

starters [small plates]



weekly soupcup 5.5 bowl 7.5 *our weekly soup special*

palm cakes11.5 *crispy hearts of palm cakes, spicy caper remoulade*

mushroom cheeze bites12.5 *english muffin, garlic basil butter, cashew 'goat' cheeze, shitake & oyster mushroom, cashew parmesan*

raw nachos13.5 *raw corn chips, nacho cashew cheeze, onion, lettuce, jalapeño, cashew sour cream, avocado, cilantro, pico de gallo*

kale chips 13.5 *lacinato kale dehydrated and seasoned with a tangy cheesy cashew and pepper's marinade*

nachos*12.5 *corn chips, queso, black beans, lettuce, guacamole, pico de gallo, sour cream, jalapenos*

add chickn, 'steak' or tempeh taco meat ... 4.5

beet tartare*10.5 *roasted beets, avocado, cucumber, arugula, jalapeno ponzu*

add side millet chips... 3.5

wings10.5 *buffalo marinated chick'n, cayenne pepper sauce, house ranch, celery*

italian sliders10.5 *housemade black bean 'sausage', caramelized onion, red bell pepper, spicy paprika aioli*

goat cheeze & mushroom pizza*15 *thin gluten free crust, cashew goat cheeze, red onions, red peppers, mozzarella cheese, oyster & shitake mushrooms, cashew parmesan*

salads [organic]

house*...8.5 **half**...5.5 *baby greens, carrot, bell pepper, red onion, cherry tomato, sprouts, maple miso*

caesar10.5 **half**...6.5 *romaine hearts, crostini, cashew parmesan, roasted garlic aioli*

pear & gorgonzola*12.5 **half**...7.5 *romaine, arugula, sweet lemon infused walnuts, anjou pear, red onion, cashew gorgonzola, creamy lemon vinaigrette*

spinach strawberry*12.5 **half**...7.5 *spinach, strawberries, cherry tomatoes, red onions, sprouted almonds, strawberry balsamic vinegar*

greek*12.5 **half**...7.5 *romaine heart, cherry tomatoes, cucumber, red onion, kalamata olives, almond feta cheeze, lemon vinaigrette*

dressings: caesar, ranch, maple miso, strawberry balsamic vinegar, creamy lemon vinaigrette, lemon vinaigrette

entrées [the main course]

barley risotto18.5 *barley, oyster & shitake mushrooms, cashew 'goat' cheeze, truffle oil, cherry tomatoes, cashew parmesan*

NY pasta18.5 *oyster & shitake mushrooms, garlic butter sauce, spinach, linguini, garlic bread, cashew parmesan*

eggplant scallops*17.5 *marinated pan seared chinese eggplant, sweet miso sake sauce, garlic mashed potatoes, baby bok choy*

'meatless' lasagna19.5 *lasagna noodles, housemade ground 'beef', tofu ricotta cheeze, spinach, pomodoro sauce, mozzarella cheeze, garlic bread, cashew parmesan*

parmigiana17.5 *panko-crusted chick'n, mozzarella cheeze, linguini, pomodoro sauce, basil oil, garlic bread, cashew parmesan*

wellington18.5 *filo wrapped 'steak' and mushroom duxelles, garlic haricot vert, mashed yukon potatoes, porcini gravy, balsamic reduction*

• **one extra dressing is complementary, additional dressings are \$1.25 each**

*Gluten Free Item

• **additional sauces are \$2**

Due to the high amount of allergens used in our kitchen we cannot guarantee the absolute absence of these ingredients in any of our recipes. Please notify your server immediately if you have food allergies(i.e. Gluten, Nut, Soy, etc.) as we will not be liable for any food related allergic reactions.

living food [raw]

*Gluten Free Item

raw avocado toast*15.5 *flax triangles, fresh avocado slices, cashew chipotle aioli, red onion, red pepper, sunflower seeds & sprouts*

raw bacon cheeze burger17.5 *sunflower walnut herb burger, nacho cashew cheeze, eggplant 'bacon', romaine, plum tomato, red onion, dill cashew mayo, flax bread*

stuffed avocado12.5 *almond 'tuna' salad, half avocado, cashew sour cream, baby greens, cilantro*

add other half 5.5

seasonal raw gazpacho* ... cup 5.5 bowl 7.5 *ask your server for this week's special*

... side house salad included, if different salad is preferred ... \$2 (exception is gazpacho)

sandwiches [and wraps]

classic burger ... 12.5 *beet, brown rice & lentil burger, lettuce, tomato, onion, veganaise, challah bun*

crispy chick'n sandwich....13.5 *lettuce, tomato, onion, spicy paprika aioli, challah bun, fried 'chick'n'*

buffalo wrap13.5 *fied crispy chick'n, cayenne pepper sauce, house ranch, lettuce, tomato, onion, celery, sundried tomato wrap*

parmigiana hoagie13.5 *panko-crusted chick'n, pomodoro sauce, mozzarella cheeze, garlic basil butter, cashew parmesan*

southwestern burrito12.5 *cilantro lime basmati rice, black beans, lettuce, tomato, cheddar cheeze, guacamole, sour cream, pico de gallo, sundried tomato wrap* **add chick'n, 'steak' or tempeh taco meat 4.5**

B.L.T. ... 13.5 *smoky marinated tempeh, avocado, lettuce, tomato, red onion, sprouts, veganaise, toasted rye bread*

black & bleu burger ...13.5 *beet, brown rice & lentil burger, tofu bleu cheeze, tempeh 'bacon', caramelized onion, lettuce, tomato, red onion, veganaise, balsamic ketchup, challah bun*

substitute gluten free bread or wrap with any sandwich 1.5

sides

french fries*4.5

sweet potato fries w/ smoked paprika aioli*5.5

beer battered onion rings w/ caper remoulade5.5

cashew mac & cheeze*5.5

palm cake (1)4.5

black beans and cilantro rice*4.5

roasted garlic mashed potatoes*4.5

bok choy*4.5

garlic haricot vert*4.5

broccoli*4.5

drinks

iced tea (incl. refills)2.5

herbal tea (hot or iced)4

coffee (incl. refills)3.5

cold brew4.5

arnold palmer (incl. refills)3.5

virgils root beer4.5

pellegrino/acqua panna6

locally made organic kombucha6

lemonade/orange juice3.5

blue sky cola4.5

Straws available upon request

dessert

hummingbird cake9.5 *spiced three layer cake, banana, pineapple, pecan, cinnamon, vanilla cream cheeze frosting*

brownie....6.5 *dark chocolate, semi sweet chocolate chips, chocolate sauce* **a la mode....8.5**

new york style cheezecake9.5 *granola walnut crust, berry sauce, canola oil, cream cheese, tofu, orange juice*

chocolate coconut custard*....9.5 *cashews, raw cacao, thai coconut cream, cacao nibs, maple syrup, cacao butter*

sundae*....8.5 *local vanilla gelato, berries, chocolate sauce ...* **chocolate & strawberry flavors available upon request**

scoop of gelato*....2.5 *vanilla, chocolate or strawberry flavor served with fresh berries* **add chocolate sauce ... \$1.25**

mocha ganache cake....9.5 *dark chocolate, cold brew coffee, chocolate coconut custard filling*

dessert sampler....18.5 *n.y. style cheezecake, brownie a la mode, raw custard, mocha ganache cake served with berries*

truffles* ... 9.5 *cashew, agave, coconut, cacao, coconut oil, chocolate chips and gojj berries served with thai coconut cream*

très leches ... 10.5 *canola oil, vanilla extract, cake flour, almond milk, coconut milk, coconut creamer, homemade coconut whip cream*