

## Salads, Soups & Sides

### Salads

<b>House Salad **</b>	5
<i>Baby Greens, Veggies, Sprouts</i>	
<b>Caesar Salad **</b>	6
<i>Crisp Romaine, Flax croutons, "Parmesan"</i>	
<b>Kale Salad **</b>	8
<i>Lacinato Kale, Apples, Avocado, Sprouts</i>	

### Dressings

Raw Lemon Tahini, Raw Apple Cider Vinaigrette, Maple Miso, Caesar, Ranch, Raw Carrot Ginger, EVOO & Vinegar

**Soups** Cup 3.5, Bowl 5.5

**Seasonal Raw Selection\*\***

**Soup du' Jour**

### Appetizers

<b>Sliders</b>	8
<i>'Steak', "Cheeze", L.T.O., Special Sauce</i>	
<b>"Trees" Wings</b>	5
<i>Crispy Buffalo style wings, Ranch, Celery</i>	
<b>Mac &amp; Cheese**</b>	4
<i>Elbow Noodles, Creamy Cheeze Sauce</i>	

**Sides A la Carte** 3

French fries  
Onion rings  
Cole slaw  
Rice & beans

**\*\* Gluten Free or can be Gluten Free**



## Sandwiches & Living Foods

### Sandwiches

<b>Palm Cake Sandwich</b> (Wheat Bun)	7
<i>Arugula Salad, Sprouts, Basil Aioli</i>	
<b>Steak Sandwich</b> (Wheat Bun)	7.5
<i>L.T.O., Cheddar, Special Sauce</i>	
<b>BLT</b> (Wheat Bread)	7.5
<i>L.T.O., Tempeh "Bacon", Avocado</i>	
<b>Grilled Cheeze</b> (Wheat Bread)	6
<i>Dijon, Tomato, Swiss, Cheddar</i>	
<b>Tempeh Reuben</b> (Rye) **	7
<i>Sauerkraut, Swiss, Thousand Island</i>	
<b>Chikn' Parmesan</b> (Ciabatta Roll)	7.5
<i>Basil, Marinara, Mozzarella, Pesto</i>	
<b>Philly Cheezesteak</b> (Hoagie Roll)	7.5
<i>Caramelized Onions, Mushrooms, Peppers, Cheeze Sauce</i>	
<b>Chikn' Apple Wrap</b>	6.5
<i>L.T.O., Shredded Carrots, Peanut Dressing</i>	
<b>Chikn' Caesar Wrap</b>	6.5
<i>Romaine Hearts, "Parmesan", Roasted Garlic Caesar</i>	
<b>Southwestern Burrito **</b>	7.5
<i>Rice, Beans, Cheddar, Roasted Peppers w/ Guacamole, Sour Cream &amp; Salsa</i>	
<b>Add Side</b>	2

### Living Foods (Raw)

<b>Tuna Club on Flax Bread **</b>	10
<i>L.T.O., Eggplant Bacon, Dill Mayo, Avocado</i>	
<b>Flax Tomato Sandwich **</b>	9.5
<i>Roma Tomatoes, Avocado, Bell Pepper, Sprouts</i>	
<b>Tostadas **</b>	7.5
<i>Walnut paté, Cashew Nacho Cheeze, Romaine Hearts</i>	
<b>Rawvioli' Zucchini Pasta **</b>	10
<i>Herbed Ricotta Cheeze, Sundried Tomato Marinara, Sprouts</i>	

**All living foods & salads 100% organic.**



## Drinks & Desserts

### Beverages

Kombucha	5.5
Iced or hot tea (refills)	2/3
<i>Pellegrino /Aqua Panna (1 liter)</i>	5.5
Microbrew Rootbeer/Gingercale	3
Virgil's Real Cola (Natural brew soda)	3
Virgil's Diet Zero Real Cola	3
Coffee ( free refills)	2
Lemonade/Orange Juice	3
Arnold Palmer	3

### Beer

Corona	4
Sierra Nevada	5
Bud light	3.5
Green's - (gluten free 16 oz) **	9
Monk in the Trunk Organic Ale	5
Stella Artois	5
White Rascal, Belgian Style Wheat Ale	6
Dogfish Head 60 minute IPA	6
Dogfish Head 90 minute IPA	7
O'Douls	3.5

### Desserts

Brownies - baked/raw**	3.5/5
Sundae **	5
Raw Mousse **	5
Carrot Cake	5

