

*Indicates Vegetarian

** Indicates Vegan

Starters

* *Hummus Served w/ Fresh Veggies and Pita ½ \$ 7- Full \$ 12.75 Extra Pita \$1-

*Stuffed Grape Leaves Served w/ Cucumber-Dill Dipping Sauce ½\$ 6- Full \$10-

*Mediterranean Rolls Pinwheels made of Hummus and Olive Spread Mild or Hot ½\$ 6- Full \$ 10-

*Yogurt with Honey \$ 3.75

Crab Pretzel \$ 9-

**Vegetable Dumplings w/Hoisin Blended Sauce \$ 8.25

*Black Bean and Cheese Quesadilla \$ 7.25 Add Grilled Chicken \$ 4-

*Tomato Basil Pizza for One Tomato-Basil Sauce, Artichokes, Red Roasted Peppers, Garlic and our Italian Seasoning \$ 8- Add Cheese \$ 1.50- Add Anchovies \$ 2-

White Spinach Pizza Spinach, Garlic, Italian Seasonings and Mozzarella Cheese \$ 9.25

Soups

Spicy Crab and Corn Chowder Cup \$4.5- Bowl \$6.75

**Red Miso w/Seaweed and Tofu Cup \$4.00 Bowl \$6.00

Seasonal Specials Please Check With Your Server

**Vegetarian Chili w/Brown Rice Cup \$ 4.25 Bowl \$6.50

Plate Splitting Fee \$3- Per Person

Minimum Charge Sale \$15-

BYOB visit Big Creek Vineyard located on Race Street for a local wine to compliment your meal

We buy from Local Organic Farmers to Support the Community We Live In

Salads

All Salads Can Be Vegetarian or Vegan w/ elimination of Cheese

Salad Sizes ½ or Full

- **Tossed Organic Spring Mix w/ Assorted Veggies ½ \$ 6- Full \$10.50
- Greek Style Salad Spinach, Hummus, Tomato, Stuffed Grape Leaves, Hot Peppers and Feta \$ ½\$ 7.50 Full \$ 12-
- Mexican Style Salad Lettuce, Tomato, Corn, Black Beans and Cheddar Cheese w/Mango Salsa ½ \$ 7.50 Full \$ 12-
- **Oriental Salad Spinach, Wasabi Peas, Spicy Peanuts, Soy Bean Sprouts, Carrots Tofu and a Szechwan Dressing ½ \$ 9- Full \$ 14-
- **Asian Salad Spinach, Soy Bean Sprouts, Seaweed, Smoked Tofu and a Sweet-Hot Chili Dressing ½ \$ 9. Full \$ 14-
- **Grilled Portabella w/Red Roasted Peppers, Bermuda Onions, Tomatoes and a Balsamic Vinaigrette w/ Feta or Blue Cheese ½ \$ 10- Full\$ 15-
- **Grilled Vegetable Salad w/ Hummus ½ \$ 9- Full\$ 14-
- **Syrian T abouli Salad Bulgur Wheat, Onion Tomato, Seasoning w/ Hummus ½ \$ 9- Full 14-

Additions to Salads

- Cheese Feta, Blue Cheese, Gouda or Cheddar \$ 3-
- Anchovies or Smoked Tofu \$3.75
- Grilled Chicken \$ 9- Grilled Wild Salmon \$ 10- Grilled Shrimp \$ 6.75

Seasonal Salads

Check with your Server for Availability

- *Hawaiian Citrus Salad Spring Mix, Pineapple, Oranges, Coconut, Pecans and Our Own Waldorf Dressing ½ \$9- Full \$ 14-
- **Fruit Salad Assorted Seasonal Fruits 1/2 \$ 5- Full \$ 9-
- *Fresh Fruit and Yogurt w/ Chocolate Vinaigrette 1/2 \$ 7- Full \$ 10.75

Free Range Chicken

Entrees

Grilled Chicken w/ Thai Coconut Chili Sauce Served w/ Jasmine Rice w/ Lime Zest and Mango Salsa \$ 23-

Wraps

Chicken Salad w/ Walnuts, Raisins, Dried Cranberries Lettuce and Tomatoes \$ 7.75

Grilled Chicken w/ Raspberry Chipotle Sauce, Avocado, Lettuce and Tomatoes \$ 8.75

Grilled Rosemary-Garlic Chicken w/ Avocado, Lettuce and Tomato, Dijon Mustard and Red Roasted Peppers \$8.75

Grilled Chicken w/ Basil Pesto and Sundried Tomatoes, Lettuce and Tomato \$ 8.75

Grilled Chicken w/ Cucumber Dill Sauce, Lettuce and Tomatoes \$ 8.50

Grilled Chicken w/ Cilantro-Lime Mayonnaise, Red Roasted Peppers, Avocado, Lettuce and Tomato \$8.75

Grilled Chicken w/ Cheddar Cheese and Hot Sauce \$ 8.75

Seafood

Wraps

Wild Salmon Burger w/ lettuce, Tomato, Red Onions, Dijon Mustard in a Wrap or on Whole Grain Bread \$ 9.25

Entrees

Grilled Wild Alaskan Salmon Served w/ Sautéed Spinach, Rice and Balsamic Vinaigrette and Garlic Sauce \$23-

Grilled Wild Blackened Salmon Served w/ Sautéed Spinach and Rice \$ 24.50

Shrimp Scampi Served Over Brown Rice or Penne Pasta \$ 14-

Sautéed Shrimp and Broccoli Served w/ Italian Seasoning, Garlic, Parmesan Cheese and Drizzled w/ Olive Oil over Penne Pasta \$ 24-

Sautéed Shrimp w/ Lemon Pepper Seasonings and Olive Oil Served over Rice \$ 19-

Thai

Thai Hot Sautéed Shrimp Served w/ Thai Hot Coconut-Chili Sauce, Jasmine Rice w/ Lime Zest and Mango Salsa \$ 24-

Thai Salad

Grilled Wild Salmon w/ Thai Hot Chili Dressing, Spinach, Tomatoes, Onions, Cucumbers \$ 22-

Vegetarian E clectic Wraps

- *Greek Wrap Hummus, Olive S pread, S pinach and Feta \$ 8.75
- *Smoked T ofu Wrap w/S oy Bean S prouts, S pinach, Carrots, Wasabi Peas, Roasted Soy Nuts, Cucumber and Wasabi Horseradish Dressing \$8.75
- **Hummus Wrap w/assorted Veggies, S pring Mix and S pinach \$6.75
- **Veggie Burger w/ Avocado, Hummus, Lettuce and T omato \$ 7-
- **S picy Black Bean Burger w/Avocado, Lettuce, T omato and S alsa \$7.25
- **A sian Wrap Smoked T ofu, S prouts, S pinach, S eaweed, Roasted Soy Nuts w/Sweet Hot Chili Dressing \$8.75-
- ** Grilled Vegetable Wrap w/Hummus \$7.75
- **Raw Vegetable Wrap w/Peanut S auce \$ 6.25
- ** Grilled Portabella Wrap w/ S pinach and T omatoes \$ 7.00
Add Red Roasted Peppers\$ 3.00
- **E lvis Whole Grain Sandwich -Organic Peanut Butter and Banana \$5.25
- **Oriental Wrap S pinach, T ofu Wasabi Peas, S picy Peanuts, S prouts, S zechwan Dressing \$ 8.75
- **S picy Falafel w/ Hummus, T ahini, Lettuce, Cucumber and T omatoes in a Whole Wheat Pita \$ \$7-

Add Smoked T ofu or Cheese Provolone, Cheddar, Feta, Gouda, Blue Cheese to any wrap for an additional\$ 3.00 per item

E clectic Choices

- **Whole Portabella S tuffed w/ S autéed S pinach, Red Roasted Peppers, Bread Crumbs, Italian Seasonings S erved w/ S autéed Broccoli and Rice \$ 23-
With Gouda Cheese add \$ 3-
- *Syrian S pinach Pie S erved w/Greek S tyle S alad w/Feta \$ 15.25
- *Mom's E ggplant Parmesan S erved w/Penne Pasta \$ 19-
- **Penne Pasta w/S undried T omato Pesto \$ 13.75
- *Penne Pasta w/ Basil Pesto \$ 13.75
- **Penne Pasta w/T omato-Basil S auce \$ 10.75
- **Penne Pasta w/S autéed Broccoli, S pinach, Mushrooms, Garlic w/ T omato Basil S auce \$15.75

Drinks

Soy Smoothies* Smoothies are seasonal-Check with your Server

Made from Organic Products All Natural - No Syrups Added

22oz JUMBO SMOOTHIES!!! \$7-

Ask your server for specials

	Small	Grande
Organic Coffee	\$1.60	\$2.75-
Soy Chai Tea Latté	\$3.25	\$5.25
Soy Coffee Latte	\$3.25	\$5.25
Variety of Flavoring additional	\$2- Ask your Server	
Organic Hot Teas		\$2.25-
Organic Espresso	Single \$2.50	Double \$4- Triple \$ 5.75

<u>Juices</u>	Small	Large
Apple or Cranberry	\$1.5-	\$2-
Mango Nectar	\$3-	\$ 4.75
San Pellegrino	\$3-	\$4-
Mineral H2O		Large Bottle \$5.25
Soda or Seltzer	\$1.75	\$2.25-
Purified Bottled H2O	\$1.50	
Iced Organic House Tea	\$2.5-	\$3.25-

BYOB

We recommend Big Creek Vineyards located on Race Street for a varied local wine selection to compliment your meal

Corking Fee \$5- **E xcludes Big Creek Wines**

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Plate splitting Fee \$3- Per Person

Minimum Charge Sale \$15-

Prices are subject to change

