

OPENERS

Pate Platter w/ Veggie Chips & Flax Crackers

Your choice of raw organic hummus, almond pate or spicy-mex pate served with organic carrot & zucchini chips w/ flax crackers.

1 scoop plate \$5. 2 scoop plate \$8. 3 scoop plate \$11.

Tasty Toast

Our delicious living bread topped w/ your choice of the following:

Mexicali Toast - Mexi pate, guacamole, salsa, sour cream & hemp seeds.

Avo "Butter" Toast - Avocado, sliced tomato & hemp seeds

Yummys Hummus - Hummus, sliced tomato & hemp seeds

Bruchetta Toast - "Cheese", diced tomatoes, basil, garlic oil, pine nuts & hemp seeds. 1 slice \$4.00 2 slices \$8.

Chips, Salsa

House salsa served with flax chips \$5.5

Chips, Salsa & Guacamole

House salsa and guacamole served with flax chips \$7.5

Triple Treat

House salsa, guacamole & "beans" served with flax chips \$9.5

Go Raw House Salad

"Different every time, delicious every time."

A mix of any or all of the following organic ingredients:
Mixed greens, cucumbers, shredded carrots, bell peppers, tomatoes, sprouts, avocado, onion, nuts & seeds w/ homemade organic creamy garlic dressing
Half \$6.5 Full \$11.

Kale Salad

Organic kale tossed with red bell peppers, onions, cucumbers & avocado. Served with buckwheat bread and your choice of house dressing or cilantro
Half \$5.5 Full \$9.5

Cream of Carrot & Avocado Soup

Creamy & elegant soup filled with the flavors of carrot & avocado. Served with sprouted, living, garlic bread. \$4.95

Tomato & Mushroom Soup

Delicious tomato & herb base soup with wild mushrooms swirled throughout. Served with sprouted, living, garlic bread. \$4.95

Sushi

Our version of this popular delicacy is bound to blow your mind.
Popular mock salmon sushi \$12.
Very veggi sushi \$9.5

FROM THE JUICE BAR

Reg. \$4.5 Lg. \$5.3



- #1 Energizer ... Carrot, Celery, Parsley
- #2 All Good ... Carrot, Apple, Beet
- #3 Love ... Apple, Beet, Ginger
- #4 Howlin' Wolfe ... Celery, Orange
- #5 Gimme Greens ... Kale, Parsley, Celery, Cucumber, Spinach, Collard Greens
- #6 Sweet Greens ... Kale, Parsley, Celery, Cucumber, Spinach, Carrot, Collard Greens
- #7 Veggie Cocktail ... (Spicy or Mild) Tomato, Carrot, Celery, Parsley, Lemon, Kale, Spinach, Garlic, Onion
- #8 Popeye's Favorite ... Carrot, Spinach, Apple
- #9 Chlorophyll Cocktail ... Beet, Parsley, Spinach, Carrot, Apple
- #10 Garlic Express ... Garlic, Carrot, Celery, Parsley
- #11 Cal-C-Yumm ... Parsley, Kale, Carrot, Apple
- #12 Body Cleanser ... Carrot, Cucumber, Beet, Apple
- #13 Immune Builder ... Carrot, Parsley, Spinach, Celery

SMOOTHIES Reg. \$5.5 Lg. 6.3

- #14 Berry Good ... Apple, Banana, Strawberry, Blueberry, Raspberry, Date
- #15 Tropical ... Orange, Banana, Pineapple, Mango, Date
- #16 Pina Cool-ada ... Pineapple, Banana, Macadamia, Date, Coconut Water & Flesh
- #17 Caro-bana ... Banana, Tahini, Carob, Date
- #18 Straw-bana ... Strawberry, Banana, Date
- #19 Ora-bana ... Orange, Banana, Date
- #20 Vanilla-bana ... Banana, Organic Vanilla, Date, Almonds
- #21 Smoothie Stew... Smoothie With 1 Scoop Granola On Top \$6.75

EXTRA EXTRA

Following can be added to any juice or smoothie: \$1.5 each

- Vitamineral Green • Spirulina • Hemp Protein • Udo's Oil
- Coconut Water • Coconut Flesh • Bee Pollen • Raw Chocolate

HOUSE SPECIALS

- Blood Transfusion** ... 2 oz. Wheatgrass & Coconut Water \$5.5
- Young Blood** ... 1 oz. Wheatgrass, 1 oz. Beet Juice & Coconut Water \$5.5
- Vitamineral Cocktail** ... Pi Water, Vitamineral Green, Ground Flax, Udo's Oil, Cayenne \$5.5
- "John's Ginger Brew"**... A refreshing beverage with cinnamon, cloves, honey, fruit juice and ginger, of course. \$3.5

SHOTS

- Wheatgrass**... 1 oz. \$1.8 2 oz. \$3
- Aloe Gold**... 1 oz. \$1.25 2 oz. \$2.5
- Goji Juice**... 1 oz. \$2 2 oz. \$3.5

HEADLINERS

Gimme the Beet "Cheese" Burger w/ Fries

Veggie burger made with beets, carrots, sunflower seeds & parsley.
Served on living bread w/ hand prepared catsup, mustard, mayo,
onion, tomato, lettuce, sprouts, avocado, & almond cheese \$9.5

Burger w/ House Salad \$12.5

Neat Loaf & "Fries"

Tastes just like mom makes. A rich savory mushroom & nut loaf served
with our house "fries", veggies, tomato sauce, & garlic bread. \$12.5

"Salmon" Cakes w/ "Fries" & Veggies

Our chef's flavorful creation drizzled w/ "tartar sauce"
accompanied by our house "fries", veggies, & garlic bread. \$12.5

Enchiladas

Ole! ...even better than the real thing... Our soft tortilla enchiladas
topped with salsa, sour cream, guacamole & spicy red sauce.
Served with yam yum & "beans" & flax chips. \$12.5

Purple Burritos

Purple cabbage filled with mexi pate, veggies & greens topped
with salsa, neatballs, guacamole, sour cream & yam yum.
Served with a side of chips & salsa. \$11.

Pizza

"Unlike any you've ever had."

Traditional - Delicious living crust topped with "almond cheese",
a blend of basil pesto & marinara sauce
w/ veggies & walnut sausage. \$12.5

Mexicali - Delicious living crust topped with Mexi-"cheese", "beans",
"rice", guacamole, salsa, sour cream & hemp seeds. \$12.5

Vegi-cotti

Our soft tortillas filled with "spinach-ricotta", veggies and marinara
sauce. Served with a side of pasta primavera and a blend of
pesto, marinara, olive oil, garlic, sun-dried tomato. \$12.5

Perfect Pasta

Zucchini pasta primavera with a blend of marinara, pesto, olive oil,
sun dried tomatos & garlic w/ garlic living bread. \$9.5

Lasagna

Sure to be a favorite, if it isn't already. Served with a side of
house veggies and garlic bread. A delicious combination of
zucchini, carrots, spinach, marinara & nut cheese. \$12.5

Chef's Sampler

Sample a few of our favorite dishes.

Lasagna, Mexi Wrap, Humus, Crackers, and Bread \$12.5

WRAP IT UP

Mexi Wrap

Our spicy green burrito mixture of nuts, seeds, herbs
and spices topped with guacamole & organic salsa
wrapped in collard greens with a side of chips & salsa.
Half \$5.75 Full \$10.

Portabella Mushroom Wrap

Marinated portabella mushrooms, veggies and "almond cheese"
wrapped in collard greens served with house slaw.
Half \$7. Full \$11. Available on living bread \$1.5 extra

Veggie Wrap

Pesto, "almond cheese" tomato, avocado, sprouts, onions,
cucumbers & carrots wrapped in collard greens.
Served with house slaw.
Half \$5.75 Full \$10. Available on living bread \$1.5 extra

Mediterranean Wrap

A tasty combination of hummus, sprouts, tomatoes, cucumbers,
bell peppers, organic Greek olives & mixed greens wrapped in
collard greens. Served with house slaw. Half \$5.75 Full \$10.
Available on living bread \$1.5 extra

ON THE SIDE

half avocado	\$2.50	4 oz. guacamole	\$2.75
4 oz. salsa	\$2.25	organic Greek olives	\$2
"fries"	\$2	living bread - 2 slices	\$2.75
house dressing	2 oz. \$1.25	4 oz. \$2.50	
perfect pasta - half order	\$5.25		

ENCORE

Kind Apple Cobbler Tropical Delight 6 Pak Fudge
Awesome Apple Pie Strawberry Pie Coconut Cream Pie
Carob Delight Banana Ice Dream (*pureed frozen bananas*)

*All desserts are not always
available, but are always yummy \$5.*

*Whole pies available
on 24 hour notice.*



*Let us cater your next event
with our live vegan cuisine.*