



Appetizers

Palm Cakes - <i>pan fried hearts of palm w/ lemon pine nut sauce</i>	\$6.00
"Trees" Wings - <i>buffalo style wings with ranch and celery</i>	\$6.00
Quesadillas - <i>cilantro roasted peppers with cheeze</i>	\$7.00
Vegetables Tempura - <i>tempura vegetables in a sweet chili sauce</i>	\$8.00
Sliders - <i>"steak" patties, onions, lettuce w/ alan's sauce & sweet gherkin on sesame bun</i>	\$8.00
Chips W/Salsa* - <i>made fresh daily with tortilla chips</i>	\$4.00

Lighter Fare

House Salad* - <i>baby lettuce, tomatoes, onions & croutons</i>	\$7.00
Cesar Salad* - <i>crisp romaine hearts in a Caesar dressing</i>	\$8.00

Dressings: Caesar, ranch, maple miso, or raw lemon tahini

Entrees

Palm Cakes - <i>pan fried hearts of palm w/ lemon pine nut sauce w/ 2 sides</i>	\$13.00
Darbster's Chikn' - <i>seared chikn' w/ creamy mushroom sauce w/ 2 sides</i>	\$12.00
Enchiladas - <i>cheeze & onion in an authentic sauce w/ beans & rice, fresh guacamole</i>	\$10.00
Tacos (soft corn or hard) - <i>chikn' or "steak" w/ fresh salsa & guacamole w/ rice & beans</i>	\$ 9.00
Chille Relleno - <i>fried, stuffed with veggies and cheeze served with sauce w/ rice & beans</i>	\$12.00
Chikn' Parmesan - <i>pan fried chikn' w/ marinara and cheeze w/ 2 sides</i>	\$12.00
Weekly specials available – ask your server	market price

Sandwiches and Wraps (with choice of one side)

Tempeh Ruben - <i>marinated tempeh, sauerkraut, sauce</i>	\$9.00
Southwestern Burrito - <i>rice, beans, cheeze & veggies</i>	\$10.00
<i>optional: with chikn' or "beef"</i>	\$12.00
Chikn' Apple Wrap - <i>chikn', apples & veggies in a peanut sauce</i>	\$9.00
Fried Chikn' Sandwich - <i>chikn', garlic aioli, lettuce & onion rings</i>	\$10.00
Steak Sandwich - <i>with cheeze, onions, lettuce, tomato & special sauce w/fries</i>	\$11.00

Living Foods (Raw Selections)

Gazpacho * - <i>ask your server</i>	\$7.00
Stuffed Mushrooms* - <i>pine nut & herb stuffed dehydrated mushrooms</i>	\$7.00
Tostadas* - <i>walnut paté wrapped in romaine lettuce</i>	\$8.00
Kale Salad* - <i>kale, seeds, sprouts, lady slipper apples with a light dressing</i>	\$10.00
Rawvioli * - <i>stuffed with garlic herb cheeze and marinara sauce</i>	\$12.00
Flax Tomato Sandwich* - <i>flax onion bread, avocado, tomatoes, veggies & garlic spread</i>	\$9.00
Toona Wrap* - <i>served on flax bread or spinach wrap (not raw)</i>	\$10.00
Chocolate Mousse*	\$6.00

Little Darbies

Mac & Cheeze - <i>elbow pasta in a creamy cheeze sauce</i>	\$4.00
Chikn' Tenders - <i>served with your choice of side</i>	\$4.00
Linguini and tomato sauce	\$4.00

Desserts

Carrot Cake - <i>spicy & moist with walnuts</i>	\$7.00
Sundae - <i>topped with fruit, nuts & chocolate sauce</i>	\$5.00
Bananas Foster	\$6.00
Brownie - <i>giant rich brownie with chocolate sauce, nuts and ice cream</i>	\$7.00

Choice of sides: salad, fries, mashed potatoes, mac & cheeze, onion rings, veggie medley, alan's cole slaw, rice or beans (extra sides \$4)

All salads and living foods are made with all organic ingredients

* denotes a gluten free choice



Executive Chef—Seth Kirschbaum