



Appetizers

<i>Palm Cakes - flash fried hearts of palm cakes with house remoulade</i>	7.95
<i>"Trees" Wings - buffalo style wings with ranch, hot sauce and celery sticks</i>	7.95
<i>Quesadillas - tortilla stuffed with peppers, onion and cheddar served with guac & salsa</i>	8.95
<i>Vegetables Tempura - beer battered trio of vegetables tossed in a sweet chili sauce</i>	6.95
<i>Sliders - "steak" patties, romaine, tomato, onion, Alan's sauce on mini buns w/ gherkins</i>	8.95
<i>Nachos Libre* - crispy tortilla chips, cheddar sauce, beans, guac, salsa, & sour crème</i>	11.00
optional: loaded with chik'n or beef	14.95
<i>Flat Bread Pizza* - millet & rice lavash crust with marinara sauce and mozzarella</i>	6.95
<i>Chips w/ Salsa* or w/ Salsa & Guacamole* - made fresh daily with tortilla chips</i>	4.25/6.50

Organic Salads

<i>House Salad* - baby greens, grape tomatoes, red onion, crunchy sprouts</i>	6.95
<i>Caesar Salad* - crisp romaine hearts in a Caesar dressing, cheeze and flax crouton</i>	8.95
<i>Israeli Falafel Salad* - baby greens, tomatoes, cucumber, falafel, olives & tahini dressing</i>	12.00
<i>Asian Crunch Salad* - baby spinach, sno pea, carrot, sesame seed, cabbage, ginger dressing</i>	10.95

Dressings: Caesar, ranch, maple miso, raw lemon tahini, raw apple cider, raw carrot ginger

Sandwiches and Wraps

<i>Tempeh Reuben - marinated tempeh, sauerkraut, mozzarella and Alan's sauce on rye</i>	8.95
<i>Southwestern Burrito - rice, beans, cheddar, grilled veggies, guac and sour crème</i>	8.95
optional: with chikn' or "beef"	11.95
<i>Chikn' Apple Wrap - grilled chikn', pink lady apples, grape tomatoes, veggies, peanut sauce</i>	8.95
<i>Steak Sandwich - grilled patty with cheeze, onions, lettuce, tomato & Alan's special sauce</i>	10.95
<i>Israeli Falafel Wrap - baby greens, tomato, greek olives, cucumber, lemon tahini</i>	11.95

Entrees

<i>Palm Cakes - grilled hearts of palm cake, remoulade, mango salsa & organic arugula salad</i>	13.95
<i>Chik'n Francaise - olive oil seared scallopini, lemon & wine beurre blanc, brown rice, asparagus</i>	14.95
<i>Enchiladas* - corn tortillas, cheddar, peppers and onion in an authentic sauce w/ rice & beans</i>	11.95
<i>Tacos (soft corn) grilled chikn' or "steak", romaine, pico & cheddar w/rice, beans, guac & sour</i>	11.95
<i>Chile Relleno - beer battered & fried w/ roasted pepper crema, rice & beans, salsa, sour & guac</i>	12.75
<i>Chikn' Parmigiana - breaded chikn' cutlet, san marzano marinara, mozzarella over linguine</i>	12.95
<i>Roasted Quinoa Loaf* - flax, brown rice, quinoa, squash & porcini gravy w/mash and asparagus</i>	16.95

daily specials available - please ask your server

market price

Living Foods (Raw Selections)

<i>Gazpacho* - changes daily-please ask your server</i>	cup/bowl 4/6.00
<i>Tostadas* - seasoned walnut crumbles & cashew "cheddar" wrapped in romaine lettuce w/ sprouts</i>	9.25
<i>Kale Salad* - Italian kale, crunchy sprouts, pink lady apples, avocado tossed in a cider vinaigrette</i>	10.95
<i>Golden Beet Rawvioli* - stuffed with garlic herb ricotta and marinara sauce and a tahini salad</i>	12.50
<i>Flax Tomato Sandwich*-flax bread, avocado, tomatoes, sprouts & dill "mayo" w/ tahini salad</i>	12.50

Little Darbies

<i>Mac & Cheeze* - rice elbow pasta in a creamy cheddar cheeze sauce</i>	4.95
<i>Chikn' Tenders - served with french fries or veggies</i>	4.95
<i>Linguini with Marinara Sauce-semolina pasta tossed in our marinara sauce</i>	4.95
<i>Grilled Cheeze- served with french fries or veggies</i>	4.95

Choice of sides

4.00
organic salad*, fries*, Yukon gold mashed potatoes*, mac & cheese*, onion rings, seasonal vegetable*, Alan's slaw*, rice & beans*

Our salads and living foods are made with 100% organic ingredients as available

denotes a gluten free choice **all breads, rolls and wraps available gluten free for 1.00 extra**

