

{starters}

TODAY'S HOUSE-MADE SOUP

Our organic soups are made from scratch with two choices daily.

BLACK BEAN AND ROASTED CORN QUESADILLA

Black beans, sweet corn, green chilies, roasted poblanos, scallions and cilantro with melted Daiya 'cheddar cheese' in a grilled tortilla. Served with salsa and 'sour cream' on the side. (Gluten free option, tortilla contains soy oil)

SOFT PRETZEL

Giant Bavarian treat made in house with a trio of dipping sauces: Dijon 'honey' mustard, Thai chili hummus and chili 'cheddar cheese'.

ARTICHOKE SPINACH DIP

A warm crock of house-made creamy artichoke spinach dip with Daiya 'parmesan' and toasted crostini. (Gluten free option)

Almost RAW VIETNAMESE SPRING ROLLS

Raw carrot, cabbage, scallion, sesame, peppers, cashews, cilantro and herbs wrapped in rice paper. Served with a sweet and spicy chili sauce and a peanut sauce. (Gluten free option)
Rice paper and roasted peanuts are not raw.

RAW CALIFORNIA ROLL

Shaved parsnip 'rice' with cucumber, avocado, and sesame; wrapped in nori and served with nama shoyu. (Raw, Gluten free option)
Wasabi is available upon request but is not raw.

MEDITERRANEAN HUMMUS PLATE

Our house-made hummus accompanied by dolmas, artichokes, kalamata olive tapenade, roasted onion, crudités and toasted naan bread. (Gluten free option; naan contains soy)

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{salads}

GRILLED MEDITERRANEAN

Grilled romaine quarter tossed in kalamata vinaigrette, topped with artichokes, tomato, hearts of palm, roasted peppers and Daiya 'parmesan'. (Gluten free)

SANTA FE

Young mixed lettuce, black beans, roasted corn, red onion, plum tomato and guacamole with house-made lime-cilantro dressing topped with crispy tortilla strips, Daiya 'cheddar cheese' and marinated tofu. (Gluten free, Soy free option)

YOUNG SPINACH

Baby spinach with grilled onions, vine-ripe tomatoes, candied walnuts, marinated tofu and house-made smoked tempah 'bacon' vinaigrette.

CAESAR

Romaine lettuce, garlic croutons and Daiya 'parmesan' with house-made Caesar dressing. (Gluten free option)

RAW JAPANESE CLEAR NOODLES

Japanese sea vegetables, mineral-rich kelp noodles, sprouts, sesame and cucumber dressed with Nama Shoyu vinaigrette. (Raw)

Add to any salad: Daiya 'cheddar cheese' or 'parmesan'

RAW cashew or soy-free paper marinated baked tofu

Grilled or blackened 'chicken'

4.50

9

9

10

9

8

11

10

side 7
large 10

side 7
large 10

side 5
large 8

side 8
large 13

2
3

