

Always Organic!



Green & Delicious!

SALADS – Generous Meal Size ;}



Greek Style Quinoa Avocado Salad

Avocado, Greek Olives, Tomatoes, Quinoa, Feta Cheese, Baby Greens, In Lemon Vinaigrette

12

Beets, Almonds & Goat Cheese

Tender Beets, Toasted Almonds, Baby Greens, Creamy Goat Cheese in Lemon Vinaigrette

11

Earthy Garden Salad

Tomatoes, Avocado, Roasted Red Peppers, Onions Baby Greens in Lemon Vinaigrette - **ADD CHEESE + 2**

10

ADD CHEESE - Goat – Feta or Brie 2 each

ADD VEG - Artichokes – Beets or Zucchini 3 ea

ADD PROTEIN or As SIDE

- Beef Kebobs * 6.50
- Pulled Chicken 6.50
- Steak Strips * 8.0
- Tuna Scoop 5.0
- Smoked Turkey 5.0
- Tofu Bites 4.0
- Quinoa Grain 3.0

Small Plates & Side

CROSTINIS PLATE – Mix your Wish \$3 Each

- o RICOTTA WITH ZA'ATAR – MIDDLE EASTERN HERBS
- o BRIE, FIG PASTE & ALMONDS
- o SMOKED SALMON, RICOTTA & CAPERS
- o AVOCADO, LEMON, CRACKED PINK SALT & PEPPER **V**

- GRILLED BABY ARTICHOKE **V** 6.00
- ROASTED ZUCCHINIS **V** 3.85
- BEETS IN LEMON **V** 3.85
- CABBAGE KALE SESAME **V** 3.85
- GARDEN SALAD **V** 3.85

These Items may be under cooked or cooked to order. "Consuming Raw & Under Cooked Meat, Poultry, Fish or Eggs may increase the risk of food borne illness. "We are NOT Celiac Free Environment; We do our best with Gluten Free. Advice us about ALLERGIES.

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SANDWICH BAR

Choose Your BREAD – Ciabatta Hero OR Wheat Wrap

 Gluten Free Wrap OR Over Bed of Baby Greens +1

- **Organic Pulled Chicken in Paprika Garlic** 11
With Baby Greens & Cilantro Habanero Vegan Mayo
- **Organic Steak Sandwich, Grass Fed *** 12
Marinated Sliced Steak. Sautéed Mushrooms & Onions
Tomatoes, Baby Greens & Herbs Vegan Mayo
- **Local Beef Kebobs Hero, Grass Fed *** 11
Deliciously Flavored! With Caramelized Onions,
Tomatoes, Baby Greens & Cilantro Habanero Mayo
- **All Mighty Tuna** 10.5
In Lemon, Olive Oil & Paprika. Roasted Red Peppers,
Baby Greens & Cilantro Habanero Vegan Mayo
- **Italian Smoked Turkey Sub** 10.5
Organic Hickory Smoked Turkey, Swiss Cheese,
Roasted Peppers, Baby Greens & Greek Olive Paste
- **Mediterranean Grilled Veggies V** 10
Grilled Zucchini, Artichokes, Roasted Peppers,
Tomatoes, Baby Greens and Greek Olive paste
ADD TOFU + 2
- **C.L.T. Hot** 9
Feta & Cheddar Cheese, Lettuce, Tomatoes, Olive Oil

ADD SIDE \$3.75 each

- Cabbage Kale Sesame Slaw
- Beets In Lemon Vinaigrette
- Garden Greens Salad
- Roasted Zucchini

ADD CHEESE

- Feta - Goat or Brie Cheese 1.5 ea
- Cheddar or Swiss Cheese 1 ea

PASTE OPTIONS

- Cilantro Habanero Vegan Mayo
- Green Herbs Vegan Mayo
- Greek Olives Paste
- Plain Vegan Mayo
- Mustard



ALL MENU ITEMS ARE PREPARED GLUTEN FREE. GF BREAD IS OFFERED, OTHER BREADS ARE NOT GF



EASY – WE DO NOT USE BUTTER, CREAM, STOCKS, ETC. SKIP THE MEAT AND CHEESE

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Organic BRUNCH

BANANA PANCAKES – Gluten Free

YUMMY! Fluffy & Moist. Made of Rice & Potatoes Flour, Almond Meal, Almond Milk, Eggs. With Real Maple Syrup

11

SHAK-SHU-KA WITH ARTICHOKES – Gluten Free

YUMMY! Middle Eastern Breakfast.

2 Eggs Poached in Tomato, Garlic Basil Sauce

Served with Toasted Ciabatta w/ GF Warp+1.00

VEGAN Shakshuka offered with Herb Tofu

12

EGG & CHEESE SANDWICH

Organic Eggs, Cheddar Cheese, Pico de Gallo Salsa

Choice of - Ciabatta or Wheat Wrap – w/ GF Warp+1.00

9.5

TOFU SCRAMBLE WITH KALE V

Herb Tofu and Kale with Pico De Gallo Salsa

Choice of - Ciabatta or Wheat Wrap – w/ GF Warp+1.00

9.5

CROSTINIS - 3 EACH

MINI TOASTED CIABATTA WITH TOPPINGS

- RICOTTA WITH ZA'ATAR – MIDDLE EASTERN HERBS
- BRIE, FIG PASTE & ALMONDS
- RICOTTA, NOVA LOX WITH CAPERS
- TOMATO BRUSCHETTA V
- AVOCADO, CRACKED PEPPER & SALT V

And the rest of our great Menu ;}

Brunch Buzz

MIMOSA

SANGRIA

9

Served Saturday & Sunday – 10:30am – 3:30pm

