

Always Organic



Green & Delicious

SALADS

- Greek Style Quinoa Avocado Salad** 12
Avocado, Kalamata Olives, Cucumbers, Quinoa, Feta Cheese, Baby Greens, In Lemon Vinaigrette
- Red Beets, Almonds & Goat Cheese** 11
Tender Beets, Sliced Almonds, Baby Greens, Creamy Goat Cheese in Lemon Vinaigrette
- Raw Slaw - Kale Cabbage & Sesame** 10 / As Side 5
Thin Shaved Kale, Green Cabbage & Sesame Seeds in Lemon, Olive Oil, Red Wine Vinaigrette
- Earthy Garden Salad** 11 / As Side 5
Avocado, Cucumbers, Tomatoes, Roasted Red Peppers Onions & Baby Greens in Lemon Vinaigrette – **ADD FETA + 2**

ADD PROTEIN

- **Beef Kebobs *** 6
- **Chicken Strips** 6
- **Smoked Turkey** 5
- **Tofu Bites** 4
- **Quinoa Grain** 3

ADD to SALADS

VEGGIES

- Tomatoes, Cucumbers, Onions,
- Olives, Roasted Pepper 1.5ea
- Avocado 2ea Artichokes, Beets 3 ea

CHEESE

- Feta Cheese
- Goat Cheese
- Brie Cheese 2 ea

NUTS & SEEDS

- Sunflower Seeds
- Almonds 1.5 ea

Small Plates & Sides

- CROSTINIS PLATE – Choise of 4 \$10
 - RICOTTA WITH ZA'ATAR – MIDDLE EASTERN HERBS
 - BRIE, FIG PASTE & ALMONDS
 - RICOTTA, NOVA LOX WITH CAPERS
 - AVOCADO, LEMON, CRACKED SALT & PEPPER
- PARSLEY HUMMUS w/ Toasted Ciabatta or Veggie Sticks \$7
- ARTICHOKE | RED BEETS \$6 EA
- GRILLED TOFU \$5 | QUINOA \$4
- BEEF KEBOBS * – 6 | CHICKEN STRIPS – 6



•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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GOOD SANDWICH!

Choose Your Bread - Ciabatta Hero - Multi Grain Sliced OR Wheat Wrap

gf^{free}_{luten} - GF Wrap OR Over Bed of Baby Greens +1

Organic Steak Sandwich, Grass Fed * 12

Marinated in Rosemary. Sautéed Mushrooms, Onions, Tomato, Baby Greens & Herbs Vegan Mayo

Organic Pulled Chicken Hero in Paprika Garlic Sauce 11

Tender Braised Chicken in Paprika Garlic Sauce with Cilantro Habanero Vegan Mayo & Tomato

Local Beef Kebobs Hero, Grass Fed * (The Mediterranean Burger Version) 11

Deliciously Flavored! Grilled with Onions, Fresh Tomatoes, Baby Greens, Cilantro Habanero Mayo

Italian Smoked Turkey Sub – Organic! 10

Hickory Smoked Turkey, Swiss Cheese, Roasted Peppers, Baby Greens & Greek Olive Paste

Mediterranean Tofu & Veggies **V** 10

Grilled Tofu, Artichokes, Tomatoes, Baby Greens and Greek Olive paste

Garden Veggies Sandwich with Hummus **V** 10

Hummus, Avocado, Tomatoes, Cucumbers, Clover Sprouts & Baby greens

Grilled Cheese Sandwich 8

Cheddar & Asiago Cheese with Grilled Tomatoes, Kalamata Olives & Olive Oil

ADD - Side Garden Salad or Side Cabbage Kale Sesame Slaw + \$4

CHEESE

Feta - Goat or Brie Cheese 1.5 ea

Cheddar - Swiss or Asiago Cheese 1 ea

PASTE

Greek Olives Paste | Green Herbs Vegan Mayo

Cilantro Habanero Vegan Mayo | Hummus

Plain Vegan Mayo

gf^{free}_{luten} ALL MENU ITEMS ARE PREPARED GLUTEN FREE. GF BREAD IS OFFERED, OTHER BREADS ARE NOT GF

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

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Organic BRUNCH

VEGETABLES FRITTATA

Organic Eggs, Artichokes, Kale & Olives
Topped with Pico De Gallo Salsa & Parmesan Cheese

12

BANANA PANCAKES – Gluten Free

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

11

CROSTINIS PLATE

MINI TOASTED CIABATA WITH TOPPINGS - CHOICE OF 4

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

10

RED LENTILS & VEGGIES LOAF **GF - V**

Red Lentils & Local Seasonal Veggies Topped with Pico De Gallo Salsa
Served with Fresh Garden Salad

11

And the rest of our great Menu ;}

Brunch Buzz

Mimosa

• Berries Rose Smoothie

Mint Lemon Spritzer

9

Check Out our Fine selection of Wine and Beers

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