

# One Love Cafe

## MENU

### **APPETIZERS** *Served with pita points*

Black Bean Hummus 6.5 *veg*      Pimento Cheese 6.5 *veg*      A bit of each 12

### **SANDWICHES** *comes with a side of chips, baked beans or cole slaw ~ sub any side 1*

Spicy Shredded Beef 9.5

*Slow roasted with pepperoncinis to give it a little spice topped w/ homemade pickles and pineapple-cilantro cole slaw*

BBQ Pork 9.5

*We slow roast our pork in Guinness beer then make our bbq sauce from the drippings. Topped with pineapple-cilantro cole slaw and our pickled red onions*

Black Bean Burger 8.5 *veg v*

*Black beans combined with southwest spices and veggies, topped with cheese, avocado, arugula, tomato and pickle    v with no cheese*

Lentil Burger 8.5 *veg*

*Red lentils combined with veggies, curry and spices, topped with cheese, avocado, arugula, tomato and pickle    v with no cheese*

Stacy's Shrimp Lettuce Wraps 12

*Pickled shrimp topped with avocado, mango and pickled red onions served in 3 large organic lettuce leaves    gf*

Handchopped Burger 10.5

*Trimmed chuck and sirloin, ground in house, then topped with cheese, lettuce, tomato and a homemade pickle on a fresh baked Ciabatta roll  
Add: egg 1    bacon 1    mushrooms 1  
(we recommend medium)*

Manly Man Sirloin Sandwich 12

*Thinly Sliced Sirloin Steak, bacon and cheese on a fresh baked Ciabatta roll with a spicy special sauce and housemade pickle*

Girly Girl 11

*Just like the Manly but with chicken breast*

Grilled PBJ with Bacon 8.5

*We make our peanut butter with honey and our jam with strawberries, grilled and topped w/ bacon  
veg with no bacon*

Pressed Sammy 9.5 *veg*

*Panini style with housemade pesto and layered with tomato & fresh sliced mozzarella  
Add Chicken 3    or Steak 4*

### **SLIDERS**

Shredded Beef 3.5

Black Bean *veg* 3.5

BBQ Pork 3.5

Lentil 3.5 *veg*

Buffalo Chicken 3.5

3 Slider Special (any combo) 11

*Meat sliders topped with coleslaw served w/ chips or baked beans  
sub any side 1*

Vegetarian slider special 8.5

*Black Bean, Lentil, or one of each includes 2 sliders & chips, coleslaw or baked beans  
sub any side 1*

**PITA FLATBREADS** comes with a side of chips, baked beans or cole slaw~ sub any side 1

Steak Pesto 12.5

Sliced sirloin, housemade pesto, jack cheese, arugula, cherry tomato

Hoggetowne Cheesesteak 12

Thinly sliced sirloin, peppers and onions, housemade cheese sauce, jack cheese

Avocado Chicken 11

Marinated chicken, arugula, avocado cream sauce, mango and avocado

**SALADS**

Add chicken 3 steak 4 Stacy's shrimp 5 Arte's Tempeh 3

One Love Signature 7 half salad 4 *veg gf*

Apples, raisins, toasted pecans, mango, gorgonzola, tossed with spring mix, arugula, spinach and a citrus vinaigrette

Good Love 7.5 half salad 4.5 *v veg gf*

Locally grown Kale, quinoa, mango, 3 types of beans, dried fruit, toasted pecans in citrus and ginger coconut oil dressing

Caprese Chop 7.5 half salad 4.5 *veg gf*

Chopped tomatoes, mozzarella pearls, pesto tossed with arugula and balsamic vinaigrette

Lizzie's 7.5 half salad 4.5 *veg gf*

Marinated artichoke hearts, cucumber, pepperoncini, olives, tomato and feta cheese tossed with romaine and a lemony greek style dressing

*all dressings are made in house and recommended tossed with the salad*

**PASTA**

Served over Penne Pasta Add chicken 3 steak 4 Stacy's shrimp 4 Local Tempeh 3

Sub Zucchini Noodles 3 *v gf*

Half Zucchini/Half Pasta 1.5 *veg*

Pesto Pasta 10 *veg*

Our housemade Pesto in a creamy sauce topped with chopped walnuts, cherry tomato halves and basil

Healthy Life Pasta Bowl 10 *veg*

A steamy bowl of seasonal organic vegetables including sweet potatoes, kale, and mushrooms in a creamy curry sauce made with housemade veggie stock and Greek yogurt, then topped with avocado

**SIDES**

Cilantro-Pineapple Cole Slaw 1.5 *veg*

Mac & Cheese from Scratch 3 *veg*

Maple-Bacon Baked Beans 1.5

Good Love Taster Salad 3 *v*

Collard Greens 3 *v*

OLC Vegetable Medley 3 *veg*

Roasted Beets 3 *v*

Seasonal veggies (see specials list) 3 *veg*

**SOUP of the Day** (made from scratch)

Cup 4 Bowl 6

**Non Alcoholic BEVERAGES**

Aunt Dot's Sweet Tea 2.5 (free refills)

Capri Sun 1.5

Unsweet Tea 2.5 (free refills)

Fresh Squeezed Lemonade 3

Watermelon Juice 4.5

Kombucha (local) 5

Coke, Diet Coke, Sprite 2

Hank's Gourmet Root Beer 2.5

Bottled Water 1.5

San Pellegrino Sparkling water 2.5

Fresh Squeezed OJ 4.5

Guayaki Organic Yerba Mate 5

We roast and slice all of our whole meats and make all of our dressings, sauces and pickles  
We use local farms and bakeries as much as possible

*v* Vegan *veg* Vegetarian *gf* Gluten Free