

{ s t a r t e r s }	TODAY'S SOUP	4.5
	Our organic soups are made from scratch with two choices daily.	
	BLACK BEAN AND ROASTED CORN QUESADILLA	10
	Black beans, sweet corn, green chilies, roasted poblanos, scallions and cilantro with melted 'pepper jack' in a grilled flour tortilla. Served with homemade salsa and 'sour cream' on the side. (Gluten-free option; tortilla contains soy oil)	
	SOFT PRETZEL	6
	Giant Bavarian treat made in-house with a trio of dipping sauces: brown sugar mustard, Thai chili hummus and chili 'cheddar cheese.'	
.....	ARTICHOKE SPINACH DIP	10
	A warm crock of creamy artichoke spinach dip with 'Parmesan' and toasted crostini. (Gluten-free option)	
	VIETNAMESE SPRING ROLLS	8
	Raw carrot, cabbage, scallion, sesame, peppers, cashews, cilantro and herbs wrapped in rice paper. Served with a sweet and spicy chili sauce and a rich peanut sauce.(Gluten-free option)	
	RAW BEET RAVIOLI	8
	Marinated beet slices filled with sunflower-pecan-cashew 'cheese', topped with basil pesto and a micro green salad. (RAW, Gluten free, Soy free)	
{ s a l a d s }	MEDITERRANEAN HUMMUS PLATE	12
	Our roasted garlic hummus accompanied by dolmas, artichokes, kalamata olive tapenade, roasted onion, crudités and toasted naan bread. (Gluten-free option; naan contains soy)	
	THAI 'CHICKEN' SALAD	12
	Tossed with soba buckwheat noodles, toasted almonds, scallion, sesame seeds, golden raisins, crisp romaine, peanut sauce and a light Thai chili vinaigrette.	
	SANTA FE	side 8 large 12
	Young mixed lettuce, black beans, roasted corn, red onion, tomato and guacamole with lime-cilantro dressing and Mexican roasted tofu. (Gluten free, Soy-free option)	
	CAESAR	side 5 large 8
	Crisp romaine lettuce, garlic croutons and zesty Caesar dressing. (Gluten-free option)	
	RAW CALIFORNIA SALAD	side 8 large 12
	Detoxify with baby spinach, cucumber, tomato, purple cabbage, beets, almonds, alfalfa sprouts, sunflower seeds, guacamole and red bell pepper vinaigrette. (RAW, Gluten free)	
	RAW SEAWEED SALAD	side 8 large 13
	Seaweed blend, nutrient-rich kelp noodles, cucumber, cabbage, kimchi and sprouts, dressed in a creamy sesame-miso vinaigrette. (RAW, Gluten-free option)	
Add to any salad:	RAW Sunflower Seed & Herb 'Cheese'	3
	Marinated Portabello	3
	Grilled or blackened 'Chicken'	4