

DRINKS

ROASTERIE® ORGANIC/FAIR-TRADE COFFEE, OUR SIGNATURE STRAWBERRY-KIWI ICED TEA

2.

HOT TEAS

Green, Earl Grey, Tropical Green,
Orange Pekoe, English Breakfast

single tea bag 2.

{caffeine}

Peppermint, Red Bush Rooibos,
Plum, Ceylon Black, Chamomile

single tea bag 2.

{caffeine-free}

BOTTLED WATER 1.25

DIET PEPSI, BLUE SKY DR. BECKER can 2.

PERRIER, ORGANIC BLUE SKY SODA Cola, Ginger Ale,
STEAZ ORGANIC SODA Lemon Lime, Root Beer, Raspberry

can/bottle 3.

PEPPERMINT LEMONADE, SOY MILK, CRANBERRY JUICE

eighteen oz 3.

**ORGANIC ORANGE OR APPLE JUICE,
HEMP OR LOCAL SHATTO 2% MILK**

eighteen oz 4.

STARTERS, APPETIZERS, DIPS AND NIBBLES

*add feta, bleu, or vegan cheese 1.25 | **gluten and soy-free:** sub veggies*

BABA GHANOUIJ and TOASTED PITA {vegan} thick dip of roasted eggplant, roasted garlic, and tahini. (S) 4.25 | (L) 6.25 | *extra pita 1. per*

HUMMUS and TOASTED PITA {vegan} thick dip of ground garbanzo beans, sesame tahini, and garlic. (S) 4.25 | (L) 6.25 | *extra pita 1. per*

TAZIKI and TOASTED PITA thin puree of dill, cucumbers, yogurt and heavy cream, with raw garlic. (S) 4.25 | (L) 6.25 | *extra pita 1. per*

DIP DUET and TOASTED PITA select two of our dips: baba ghanouj, hummus, or taziki. (S) 4.25 | (L) 6.25 | *extra pita 1. per*

BABY FALAFEL {gluten+soy-free} one falafel patty, rice and taziki. 5.25

SINGLE TACO with cheese, brown rice and red salsa. 5.25

BREAD and AGAVE BUTTER extra servings 1. per person
sourdough {vegan} nine-grain {virtually vegan - contains honey} butter {vegan}

SEVEN SIGNATURE SALADS EVERYDAY

(S) 6.25 | (M) 8.25 | (L) 10.25 | *add cheese 1.25 | all salads can be made **vegan***

ADAM'S SIDE SALAD {vegan/gluten+soy-free} field greens, cucumbers, red onions, tomatoes, and carrots with red wine vinaigrette.

APPLE CRANBERRY SALAD {gluten+soy-free} grannysmith apples, dried cranberries, red onions, feta cheese and candied walnuts over assorted field greens with our agave poppy seed dressing.

BETTY BAILEY BERRY SALAD {soy-free} cous cous, grannysmith apples, baby beets, mandarin oranges, dried cranberries, feta, red onions, candied walnuts and poppy seed dressing atop field greens.

CHEF'S CHOICE SALAD brown rice, taziki, hummus, feta cheese, falafel crumbles, cucumber and tomato with red wine vinaigrette, an assorted spring mix and toasted pita.

EGGSALAD ON GREENS {gluten+soy-free} egg salad, pickles, red onion, carrots, tomatoes and red wine vinaigrette on greens.

GARNETS AND GREENS SALAD {vegan/gluten+soy-free} field greens, beets, candied walnuts, red onions and our poppy seed dressing.

MANDARIN SALAD {vegan/gluten+soy-free} mixed greens, mandarin oranges, beets, red onion and our agave poppy seed dressing.

THE GARDEN OF EDEN - A VIRTUAL SALAD BAR

9.25 | *build your own salad: choose any 4 ingredients + dressing | all salads come with mixed field greens | extra ingredients are 1.25 each | add a cup of soup 3.*

apples {vegan/raw}

baba ghanouj {vegan/gluten-free}

baby beets {vegan}

brown rice {vegan/gluten-free}

carrots, shreds {vegan/raw}

carrots, sliced {vegan/raw}

cherry tomatoes {vegan/raw}

cous cous {vegan/soy-free}

cranberries {vegan/raw}

cucumbers {vegan/raw}

dijon mustard {vegan}

egg salad {gluten-free}

falafel crumbs {vegan/gluten-free}

fruit salsa {vegan/raw}

garlic, raw {vegan/raw}

garlic, roasted {vegan}

greens, extra {vegan/raw}

grilled tofu {vegan/gluten-free}

hummus {vegan/gluten+soy-free}

mandarin orange {vegan/raw}

marinated toms {vegan}

onions, red {vegan/raw}

onions, yellow {vegan/raw}

pickles {vegan}

EVERYDAY ENTREES

*most entrees can be made **vegan**, sub cashew cheese sauce, by request*

EGGSALAD BRUSCHETTA {soy-free} a thick "slice" of grilled bread with egg salad, pickles, tomatoes, red onions, and carrots, sitting on greens with red wine vinaigrette. (S) 7.25 | (L) 10.25 | *add cheese 1.25*

FALAFEL PLATTER gluten-free patties made of chick peas, tahini, heavenly spices, garlic, olive oil and cilantro. the patties are baked, served atop a bed of organic brown rice and complimented with taziki and pita. (L) 8.25 | **gluten-free:** sub veggies for pita | **vegan:** sub hummus

BABY FALAFEL {gluten+soy-free} one falafel patty, rice and taziki.

(S) 5.25 | *single falafel patty 2.25* | **vegan:** sub hummus

GRILLED TOFU RUELKE SANDWICH {vegan} grilled garlic sour dough bread with hummus, pickles, juicy tomatoes, greens, and grilled organic central soy tofu encrusted in spiced nutritional yeast. 10.25 | *add feta, bleu, or our vegan cashew cheese sauce 1.25*

SMOKY TOMATO BRUSCHETTA a thick slice of grilled bread topped with smoky tomato aioli, marinated tomatoes, herbed mozzarella and parmesan cheeses, baked until bubbly and served with a touch of greens, red onions and a red wine vinaigrette. (S) 8.25 | (L) 10.25

SPINACH AND MUSHROOM LOAF {virtually vegan - contains honey} a loaf made with multigrain bread crumbs, fresh spinach, button mushrooms, onions, tofu, garlic, thyme and oregano. baked perfectly and served with roasted sweet potatoes and topped with a tomato basil coulee. (S) 6.25 | 10.25 | *add feta, bleu, or our vegan cashew cheese sauce 1.25*

SWEET POTATO BURRITO {vegan} a local flour tortilla stuffed with organic brown rice, roasted sweet potatoes and our yummy hummus, served on a bed of mixed greens, topped with fruit salsa and poppy seed vinaigrette. (S) 8.25 | (L) 10.25 | **gluten-free:** no tortilla | *add cheese 1.25*

TACOS local corn tortilla shells filled with "meat" made from textured vegetable protein, mushrooms, onions, cumin, chili, oregano and cayenne, topped with mozzarella, parmesan and cheddar cheeses, with brown rice and red salsa. (S) 8.25 | (L) 12.25 | *one taco, rice & salsa 5.25*

ULTIMATE GARLIC GRILLED CHEESE garlic bread with chili cumin aioli, pickles, onion and tomato, cheddar, mozzarella, bleu and parmesan cheeses, baked bubbly, over mixed greens with a dollop of hummus and red wine dressing. (S) 10.25 | (L) 13.25

VEGGIE BURGER {vegan} our housemade patty, made with carrots, celery, yellow onions, tofu, vegetable oil, soy sauce and bread crumbs, served atop a locally made whole wheat bun with dijon mustard, spicy vegan aioli, dill pickles, red onions, greens and a tomato. 7.25 | *add sweet or mashed potatoes 2. | add cheese 1.25*

SIDES AND EXTRAS

pita 1. per

feta, bleu, parmesan, cheddar-mozzarella mix,
our own creamy vegan cashew cheese sauce
1.25

garlic bread 2.

egg salad, hummus, baba ghanouj, taziki,
brown rice, garlic mashed potatoes
3.

grilled organic central soy tofu
encrusted in spiced nutritional yeast,
roasted sweet potatoes
4.

fruits and vegetables

{seasonally priced}

THE FINE PRINT

There is a dollar charge for our kitchen to split items...you are welcome to do it for free. Our substitution charges are calculated on the difference in menu item prices. Items containing raw or partially cooked fish and/or raw eggs have been linked to food borne illnesses. **We add 20% gratuity for parties of 6 or more.** Separate checks available upon request, or checks can be separated by host.

apples {vegan/raw}

baba ghanouj {vegan/gluten-free}

baby beets {vegan}

brown rice {vegan/gluten-free}

carrots, shreds {vegan/raw}

carrots, sliced {vegan/raw}

cherry tomatoes {vegan/raw}

cous cous {vegan/soy-free}

cranberries {vegan/raw}

cucumbers {vegan/raw}

dijon mustard {vegan}

egg salad {gluten-free}

falafel crumbs {vegan/gluten-free}

fruit salsa {vegan/raw}

garlic, raw {vegan/raw}

garlic, roasted {vegan}

greens, extra {vegan/raw}

grilled tofu {vegan/gluten-free}

hummus {vegan/gluten+soy-free}

mandarin orange {vegan/raw}

marinated toms {vegan}

onions, red {vegan/raw}

onions, yellow {vegan/raw}

pickles {vegan}

red salsa {vegan/gluten-free}

spicy mayo {vegan/gluten-free}

spinach {vegan/raw}

sweet potatoes {vegan}

taco meat {vegan}

taziki {gluten+soy-free}

toasted pita {vegan}

walnuts, candied {vegan}

walnuts, raw {vegan/raw}

cheeses {gluten+soy-free}

bleu

cashew sauce {vegan/raw}

ched-moz-parm mix

feta

parmesan

dressings {vegan/gluten+soy-free}

mustard seed {raw}

poppy seed

red wine

...

*these ingredients
are for our virtual
salad bar only.*