

starters & sides

Mini Garden Salad

3.00

Mini Kale & Avocado Salad : Fresh Kale Tossed with Tomato, Avocado and Homemade Cayenne Dressing
3.00

Asparagus Salad : Sautéed Asparagus and Onion Served Cold with Teriyaki and Sesame Dressing
3.00

Rosemary Potato Salad : Roasted Red Potatoes with Rosemary and Olive Oil Mayonnaise
2.00

Asian Noodle Salad : Rice Noodles Tossed with Seasonal Vegetables and Rice Wine Dressing
5.00

Spring Rolls : Fresh Seasonal Vegetables Wrapped in Rice Paper and Served with a Trio of Sauces
4.25

Hummus : Our Homemade Hummus Served with Blue Corn Chips
3.50

salads

Goodly Garden Salad : Spring Mix with Tomato, Red Onion, Avocado, Shredded Carrot, Cucumber and Sprouts Tossed with Our House Vinaigrette Dressing
6.25

Kale & Avocado Salad : Fresh Kale Tossed with Tomato, Avocado and Our Homemade Cayenne Dressing
7.25

Tuna In The Green Salad : Our Tuna Salad Served Over Spring Mix with Avocado, Zucchini, Shredded Carrot, Tomato, Red Onion and Sprouts with Our House Vinaigrette Dressing
7.25

Caprese Salad : Tomato, Mozzarella, Basil and Homemade Pesto
8.00

The Thoughtful Falafel Salad : Falafel with Hummus and Stuffed Grape Leaves, Cucumber, Tomato, Shredded Carrots and Sprouts on a Bed of Lettuce with Yogurt Cucumber Dressing
7.50

Triple Karma Salad : A Delightful Portion of Any Three: Asparagus, Goodly Garden, Kale & Avocado, Caprese, Asian Noodle, Rosemary Potato or Dill Tuna Salad
7.50

quiche and soups

Quiche : Slice of Freshly Homemade Quiche / with Your Choice of Our Soup of The Day or Side
5.25 / 7.25

Soup : Our Lovingly Homemade Soup of The Day
2.50 Cup / 3.50 Bowl

Soup & Salad : Our Soup of The Day with a Mini House Salad
5.50

wraps

Served on a Wheat Wrap with a Pickle Spear and Your Choice of Sea Salt, Jalapeno, Salt & Vinegar or BBQ Chips

Very Veggie Wrap : Lettuce, Tomato, Onion, Sprouts, Cucumber, Shredded Carrot and Homemade Hummus with Our House Vinaigrette Dressing
6.00

The Thoughtful Falafel Wrap : Falafel and Homemade Hummus with Sprouts, Tomato, Onion and Cucumber
6.50

Tempting Turkey Wrap : Smoked Turkey with Cream Cheese, Avocado, Sprouts, Shredded Carrot and Cucumber
7.25

sandwiches

Served with a Pickle Spear and Your Choice of Sea Salt, Jalapeno, Salt & Vinegar or BBQ Chips
* Substitute Gluten-Free Rice Toast on Any Sandwich for 1.00

½ Sandwich & Soup or Side : Any ½ Sandwich with Our Soup of the Day or Any Side
6.50

Cuban : Ham, Roast Pork, Genoa Salami, Swiss Cheese, Pickles and Mustard, Hot Pressed on Cuban Bread
6.00 / 3.50 Half

Caprese Sandwich : Mozzarella, Tomato, Basil and Homemade Pesto Served on Pressed Cuban Bread
8.50

The Nancy : Provolone Cheese, Pickles, Tomato and Mayonnaise on Toasted Wheat Bread
4.25

The Dirty Hippie : Avocado, Cream Cheese and Sprouts with Black Sesame Seeds Served Open Faced on Rice Bread Toast
5.25

The Veggie Joe : Lettuce, Tomato, Onion, Avocado, Sprouts and Swiss or Provolone Cheese with Our House Vinaigrette Dressing, Mustard and Mayonnaise, Served on Cuban or Wheat Bread
5.50

Grilled Ham & Cheese : Ham and Provolone Cheese with Tomato on Grilled Wheat or Cuban Bread.
5.50

The Totally Tuna : Our Tuna Salad with Lettuce, Tomato, Onion and Sprouts on Wheat Bread
7.50

The Toastys Turkey : Smoked Turkey with Avocado, Sprouts and Olive Paste on Pressed Cuban Bread
7.25

Roast Beast : Thinly Sliced Roast Beef with Lettuce, Tomato, Red Onion, Mustard and Horseradish Sauce, Hot Pressed on Cuban Bread
8.25

The Buddha : Turkey, Roast Beef and Provolone Cheese with Lettuce, Tomato, Onion, Mustard and Mayonnaise on Toasted Cuban or Wheat Bread
8.50

The Tenacious Turkey : Smoked Turkey and Swiss Cheese with Lettuce, Tomato, Onion and Honey Mustard on Hot Pressed Cuban Bread
7.25

sweet treats

Lychee Nut with Mint
2.00

Cake with Fruit and Cream
2.75

smoothies

Made with 100% Fruit and Juice: No Syrups, No Ice.

Sweet & Simple : Apple Juice, Banana and Strawberry
3.50

Piña Mia : Pineapple-Coconut Juice and Banana
3.50

Tropical Delight : Guava Juice,
Banana, Pineapple and Mango
4.50

Greens-a-Go : Apple Juice, Banana,
Strawberry and Green Vibrance
4.75

Almond That's Good : Coconut and
Almond Milk, Banana and Blueberry
5.00

Create Your Own :

Choose One Juice and Up to Three Fruits

Juices : Apple, Guava or Pineapple-Coconut

Fruits : Banana, Blueberry, Mango,
Pineapple and Strawberry
4.50

beverages

Sodas : Pepsi, Diet Pepsi, Sierra Mist, Mt. Dew,
Dr. Pepper, Iced Tea, Lemonade
1.50

Hot Tea
or **Fair Trade Coffee**
2.00

Chai Tea :
Served Hot or Over Ice
2.50