



Appetizers

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| Palm Cakes - <i>pan fried hearts of palm w/ lemon pine nut sauce</i> | \$7.95 |
| "Trees" Wings - <i>buffalo style wings with ranch and celery</i> | \$7.95 |
| Quesadillas - <i>cilantro roasted peppers with cheeze</i> | \$8.95 |
| Vegetables Tempura - <i>tempura vegetables in a sweet chili sauce</i> | \$6.95 |
| Sliders - <i>"steak" patties, onions, lettuce w/ alan's sauce & sweet gherkin on sesame bun</i> | \$8.95 |
| Chips w/ Salsa* or w/ Salsa* & Guac - <i>made fresh daily with tortilla chips</i> | \$4.25/6.50 |

Lighter Fare

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| House Salad* - <i>baby lettuce, tomatoes, onions & croutons</i> | \$6.95 |
| Cesar Salad* - <i>crisp romaine hearts in a Caesar dressing w/ raw sourdough croutons</i> | \$8.95 |

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

Sandwiches and Wraps

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| Tempeh Reuben - <i>marinated tempeh, sauerkraut & sauce</i> | \$8.95 |
| Southwestern Burrito - <i>rice, beans, cheeze & veggies</i> | \$8.95 |
| <i>optional: with chikn' or "beef"</i> | \$11.95 |
| Chikn' Apple Wrap - <i>chikn', apples & veggies in a peanut sauce</i> | \$8.95 |
| Fried Chikn' Sandwich - <i>chikn', garlic aioli, lettuce & onion rings</i> | \$10.95 |
| Steak Sandwich - <i>with cheeze, onions, lettuce, tomato & special sauce</i> | \$10.95 |

Entrees

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|---|--------------|
| Palm Cakes - <i>pan fried hearts of palm w/ lemon pine nut sauce on arugala salad w/veg</i> | \$13.95 |
| Chik'n Francaise - <i>olive oil seared scallopini, lemon&wine beurre blanc, brown rice, w/veg</i> | \$14.95 |
| Enchiladas* - <i>cheeze & onion in an authentic sauce w/ beans, rice, & fresh guacamole</i> | \$11.95 |
| Tacos (soft corn or hard) - <i>chikn' or "steak" w/ fresh salsa & guacamole rice & beans</i> | \$11.95 |
| Chille Relleno - <i>fried, stuffed with veggies and cheeze served with sauce w/ rice & beans</i> | \$12.75 |
| Chikn' Parmesan - <i>pan fried chikn' w/ marinara and cheeze served over pasta</i> | \$12.95 |
| <i>Weekly specials available – ask your server</i> | market price |

Living Foods (Raw Selections)

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|---|---------|
| Gazpacho * - <i>ask your server</i> | \$7.00 |
| Stuffed Mushrooms* - <i>pine nut & herb stuffed dehydrated mushrooms</i> | \$9.95 |
| Tostadas* - <i>walnut paté wrapped in romaine lettuce & cashew "cheeze"</i> | \$9.25 |
| Kale Salad* - <i>kale, seeds, sprouts, lady slipper apples with a light dressing</i> | \$10.95 |
| Rawvioli Beet "Pasta" * - <i>stuffed with garlic herb cheeze & marinara sauce w/ salad</i> | \$12.50 |
| Flax Tomato Sandwich* - <i>flax onion bread, avocado, tomatoes, veggies & garlic spread</i> | \$12.50 |

Little Darbies

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| Mac & Cheeze - <i>elbow pasta in a creamy cheeze sauce</i> | \$4.95 |
| Chikn' Tenders - <i>served with french fries</i> | \$4.95 |
| Linguini and tomato sauce | \$4.95 |

Desserts

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| Carrot Cake - <i>spicy & moist with walnuts & cream cheeze frosting</i> | \$7.25 |
| Sundae - <i>topped with fruit, nuts & chocolate sauce</i> | \$5.25 |
| Brownie - <i>giant rich brownie with chocolate sauce, nuts optional: w/ ice cream</i> | \$4.50/6.95 |
| Raw Brownie | \$6.95 |
| Chocolate Mousse*- <i>avocado, medjool dates, cacao agave nectar</i> | \$6.50 |

Choice of sides: salad, french fries, mashed potatoes, mac & cheeze, onion rings, seasonal vegetable, 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

***all breads, rolls and wraps available gluten free extra \$1 charge**



Executive Chef—Seth Kirschbaum