EGGPLANT PARMESAN SANDWICH *slices of breaded eggplant layered on French bread, covered with marinara sauce and melted mozzarella* \$12.95

TUNA SALAD SANDWICH *with lettuce and tomato served on white bread, whole wheat bread or in a pita* \$10.95

BLACKENED SALMON SANDWICH *on a toasted French baguette, with lettuce, tomato and a mild horseradish-mustard sauce* \$14.95

LOX & BAGEL *nova lox, cream cheese, tomato, cucumber, onion and bagel (excludes starch)* \$11.95

DOUBLE-DECKER GRILLED CHEESE *with tomato and muenster cheese on whole wheat bread* \$10.95

TUNA MELT *double portion of tuna salad served open-faced on a bagel and topped with melted Muenster* \$12.95

SALMON PATTY *fresh ground salmon topped with sautéed onions* \$13.95

A.L.T. CLUB *a triple decker featuring Avocado, Lettuce, sliced Tomato, Muenster, and mayonnaise on whole wheat toast* \$12.95

VEGGIE BURGER *plump and “beefy,” served with lettuce and tomato* \$12.95

HERB-CRUSTED WHITEFISH SANDWICH *breaded and lightly fried, on French bread* \$13.95

TUNA SALAD WRAP *lettuce, tomatoes and mayo in a spinach tortilla* \$11.95

VEGGIE WRAP *lettuce, cucumbers, tomatoes, carrots, peppers, cucumber dill spread and Muenster in a sun-dried tomato tortilla* \$11.95

GRILLED VEGGIE WRAP *in a sun-dried tomato tortilla w/ pesto spread and feta* \$12.95

SALMON CAESAR SALAD WRAP *in a white flour tortilla* \$14.95

Quesadillas

Homemade giant flour tortilla stuffed with cheese and various fillings.
Served with guacamole and salsa. Fried or baked. Extra guacamole add \$2.25

MUSHROOM & ONION \$10.95

CHAR-GRILLED VEGETABLE \$11.95

TEX-MEX *mock taco “meat” and cheddar* \$11.95

SALMON *fresh salmon, onions and herbs* \$13.95

SPINACH, *portabello, sun-dried tomato and onions* \$11.95

CON “POLLO” *mock “chicken,” peppers, onions and mushrooms* \$12.95

For Kids Only

Only for children age 10 and under. Includes soft drink, apple juice or milk.

MINI PIZZA \$6.95

MACARONI & CHEESE \$6.95

PIZZA BAGEL *served with French fries* \$6.95

CHILD SPAGHETTI MARINARA OR ALFREDO \$6.95

GRILLED AMERICAN CHEESE *served with French fries* \$6.95

QUESADITAS *corn tortillas filled with melted cheese. Served with tortilla chips* \$6.95

Gourmet Thin Crust Pizzas

Made with homemade dough prepared daily, topped with our homemade tomato sauces and a blend of mozzarella and muenster.

	<u>Small</u> 10" serves 1-2	<u>Medium</u> 12" serves 2-3	<u>Large</u> 16" serves 3-4	<u>Extra Large</u> 18" serves 4-5
CHEESE	\$12.95	\$13.95	\$15.95	\$18.95
VEGETARIAN <i>mushroom, onion, green pepper</i>	\$14.95	\$16.95	\$18.95	\$20.95
MARGHERITA <i>fresh basil, sliced fresh tomato</i>	\$13.95	\$15.95	\$16.95	\$18.95
BRUSCHETTA <i>Extra thin, with pesto & chopped tomato</i>	\$13.95	\$15.95	\$17.95	\$19.95
MEXICAN <i>refried beans, cheddar, peppers, mushrooms, onions, tomatoes, jalapeno</i>	\$14.95	\$16.95	\$19.95	\$21.95
POMODORO <i>chunky tomato sauce, herbs</i>	\$13.95	\$15.95	\$16.95	\$18.95
PESTO <i>sun-dried tomato, mushrooms, feta</i>	\$14.95	\$16.95	\$19.95	\$21.95
GREEK <i>spinach, black olives, red onions, oregano, feta</i>	\$14.95	\$16.95	\$19.95	\$21.95
WHITE <i>Alfredo sauce, bell peppers, roasted garlic</i>	\$14.95	\$16.95	\$19.95	\$21.95
CHEESELESS GRILLED VEGGIE	\$13.95	\$15.95	\$16.95	\$18.95
Each additional ingredient	\$ 1.50	\$ 1.75	\$ 2.25	\$ 2.50

Deep Dish

Please allow 30-40 minutes for our award-winning pan pizza.

	<u>Small</u> 10" serves 1-3	<u>Large</u> 14" serves 3-5
CHEESE	\$16.95	\$19.95
VEGETARIAN <i>Spinach, mushroom, onion</i>	\$18.95	\$21.95
Each additional ingredient	\$ 2.25	\$ 2.50

mushroom **pineapple** **jalapeno** **black olive** **anchovy** ***extra cheese**
onion **spinach** **mock meat** **green olive** **double crust** ***feta**
green pepper **garlic** **tomato** **eggplant** **whole wheat** ***sundried tomato**

Full price charged for 1/2 ingredients. *Charged double.

Calzones

Made with homemade dough and marinara sauce, and a blend of mozzarella and muenster. Served with house salad or soup. Additional ingredient \$1.50. Please allow 20-30 minutes.

- CHEESE** \$12.95
- CHAR-GRILLED VEGGIE** \$14.95
- SPINACH** *mushroom and onion* \$14.95
- PORTABELLO**, *sun-dried tomatoes, spinach, onions* \$14.95
- FOUR CHEESE** *herbed ricotta, mozzarella, Muenster, parmesan* \$14.95

Beverages

Cold and Hot Drinks

Fountain Drinks: *Pepsi, Diet Pepsi, Cherry Pepsi, Root Beer, Dr. Pepper, Ginger Ale, Sierra Mist, Diet Sierra Mist, Orange Slice.* \$2.25 Free refills
Fresh Brewed Coffee/Iced Coffee \$2.25
Flavored Coffee *Vanilla or Hazelnut* \$3.00
Fresh Brewed Iced Tea \$2.25
Tea \$2.25, **Herbal Tea** \$2.25
Espresso Single \$2.95 **Double** \$4.50
Cappuccino \$4.50

Flavored Cappuccino \$4.95
Mineral Water \$2.25
White or Chocolate Milk \$2.25
Juice *Orange, Apple, Cranberry or Tomato small* \$2.25, *medium* \$2.75, *large* \$3.50
Flavored Phosphates \$3.50
Shirley Temple \$3.50
Snapple *assorted flavors* \$2.50
Dr. Brown's *assorted flavors* \$2.50

Beer

 *Ask for additional seasonal selections

Budweiser \$4.50
Bud Light \$4.50
Miller \$4.50
Miller Light \$4.50
Fat Tire \$5.95

Blue Moon \$5.95
Goose Island \$5.95
Miller Light \$5.95
Bell's Porter \$5.95
Samuel Adams \$5.95

Leinenkugel \$5.95
Amstel Light \$5.95
Corona Extra \$5.95
Corona Light \$5.95
Heineken \$5.95

Grolsch \$5.95
Guinness Stout \$5.95
Shiner Bock \$5.95
Sharps non-alcoholic \$3.95

Martinis and Specialty Drinks

Blue Lagoon *vodka, blue Curacao, lemonade* \$9.95
Tequila Sunrise *tequila, orange juice, grenadine* \$9.95
Chocolate Kiss Martini *vanilla vodka, chocolate liqueur* \$9.95
Lemon Drop *lemon vodka, triple sec, lime juice, sugar-rimmed glass* \$9.95
Fruit Martini *sour apple, pomegranate, blue raspberry or mango* \$9.95
Mojito *a cool, refreshing blend of lime, rum and mint* \$9.95
Mango Mojito *a traditional Mojito with a mango infusion* \$9.95
Mai Tai *blend of the tropics and rum* \$9.95
Strawberry Daiquiri *a frozen blend of strawberry and vodka* \$9.95
Virgin Strawberry Daiquiri *non-alcoholic* \$4.95
Margarita *tequila, triple sec & sour mix, frozen or on the rocks, in a salt-rimmed glass* \$9.95
Strawberry Margarita *frozen or on the rocks, in a sugar-rimmed glass* \$9.95
Pina Colada *frozen blend of rum, coconut & pineapple* \$9.95
Virgin Pina Colada *non-alcoholic* \$4.95
Strawberry Colada *a frozen blend of strawberry, coconut, pineapple and rum* \$9.95
Banshee *crème de banana and crème de Cacao with vanilla or chocolate ice cream* \$9.95
Amaretto Milkshake *amaretto and vanilla or chocolate ice cream* \$9.95
Café Amaretto *topped with whipped cream* \$6.95
Irish Cream Coffee *Irish whiskey and coffee topped with whipped cream* \$6.95

Great Endings

 *Ask for today's additional special dessert selections.

Celebrating a special occasion? Let us order a cake for you!

Ice Cream *assorted flavors* \$4.95, *topping* \$.75

Milk Shake \$5.95

Pies *chocolate mousse, apple* \$5.95, *ala mode* \$6.95

Tortes *chocolate layer cake, flourless chocolate cake* \$6.95

Homemade Cheesecakes *plain, chocolate chip or double chocolate chip* \$6.95

18% gratuity may be added for parties of six or more. One guest check per table. Prices subject to change without notice. We accept cash, checks, Visa, Mastercard, American Express and Discover credit cards. Corporate accounts welcome. Gift certificates available. Entire menu available for take-out and delivery. We are not responsible for loss or exchange of personal property.

Monday through Thursday 11:30am-9:00pm

Friday 11:30am-3:00pm (2:00pm winter)

Saturday Night ½ hour after dark until 12:30am

Sunday 10:30am-9:00pm (join us for breakfast until 2:00pm)

Drop off catering and party room available for your special event.

Visit our adjacent meat restaurant Hy Life Bistro for dinner!

Slice of Life 4120 W. Dempster Street Skokie, IL 60076 847-674-2021

