

Appetizers

Guacamole, Chips & Salsa \$8.95

Organic blue corn chips, guacamole, mexican salsa.

Organic Spinach Quesadilla S \$8.95 L \$12.95

Grilled chicken breast, soy cheese or organic cheddar, roasted red pepper, jalapenos, cilantro, guacamole, salsa.

Salmon Quesadilla S \$9.95 L \$14.95

Soy cheese or organic cheddar, jalapenos, salsa, cilantro roasted red pepper, guacamole.

Organic Nachos \$10.95

Organic blue corn chips, organic black bean sauce, soy cheese, onions, tomatoes, cilantro. Add free range chicken or turkey \$2.95

Baked Chicken (or Tofu) Rolls

Single \$4.95 Double \$8.95

Choice of free range chicken or organic tofu, asian veggies, whole wheat tortilla, balsamic slaw, homemade teriyaki sauce

Free Range Turkey Chili \$13.95

Small \$5.50 Large \$9.95

Shelton farms ground turkey, lentils, herbs and spices.

Hummus With Pita \$6.95

Creamy garbanzo bean dip, whole wheat pita.

Baba Ganuj With Pita \$6.95

Baked eggplant, tomato, onions, garlic, lemon juice, olive oil.

Eggplant Dip With Pita \$6.95

Baked eggplant, tahini, garlic, lemon juice.

Tabuli With Pita \$6.95

Parsley, bulgur wheat, tomato, onions, whole wheat pita.

Mediterranean Platter \$14.95

Humus, eggplant dip, tabuli, baba ganuj, whole wheat pita.

Soup Du Jour

Cup \$3.95 Bowl \$5.95

Roasted organic corn, organic spinach, organic brown rice, roasted red pepper, tomato, tahini, whole wheat tortilla.

Organic Chicken Soup \$ 6.95

Organic chicken, organic spinach, asparagus, bulgur wheat, garbanzo beans, toasted vermicelli.

We proudly serve Sonoma free range chicken, no growth hormones, no antibiotics. 18% gratuity is added to parties of 6 people or more.

Salads

Add free range chicken \$2.95 Organic tofu \$2.50

House Salad \$7.95

Romaine lettuce, organic pear tomatoes, red cabbage, avocado, bean sprouts, cucumbers.

Organic Spinach Quesadilla S \$8.95 L \$12.95

Organic spinach, caramelized walnuts, grapes, feta cheese, roasted red peppers, onions, tomato, balsamic vinaigrette.

Greek Salad \$12.50

Organic mixed greens, feta cheese, onions, cucumber, organic pear tomatoes, kalamata olives, lemon vinaigrette

Add avocado \$1.50

Southwest Salad \$11.95

Organic black beans, organic corn, organic mixed greens, red & green pepper, onions, cilantro lime dressing

Add free range chicken \$2.95

Organic tofu \$2.50

Mediterranean Tuna \$12.95

Romaine lettuce, mayo free tuna, organic pear tomatoes, tabuli, bean sprouts, lemon vinaigrette.

Sante Garden \$12.95

Steamed vegetables, romaine lettuce, tomato, red cabbage, organic brown rice, bean sprouts, humus, avocado.

Grilled Vegetables \$12.95

Grilled vegetables, roasted red peppers, romaine lettuce, organic pear tomatoes, balsamic vinaigrette, feta cheese.

Veggie Burger Salad \$13.95

Organic spinach, mixed greens, humus, mushrooms, avocado, garden burger, organic pear tomatoes, lemon vinaigrette.

Blackened Salmon \$14.95

All natural salmon, roasted red pepper, organic corn, organic pear tomatoes, organic mixed greens, balsamic vinaigrette.

Salad Dressings Tahini, lemon vinaigrette, balsamic vinaigrette, oil free cilantro lime.

Add salmon to any item \$5.95 We use naturally & sustainably raised Cypress Island salmon, no hormones, no antibiotics, no color additives.

Sandwiches & Wraps

Choice of salad or potatoes

California Tuna Sandwich \$11.50

Tuna, romaine lettuce, tomato, guacamole, dijonaise sauce, lemon vinaigrette, whole grain bread or whole wheat pita.

Free Range Chicken Pita Club \$11.50

Free range chicken breast, all natural turkey bacon, avocado, dijonaise spread, tomato, organic spinach, lemon vinaigrette

Add organic cheddar \$1.50

Veggie Burger \$11.95

Garden burger patty, grilled onions, tomato, dijonaise sauce, green pea sprouts, lettuce, La Brea bakery wheat bun.

Add soy cheese, organic cheddar, or avocado \$1.50

Free Range Turkey Burger \$12.95

Shelton farms turkey patty, grilled onions, dijonaise sauce, lettuce, organic ketchup, tomato, La Brea bakery wheat bun.

Add all natural turkey bacon or organic cheddar \$1.50

Turkey Chili Cheese Burger \$13.95

Turkey patty, turkey chili, soy cheese or organic cheddar, lettuce, tomato, red onions, dijonaise sauce, La Brea bakery bun.

Grass Fed Beef Burger \$13.95

Estancia free range beef patty, caramelized onions, lettuce, tomato, horseradish sauce, organic cheddar, La Brea bakery wheat bun.

China Wrap \$13.95

Stir fried asian veggies, free range chicken or organic tofu, ginger soy sauce, brown rice, humus, whole wheat tortilla.

Garden Wrap \$11.95

Grilled veggies, organic brown rice, humus, avocado, tomato, tahini, whole wheat tortilla.

Add free range chicken \$2.95

Organic tofu \$2.50

Falafel Wrap \$12.95

Grilled falafel patty, humus, tomato, lettuce, avocado, tabuli, tahini, whole wheat tortilla.

Add feta cheese \$1.00

Curry Wrap \$13.95

Free range chicken or tofu, fresh veggies, organic brown rice, curry sauce, humus, tomato, tahini, whole wheat tortilla.

Macro Wrap \$13.95

Salmon, tofu, hiziki, organic black beans, organic brown rice, humus, tahini, whole wheat tortilla.

Blackened Salmon Wrap \$13.95

Roasted organic corn, organic spinach, organic brown rice, roasted red pepper, tomato, tahini, whole wheat tortilla.

Health Mexx

Add free range chicken \$2.95 Organic tofu \$2.50

Vegetarian Burrito \$11.95

Whole wheat tortilla, organic brown rice, salsa, tahini, black bean chili, carrot sauce, organic mixed greens.

Add soy cheese or organic cheddar

Vegetarian Tostada \$12.95

Toasted whole wheat tortilla, organic brown rice, black bean chili, lettuce, tomato, avocado, sprouts, tahini.

Spinach Enchilada \$14.95

Corn tortillas, spinach, organic black beans, soy cheese or organic cheddar, organic greens, cilantro lime dressing.

Add soy cheese, organic cheddar, or avocado \$1.50

T & T \$14.95

Tofu, corn tortilla, mushrooms, veggie chili, carrot sauce, organic brown rice, organic black beans, salsa.

Free Range Turkey Enchilada \$15.95

Shelton farms ground turkey, corn tortillas, soy cheese or organic cheddar, organic black beans, salsa, guacamole

Spicy Salmon Tacos \$15.95

Cypress Island salmon, corn tortilla, onions, tomato, cilantro, jalapeno, lime juice, guacamole, organic black beans.

Vegan

Falafel Platter \$13.95

Grilled falafel patty, humus, tabuli, lettuce, tomato, tahini sauce, green salad, whole wheat pita.

Vegetable Curry \$12.95

Mixed veggies, curry, coconut milk, organic brown rice.

Add free range chicken \$2.95 Organic tofu \$2.50

Fried Vegetables \$13.95

Fresh veggies, ginger tamari sauce, organic brown rice.

Add free range chicken \$2.95 Organic tofu \$2.50

Dragon Tail \$15.95

Fresh vegetables, hijiki, organic tofu, ginger tamari sauce, organic brown rice, organic black beans, tahini.

* Note to our vegan friends : Our soy cheese contains a small amount of casein, a milk derivative.

*Add salmon to any item \$5.95
We use naturally & sustainably raised Cypress Island
salmon, no hormones, no antibiotics, no color
additives.*

Chicken

*Hormone & antibiotic free, Sonoma free range
chicken*

Lemon Garlic Chicken *\$11.95*
*Free range chicken, lemon juice, garlic,
cilantro, chili flakes, whole wheat or corn
tortilla.*

Citrus Chicken *\$15.95*
*Free range chicken breast, vegetables, citrus
ginger sauce, organic corn, organic brown
rice.*

Chicken Mushroom Risotto *\$15.95*
*Free range chicken, mushrooms, organic brown
rice, sundried tomatoes, organic green peas,
toasted walnuts.*

Chicken Asparagus *\$16.95*
*Asparagus, free range chicken, onions,
cilantro, mushrooms, non-dairy ginger soy
cream sauce, house rice.*

Chicken Fillet *\$16.95*
*Free range chicken breasts, ginger soy sauce,
onions, mushrooms, house rice, steamed
vegetables, soy tahini sauce.*

Pastas

Organic wheat free brown rice pasta add \$1.00

Eggplant Penne *\$14.95*
*Roasted eggplant, sundried tomato, roasted red
pepper, organic green peas, tomato sauce, feta
or soy cheese.*

Soba & Shiitake Lo Mein *\$15.95*
*Soba noodles, mixed fresh vegetables, shiitake
mushroom, garlic, ginger, green onions, soy
tahini sauce, toasted sesame seeds.*
Add free range chicken \$2.95 Organic tofu \$2.50

Lemon Chicken Penne *\$15.95*
*Free range chicken, organic spinach, onions,
white wine, fresh herbs, non-dairy lemon cream
sauce. Add parmesan cheese *\$1.00**

Free Range Turkey Bolognese *\$15.95*
*Shelton farms ground turkey meat sauce,
organic lentils, angel hair pasta.*

Blackened Salmon Capellini *\$16.95*
*Angel hair pasta, asparagus, roasted red
pepper, spinach, blackened salmon, sun dried
tomato sauce.*