

{lite fare}

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| {starters} | TODAY'S HOUSE-MADE SOUP | 4.50 |
| | Our organic soups are made from scratch with two choices daily. | |
| | BLACK BEAN AND ROASTED CORN QUESADILLA | 9 |
| | 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) | |
| | BUTTERNUT SQUASH BREAD PUDDING | 9 |
| | Savory bread pudding with roasted squash, sage, garlic and a hint of lemon, topped with sautéed shiitake mushrooms. Served with a saffron tomato sauce. | |
| | ARTICHOKE SPINACH DIP | 10 |
| A warm crock of house-made creamy artichoke spinach dip with Daiya parmesan and toasted crostini. (Gluten free option) | | |
| RAW VIETNAMESE SPRING ROLLS | 9 | |
| Lettuce wrapped carrot, cabbage, scallion, sesame, peppers, cashews and herbs. Served with a sweet and spicy chili sauce and a peanut sauce. (Raw, Gluten free option) | | |
| MUSHROOM PATÉ | 10 | |
| Truffled mushroom-pistachio purée with seasonal micro greens, crostini and parsley-garlic oil. (Soy free, Gluten free option) | | |
| MEDITERRANEAN HUMMUS PLATE | 11 | |
| 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 | 10 |
| | Grilled romaine quarter tossed in kalamata vinaigrette, topped with artichokes, tomato, hearts of palm, roasted peppers and Daiya parmesan. (Gluten free) | |
| | SANTA FE | side 7 large 10 |
| | 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 and marinated tofu. (Gluten free, Soy free option) | |
| | YOUNG SPINACH | side 7 large 10 |
| | Baby spinach with grilled onions, vine-ripe tomatoes, candied walnuts, marinated tofu and house-made smoked tempeh bacon vinaigrette. | |
| CAESAR | side 5 large 8 | |
| Romaine lettuce, garlic croutons and Daiya parmesan with house-made Caesar dressing. (Gluten free option) | | |
| RAW JAPANESE CLEAR NOODLES | side 8 large 13 | |
| Japanese sea vegetables, mineral-rich kelp noodles, sprouts, sesame and cucumber dressed with Nama Shoyu vinaigrette. (Raw) | | |

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| Add to any salad: Daiya cheddar or parmesan | 2 |
| RAW cashew herb cheese or marinated baked tofu | 3 |
| Grilled or Blackened 'chicken' | 4 |

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| {organic entrees} | CLUB SANDWICH | 10 |
| | Turkey, bacon, romaine lettuce, tomato and Veganaise on toasted wheat bread served with Kettle potato chips. | |
| | ROASTED VEGETABLE WRAP | 9.50 |
| | Roasted vegetable medley of eggplant, red onion, zucchini and sweet potato with balsamic reduction drizzle, mesclun greens and chickpea hummus in a grilled flour tortilla. Served with Kettle potato chips. (Gluten free option) Add RAW cashew - herb cheese. | 3 |
| | GREAT SAGE CHILI AND BROWN RICE | 8 |
| | Our hearty chili bean trio served with brown rice and fresh-baked cornbread. (Soy and Gluten free options) | |
| | With blackened 'chicken'... | 12 |

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| {organic hot tea} | GREEN FIVE PEAKS JADE or GREEN PEAR | 3 |
| | WHITE JASMINE | |
| | BLACK ENGLISH BREAKFAST or OOLONG | |
| | RED RASPBERRY ROOIBOS | |
| | MOROCCAN MINT | |
| {chai tea} | BLACK or DECAF with soy, rice or coconut milk (contains honey) | 3 |
| {organic coffee} | LIGHT ROAST, DARK ROAST or DECAF Fair Trade | 2.50 |
| | LATTE | 3 |
| | SEASONAL PUMPKIN LATTE | 4 |
| | FLAVORED LATTE | 4 |
| | Mocha, Vanilla, Hazelnut, Raspberry or Caramel | |
| {hot chocolate } | HOT CHOCOLATE or AZTEC SPICY CHOCOLATE | 3 |
| | Organic chocolate with soy, rice or coconut milk and soy whip cream. | |

Hot drinks available iced.
Drinks made with soy, rice or coconut milk or soy creamer.

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| {iced tea} | MANGO BLACK or VANILLA ROOIBOS, fresh brewed and organic | 3 |
| {soda and water} | VIRGIL'S Root Beer, Diet Root Beer, Cola or Diet Cola | 3 |
| | GINGER BREW (contains honey) | 3 |
| | SWITCH CARBONATED JUICE Black Cherry or Orange Tangerine | 3 |
| | SARATOGA Natural mineral water, Sparkling or Still | 3 |
| | SELTZER WATER | 3 |
| {organic juice} | LOCAL CIDER | 3 |
| | Apple, White Grape, Orange or Cranberry | small 2.50 large 5 |

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| {smoothies} | MAPLE WALNUT | Maple syrup, walnuts, banana and soymilk. | 6 |
| | SUNRISE | Strawberries, mango and white grape juice. | 6 |
| | BLACK BEAUTY | Blackberries, strawberries, blueberry and white grape juice with vanilla soy yogurt. | 6 |
| | PUMPKIN | Organic pumpkin, vanilla ice cream and chai tea. (contains honey) | 6 |
| | VIRGIL'S ROOT BEER FLOAT | | 6 |
| | CHOCOLATE MINT COOKIE SHAKE | | 6 |
| | CHAI TEA FLOAT or SHAKE | (contains honey) | 6 |