



## Vegan Menu Options

### SALADS half size / whole size

*(Ask for fruit instead of honey-wheat roll)*

#### Farmer's Garden Salad

Local baby greens, marinated tomatoes & cucumbers, carrots, pumpkin seeds, red wine vinaigrette. 5.75/8.25

#### Mediterranean Quinoa Salad

Baby arugula, romaine, organic quinoa, Kalamata olives, fresh mint, cherry tomatoes, roasted almonds, red wine vinaigrette. 6.75/9.75

*(Ask for: no feta cheese)*

#### Summer BBQ Salad

Crisp romaine, grilled corn, cherry tomatoes, crunchy tortilla strips, fresh cilantro, green onions, sweet southern BBQ sauce, crispy onion strings.

Ask for choice of vegan dressing instead of ranch. 5.75/8.25

*(Vegan Dressings: Red Wine Vinaigrette, Orange Miso Vinaigrette, Fresh Salsa, Thai Peanut Dressing, Oriental Dressing or Pomegranate Vinaigrette)*

#### Crispy Thai Salad

Mixed greens, carrots, Napa cabbage, peanuts, green onions, Thai peanut dressing. 6.75/9.75

*(Ask for: No crispy chicken\*, No wonton strips)*

#### Mandarin Crunch Salad

Napa cabbage, snap peas, mandarin oranges, green onions, roasted almonds, toasted sesame seeds,

Oriental dressing. 5.75/8.25

*(Ask for: No wonton strips)*

#### Create Your Own Salad 3.50 + toppings

1) **Choose your Base:** local baby greens, romaine, kale

2) **Choose Dressing:** Red Wine Vinaigrette, Orange Miso Vinaigrette, Fresh Salsa, Thai Peanut Dressing, Oriental Dressing or Pomegranate Vinaigrette

3) **Add Toppings:**

- **75¢ each:** roasted almonds, black beans, broccoli, carrots, corn, cucumbers, green onions, Napa cabbage, chopped peanuts, sliced red onions, snap peas, tomatoes, tortilla strips
- **\$1 each:** dried cranberries, fresh avocado slices, edamame hummus

### SOUPS cup / bowl

*(Ask for fruit instead of honey-wheat roll)*

**Butternut Ginger Squash** – Thurs/Sun | **Yellow Split Pea** – Mon/Wed/Fri

**Note about our freshly baked breads:**

- Our Ciabatta bread is dairy-free and egg-free, but contains a tiny amount of honey in the recipe.
- Our Honey Wheat bread is dairy-free and egg-free, but also it contains honey in the recipe.
- Our Honey Wheat rolls are dairy-free, but contain an egg wash on the top and honey in the recipe.

## LUNCH & DINNER

### Edamame Hummus Lettuce Wrap

Edamame hummus, oven roasted tomatoes, crushed avocado, baby arugula, cucumbers, and red onions. 5.50/8.75

*(Ask for: Lettuce wrap instead of bread / choose fruit instead of the cookie.)*

### Fiesta Veggie Lettuce Wrap

Fire grilled black bean & corn patty, crushed avocado, sliced tomato, cucumbers, red onions and baby arugula. 5.50/8.75

*(Ask for: Lettuce wrap or Ciabatta Roll instead of bun / choose fruit instead of the cookie.)*

### Kale & Sesame Quinoa Bowl

Japanese eggplant, sugar snap peas, julienne carrots, green kale and cilantro sautéed in toasted sesame oil, served on a bed of organic red & white quinoa, topped with toasted sesame seeds.

*(Ask for: No crispy chicken, No garlic bread / substitute fruit)*

### Pesto Fusilli Bowl

Tri-colored garden fusilli pasta, oven roasted tomatoes, broccoli, and freshly made (dairy-free) pesto sauce. 9.75

*(Ask for: No chicken or parmesan cheese, No garlic bread / substitute fruit)*

### Thai Peanut Pasta

Udon noodles, snap peas, julienne carrots, green onions, roasted peanuts, Thai peanut sauce. 8.99

*(Ask for: No crispy chicken, No garlic bread / substitute fruit)*

## COMBOS

Add a side & soft drink to any entrée – \$4 *(Sides à la carte – \$3)*

- Side Farmer's Garden Salad
- Hand-Cut French Fries
- Edamame Sesame Quinoa
- Seasonal Fruit Salad

## COOLERS & SMOOTHIES

### Strawberry Paradise Smoothie

Fresh strawberries, and bananas blended with fresh squeezed orange juice, and pineapple juice. 4.75

### Great Greenie Smoothie

Green kale, bananas, fresh cucumber juice, fresh mint ginger and a splash of fresh squeezed lemonade. 3 servings of fruits & veggies in every glass! 4.75

### Sparkling Cucumber Mint Cooler

Fresh Cucumber juice, mint, fresh squeezed lemonade, and sparkling mineral water. 3.50

### Tropical Berry Cooler

A blend of tropical juices, local strawberries, fresh pineapple and sparkling mineral water. 3.50

### Citrus Sparkler

Freshly squeezed orange juice and lemonade shaken with ice and sparkling mineral water. 3.50

### Fresh Squeezed Juices

Orange Juice | Lemonade | Strawberry Lemonade | Cucumber