

## GREAT BEGINNINGS

**VEGGIE EGGROLLS** served with sweet and sour sauce \$5.95

**GRILLED VEGETABLE MEDLEY** marinated and served with beurre blanc sauce \$6.50

**BUBBIE RONNIE'S POTATO LATKES** with apple sauce or sour cream \$5.95

**GARLIC BREAD** \$2.95, with mozzarella \$3.95, with mozzarella and marinara \$4.50

**HOMEMADE ONION RINGS** batter dipped and fried until golden brown \$5.50

**VEGETABLES TEMPURA** a mound of batter- dipped vegetables served with sweet and sour and Dijon mayonnaise sauces \$6.95

**NACHOS DELUXE** tortilla chips smothered with melted cheddar, refried beans, shredded salsa, guacamole and sour cream \$6.95, with taco "meat" \$7.95

**MOZZARELLA STICKS** coated in a lightly seasoned breading, then fried. Served with our own savory marinara sauce \$5.50

**MIDDLE EASTERN PLATTER** humus, babaghanouj, Israeli salad, tehina, falafel and pita \$8.95

**MUSHROOMS CAPS** stuffed with a blend of cheeses and spinach \$5.95

**POTATO SKINS** potato wedges fried to a golden brown and topped with melted cheddar, black olives, diced tomatoes and scallions. Served with sour cream \$6.95

**SALMON TERIYAKI KABOBS** fresh salmon chunks marinated in teriyaki sauce and grilled \$8.95

## SOUPS AND SIDES

**VEGETARIAN CHILI** \$3.50

**MINISTRONE** \$3.50

**SOUPS du JOUR** \$3.50

**FRENCH FRIES** \$2.50, with cheddar \$3.50

**FRENCH ONION** \$3.95

**SAUTEED SPINACH** \$4.50

## MORE THAN THE GARDEN VARIETY

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

Add to any salad: cheese \$1.25, flaked tuna or tuna salad \$3.95

**GARDEN SALAD** mixed greens, tomato, cucumber, carrots and cabbage \$3.50

**CAESAR SALAD** romaine lettuce and croutons tossed with our Caesar dressing \$7.50

**SALMON CAESAR SALAD** poached salmon on top of Caesar salad \$13.95

**SANTE FE** bell peppers, onions, black olives, tomatoes, avocado, tortilla strips, seitan and mixed greens \$10.95

**CRAISIN WALNUT** baby greens, raisins, walnuts and feta tossed in a raspberry vinaigrette \$9.95

**ITALIANO** sun-dried tomatoes, roasted bell peppers, grilled portabello, feta and fresh spinach tossed in Balsamic vinaigrette \$10.95

**GREEK SALAD** mixed greens, red cabbage, feta and black olives tossed in an authentic red wine vinaigrette (anchovies upon request) \$7.95

**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 \$9.95

**ISRAELI SALAD** served with tehina and pita \$4.95

**SPINACH CITRUS** fresh spinach, mandarin oranges, mushrooms, red onions and slivered almonds in a tangy wine vinaigrette \$7.50

**CALIFORNIA GREENS** mixed greens, cucumber, tomato, zucchini and avocado, topped with cheddar cheese, raisins, grated carrots, and sunflower seeds \$8.95

**TACO SALAD** a crisp tortilla shell, filled with mock taco "meat" and shredded lettuce, piled high with sour cream, guacamole, cheddar and diced tomatoes \$9.95

**MEDLEY OF FRESH FRUIT** served with cottage cheese or frozen yogurt \$7.95

**RAINBOW** baby greens, avocado, bell peppers, mushrooms, tomatoes, carrots, red cabbage and mozzarella \$8.95

**ASIAN NOODLE SALAD** shredded carrots and red cabbage, water chestnuts, baby corn, sesame seeds and scallions tossed with linguine in a ginger sesame dressing \$9.95

## PASTAS

Served with house salad or soup (French onion add \$.50). Add cheese \$1.50, small portion add \$1.25

**SPAGHETTI MARINARA** \$9.95, *small portion* \$7.95

**MARINATED MOCK SHRIMP SICILIANO** *linguine, fresh and sun-dried tomatoes, bell peppers, peapods, black and green olives, capers, fresh basil, garlic & olive oil* \$15.95, *small portion* \$12.95

**PORTABELLO PASTA** *fettuccine tossed with portabello, fresh spinach, onions and sun-dried tomatoes, in balsamic, olive oil, fresh basil and garlic* \$14.95, *small portion* \$11.95

**TRI-COLOR CHEESE TORTELLINI** *in marinara, tomato cream, pesto or Alfredo sauce* \$15.95

**BOWTIE SALMON PRIMAVERA** *salmon and garden vegetables tossed in fresh basil, garlic and olive oil* \$15.95, *small portion* \$12.95

**LINGUINE al PESTO** *prepared with fresh basil, pine nuts, garlic, parmesan and olive oil, topped with diced fresh tomatoes and pine nuts* \$12.95, *small portion* \$9.95

**SPINACH RAVIOLI** *homemade spinach ravioli stuffed with a blend of cheeses and spinach and topped with Alfredo, tomato cream or marinara sauce* \$13.95

**BOWTIE CESARIO** *lightly sautéed vegetables tossed in fresh basil, garlic and olive oil and topped with mozzarella* \$13.95, *small portion* \$9.95

**LINGUINE CON SALMONE** *fresh salmon sautéed in Alfredo, tomato cream, or aglio y olio sauce* \$15.95, *small portion* \$12.95

**PENNE PRIMAVERA** *fresh vegetables tossed in your choice of marinara, tomato cream, pesto or Alfredo sauce* \$13.95, *small portion* \$10.95

**FETTUCCHINE ALFREDO** *fettuccine enrobed in a rich sauce of butter, grated parmesan and cream* \$12.95, *small portion* \$9.95

**PENNE PESTO** *with grilled vegetables* \$13.95, *small portion* \$10.95

**SPAGHETTI “BOLOGNESE”** *our own vegetarian “meat” sauce* \$13.95, *small portion* \$10.95

**SPINACH LASAGNA** *a savory blend of ricotta, mozzarella, spinach and herbs layered between lasagna and tomato sauce* \$11.95

**BAKED ZITI** *chunky tomato sauce, topped with mozzarella* \$10.95

## ENTRÉES

Served with house salad or soup (French onion add \$.50)

**HOMEMADE CHEESE BLINTZES** *filled with sweet cream cheese and cinnamon* \$8.95

**SEITAN FAJITAS** *peppers, onions, tomatoes and seitan sautéed in tangy fajita sauce. Served with corn tortillas, rice, sour cream and guacamole* \$12.95

**SWEET AND SOUR MOCK “CHICKEN”** *slender pieces of seitan tossed with pineapple and vegetables in a sweet and sour sauce, served over rice* \$13.95

**STIR- FRY VEGETABLES** *julienne vegetables stir-fried in a fresh ginger and soy sauce, served over rice* \$10.95

**VEGGIE DELIGHT** *steamed julienne vegetables over Italian or brown rice* \$9.95

**EGGPLANT PARMESAN** *lightly breaded eggplant baked with marinara and mozzarella* \$10.95

## QUESADILLAS

Homemade giant flour tortilla stuffed with cheese and various fillings. Served with guacamole and salsa. Fried or baked. Extra guacamole add \$1.25

**MUSHROOM & ONION** \$7.95

**TEX-MEX** *mock taco “meat”* \$8.95

**CHAR-GRILLED VEGETABLE** \$8.95

**SALMON** *fresh salmon, onions and herbs* \$9.95

**SPINACH,** *portabello, sun-dried tomato and onions* \$8.95

**CON “POLLO”** *mock “chicken,” peppers, onions and mushrooms* \$8.95

# SENSATIONAL SANDWICHES AND WRAPS

Served with French fries, brown rice, Italian rice or baked potato, and cole slaw.  
Add to any sandwich: cheese \$1.25, avocado \$1.25, tuna salad \$1.95, mushrooms \$ .95

**PORTABELLO MUSHROOM SANDWICH** *portabello mushrooms and onions marinated in balsamic and BBQ honey mustard, on French bread spread with pesto, and topped with feta* \$8.95

**“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* \$8.95

**TUNA SALAD WRAP** *lettuce, tomatoes and mayo in a spinach tortilla* \$8.95

**VEGGIE WRAP** *lettuce, cucumbers, tomatoes, carrots, peppers, cucumber dill spread and muenster in a sun-dried tomato tortilla* \$8.95

**BBQ SEITAN** *wheat “meat,” onions and mushrooms smothered in BBQ sauce* \$8.95

**MEDITERRANEAN** *grilled marinated vegetables served on French bread, brushed with pesto and lightly sprinkled with feta* \$8.95

**CHAR-GRILLED SALMON BURGER** *prepared with a zesty blend of herbs and spices* \$8.95

**EGGPLANT PARMESAN SANDWICH** *slices of breaded eggplant layered on French bread, covered with marinara sauce and melted mozzarella* \$8.95

**POCKET TUNA** *tuna salad, lettuce and tomato served in pita* \$6.95

**LOX & BAGEL** *nova lox, cream cheese, tomato, cucumber, onion and bagel* \$8.95

**GRILLED TOMATO & MUENSTER** *on whole wheat bread* \$6.95

**TUNA MELT** *double portion of tuna salad served open-faced on a bagel and topped with melted muenster* \$8.50

**A.L.T. CLUB** *a triple decker featuring Avocado, Lettuce, sliced Tomato, muenster, and mayonnaise on whole wheat toast* \$7.95

**VEGGIE BURGER** *plump and “beefy,” served with lettuce and tomato* \$7.95

**HERB-CRUSTED WHITEFISH SANDWICH** *breaded and lightly fried, on French bread* \$10.95

## FRESH FROM THE WATERS

Served with house salad or soup (French onion add \$.50), vegetable and choice of French fries, brown rice, Italian rice or baked potato. Our fish is accompanied by a beurre blanc sauce and is prepared medium unless requested otherwise.

**CHAR-GRILLED SALMON** *a generous fillet, cooked just the way you like it* \$18.95

**GRECIAN WHITEFISH** *gently seasoned with olive oil, lemon and oregano* \$16.95

**CHAR-GRILLED TUNA STEAK** *a meaty fillet of fresh tuna* \$19.95

**GARLIC GROUPER** *broiled with garlic, olive oil and parsley, then baked* \$19.95

**DIJON-CRUSTED SALMON** *baked with a tantalizing coating of delectable seasonings* \$18.95

**STIR FRY TUNA** *julienne vegetables and fresh grilled tuna chunks stir-fried in a fresh ginger and soy sauce, served over rice* \$19.95

**SALMON TERIYAKI** *grilled and topped with a teriyaki and portabello sauce* \$18.95

**HERB-CRUSTED WHITEFISH** *breaded and lightly fried* \$16.95

**CAJUN-GARLIC TUNA** *rubbed with Cajun seasoning, then seared in garlic and olive oil* \$19.95

**SALMON PICATTA** *sautéed in white wine, lemon and capers* \$18.95

**TUNA MARSALA** *char-grilled and topped with a robust Marsala wine and portabello sauce* \$19.95

## FOR KIDS ONLY

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

**MINI PIZZA** \$5.50

**MACARONI & CHEESE** \$5.50

**CHILD SPAGHETTI MARINARA OR ALFREDO** \$5.50

**GRILLED AMERICAN CHEESE** *served with French fries* \$5.50

**QUESADITAS** *corn tortillas filled with melted cheese. Served with tortilla chips* \$5.50

# 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
<b>CHEESE</b>	\$ 7.95	\$ 9.95	\$13.95
<b>FOCACCIA</b> <i>olive oil, garlic, herbs, parmesan</i>	\$ 6.95	\$ 8.95	\$12.95
<b>VEGETARIAN</b> <i>mushroom, onion, green pepper</i>	\$11.95	\$13.95	\$17.95
<b>MARGHERITA</b> <i>fresh basil, sliced fresh tomato</i>	\$ 8.95	\$10.95	\$14.95
<b>MEXICAN</b> <i>refried beans, cheddar, peppers, mushrooms, onions, tomatoes, jalapeno</i>	\$12.95	\$14.95	\$18.95
<b>HAWAIIAN</b> <i>fresh pineapple, red onion, green pepper, sweet and sour sauce BBQ sauce</i>	\$12.95	\$14.95	\$18.95
<b>PESTO</b> <i>sun-dried tomato, mushrooms, feta</i>	\$13.95	\$15.95	\$19.95
<b>GREEK</b> <i>spinach, black olives, red onions, oregano, feta</i>	\$12.95	\$14.95	\$18.95
<b>WHITE</b> <i>Alfredo sauce, bell peppers, roasted garlic</i>	\$12.95	\$14.95	\$18.95
<b>MOCK SHRIMP &amp; PESTO</b>	\$13.95	\$15.95	\$19.95
<b>CHEESELESS GRILLED VEGGIE</b>	\$11.95	\$13.95	\$17.95
<b>FORMAGGIO</b> <i>herbed ricotta, mozzarella, muenster parmesan, no sauce</i>	\$13.95	\$15.95	\$19.95
Each additional ingredient	\$ 1.50	\$ 1.75	\$ 1.95

## DEEP DISH

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

	<u>Small</u> 10" serves 1-3	<u>Large</u> 14" serves 3-5	Please allow
<b>CHEESE</b>	\$11.95	\$15.95	
<b>VEGETARIAN</b> <i>Spinach, mushroom, onion</i>	\$14.95	\$19.95	
Each additional ingredient	\$ 1.50	\$ 1.95	
<b>mushroom</b>	<b>pineapple</b>	<b>jalapeno</b>	<b>black olive</b>
<b>onion</b>	<b>spinach</b>	<b>mock meat</b>	<b>green olive</b>
<b>green pepper</b>	<b>garlic</b>	<b>tomato</b>	<b>zucchini</b>
			<b>eggplant</b>
			<b>anchovy</b>
			<b>double crust</b>
			<b>*extra cheese</b>
			<b>*feta</b>
			<b>*sundried tomato</b>

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 (French onion add \$.50). Additional ingredient \$1.50

**CHEESE \$9.95**

**CHAR-GRILLED VEGGIE \$10.95**

**SPINACI** *spinach, mushroom and onion* \$10.95

**PORTABELLO**, *sun-dried tomatoes, spinach, onions* \$11.95

**FOUR CHEESE** *herbed ricotta, mozzarella, muenster, parmesan* \$10.95

# BEVERAGES

## COLD AND HOT DRINKS

**Fountain Drinks:** *Pepsi, Diet Pepsi, Cherry Pepsi, Root Beer, Dr. Pepper, Ginger Ale, Sierra Mist, Orange Slice & Seltzer.* \$1.95 Free refills  
**Fresh Brewed Coffee/Iced Coffee** \$1.50  
**Flavored Coffee** \$1.75  
**Fresh Brewed Iced Tea** \$1.50  
**Tea** \$1.50, **Herbal Tea** \$1.75  
**Espresso** \$2.95  
**Cappuccino** \$3.50  
**Flavored Cappuccino** \$3.95

**Mineral Water, sparkling or non-sparkling** \$1.95  
**White or Chocolate Milk** \$1.75  
**Juice Apple, Cranberry or Tomato**  
*small* \$1.50, *large* \$1.95  
**Fresh Squeezed Orange Juice**  
*small* \$1.75, *large* \$2.50, *xlarge* \$3.25  
**Flavored Phosphates** \$1.95  
**Shirley Temple** \$1.95  
**Snapple, assorted flavors** \$1.75  
**Dr. Brown's assorted flavors** \$1.75

**BEER** \$3.25, premium \$4.25 Ask for additional selections

<b>Bud Light</b>	<b>Miller Genuine Draft</b>	<b>Amstel Light</b>	<b>Grolsch</b>
<b>Budweiser</b>	<b>Miller Light</b>	<b>Corona Extra</b>	<b>Guinness Stout</b>
<b>Goose Island</b>	<b>Pete's Wicked Ale</b>	<b>Corona Light</b>	<b>Labatt Blue Light</b>
<b>Michelob Amber Bock</b>	<b>Samuel Adams</b>	<b>Dos Equis</b>	<b>Layla Dirty Blonde</b>
<b>Michelob Low Carb</b>	<b>Sierra Nevada</b>	<b>Heineken</b>	<b>Non-alcoholic Beer</b>

## MARTINIS AND SPECIALTY DRINKS

**Banana Cream Pie** *vanilla vodka, crème de banana, cream, graham cracker- rimmed glass* \$7.95  
**Blue Lagoon** *vodka, blue Curacao, lemonade* \$6.95  
**Chocolate Kiss** *vanilla vodka, Godiva chocolate* \$6.95  
**Lemon Drop** *lemon vodka, triple sec, lime juice, sugar- rimmed glass* \$6.95  
**Melonade** *lemon vodka, melon liquor, and lemonade* \$6.95  
**Raspberry Truffle** *raspberry vodka, Godiva chocolate, cream* \$6.95  
**Mai Tai** *blend of the tropics and rum* \$5.95  
**Candy Bar** *amaretto, Godiva chocolate, coconut milk and whipped cream drizzled with chocolate syrup* \$7.95  
**Key Lime Pie** *vanilla vodka, lime juice, lemonade, whipped cream* \$6.95  
**Frozen Fruit Daiquiri:** *strawberry, banana, peach or apricot* \$5.95  
**Margarita** *tequila, triple sec & sour mix, frozen or on the rocks* \$5.95  
**Pina Colada** *frozen blend of rum, coconut & pineapple* \$5.95  
**Banshee** *crème de banana and crème de Cacao with vanilla or chocolate frozen yogurt* \$5.95  
**Amaretto Milkshake** *amaretto and vanilla or chocolate frozen yogurt* \$5.95  
**Amaretto and Coffee** *topped with whipped cream* \$5.95  
**Irish Cream Coffee** *Irish whiskey and coffee topped with whipped cream* \$5.95  
**Mint Kiss** *crème de mint, crème de Cacao and coffee, topped with whipped cream* \$5.95

**GREAT ENDINGS** Ask for today's additional special dessert selections.

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

**Frozen Yogurt** \$3.25, *topping* \$ .75

**Milk Shakes** *chocolate, vanilla or strawberry* \$3.95

**Pies** *chocolate mousse, Dutch apple, lemon meringue* \$3.50, *ala mode* \$4.25

**Tortes** *strawberry shortcake, chocolate layer cake, flourless chocolate cake* \$3.95

**Homemade Cheesecakes** *plain, chocolate chip or double chocolate chip* \$3.95

*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 or checks only. 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**