

{lite fare}

{starters}	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 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)	
	Almost RAW 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) Rice paper and roasted peanuts are not raw.	
	RAW SAMOSAS	8
	Garam Masala spiced cauliflower and pea purée wrapped in curried zucchini wraps. Served with chimichurri, tomato-cucumber coulis, and minted pear purée. (RAW, Gluten free, Soy free)	
{salads}	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, golden raisins, crisp romaine, peanut sauce and a light Thai chili vinaigrette. Topped with crispy rice noodles.	
	SANTA FE	side 8 large 12
	Young mixed lettuce, black beans, roasted corn, red onion, plum tomato and guacamole with lime-cilantro dressing topped with crispy tortilla strips and marinated 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:	'Cheddar Cheese' or 'Parmesan'	2
	RAW Cashew Herb 'Cheese'	3
	Marinated Portabello	3
	Grilled or Blackened 'Chicken'	4

{ organic entrees }	CLUB SANDWICH	10
	'Turkey', 'bacon', romaine lettuce, tomato and Vegenaise on toasted wheat bread served with Kettle potato chips. SUPER CLUB option... +3	
	ROASTED VEGETABLE WRAP	10
	Roasted vegetable medley of eggplant, red onion, zucchini and sweet potato with balsamic reduction drizzle, mesclun greens and chickpea hummus in a grilled flour tortilla. Served with Kettle potato chips. (Gluten-free option) Add RAW cashew-herb 'cheese'... +3	
	GREAT SAGE CHILI AND BROWN RICE	10
	Our hearty chili bean trio served with brown rice, seasonal vegetables and fresh-baked cornbread.(Soy-free and Gluten-free options) With blackened 'chicken'... +2	
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{ iced tea }	GINGER PEACH GREEN or FLOWERING FRUIT HERBAL fresh brewed and organic	3
{ soda and water }	VIRGIL'S Root Beer, Diet Root Beer, Cola or Diet Cola	3
	GINGER BREW	3
	IZZE SPARKLING JUICE Pomegranate or Peach	3
	SARATOGA Natural mineral water: Sparkling or Still	3
	SELTZER WATER	3
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{ organic hot tea and coffee }	HOT TEA Green, Black or Herbal Loose Leaf Teas	3
	MATE LATTE with soy, rice or coconut milk	4
	CHAI LATTE Black or Rooibos (contains honey) with soy, rice or coconut milk	3
	COFFEE Organic <i>Fair Trade</i> Regular or Decaf	2.5
	LATTE with soy, rice or coconut milk	3
	FLAVORED LATTES Mocha, Vanilla, Pumpkin, Hazelnut or Caramel	3.5
	HOT CHOCOLATE with soy, rice or coconut milk	3
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{ smoothies, shakes and floats }	PUMPKIN PIE	7
	Organic pumpkin purée, chai tea and ice 'cream'.	
	GREEN MACHINE	7
	Organic peaches, mango juice, banana and spirulina.	
	MANGO LASSI	7
	Organic mangos, apple juice, banana, soy yogurt and cardamom.	
	SUNRISE	7
	Strawberries, mangos and white grape juice. Add rum... +3	
	BLACK BEAUTY	7
	Blackberries, strawberries, blueberry and white grape juice with vanilla soy yogurt.	
FUNKY MONKEY SUPERSMOOTHIE	7	
Raw cacao, almond milk, banana and agave.		
VIRGIL'S ROOT BEER FLOAT	7	
CHOCOLATE MINT COOKIE SHAKE	7	
CHAI TEA FLOAT or SHAKE (decaf chai contains honey)	7	
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{ organic juice }	Apple, White Grape, Orange or Cranberry	2.5
	ORGANIC APPLE CIDER Served hot or cold.	3
	SUPER GREEN LIVE JUICE Juiced greens, apple, carrot and ginger.	6
	LIVE CUCUMBER MINT COOLADA	6
	Refreshing cucumber and celery juiced and muddled with mint and lime.	