

Appetizers

HOMEMADE SOUPS

Made fresh in our kitchen every morning. Served with whole wheat bread.

VEGETARIAN CHILI

Topped with cheese and onions with a side of cornbread.

HUMMUS WITH PITA

Homemade hummus with wedges of whole wheat pita bread.

NACHOS

Organic blue corn chips topped with black beans, short grain brown rice, olives, red onions, cheese, salsa, guacamole, and sour cream.

CHIPS AND SALSA

GUACAMOLE WITH CHIPS

Our homemade guacamole with organic blue corn chips & salsa.

Salads

Homemade dressings: lemon herb, tofu dill, Italian, natural ranch, tahini.

NATURAL GARDEN

Local baby leaf lettuce, red leaf, green leaf and romaine lettuce topped with carrot, beet, red onions, jicama, red cabbage, tomato, sprouts, radish, and cucumber.

OLD TOWN

Mixed greens topped with short grain brown rice, carrots, feta cheese, tomato, and guacamole.

SPINACH

A bed of fresh spinach topped with carrots, radish, black olives, artichoke hearts, feta cheese, and veggie-bacon bits.

CHICKEN CAESAR

Mixed greens with grilled chicken, avocado, tomato, croutons, Parmesan cheese, and Caesar dressing.

NATURAL CAESAR

Mixed greens with tomato, avocado, croutons, Parmesan cheese, and Caesar dressing.

RANCH

Chicken breast lightly marinated and grilled, served over a bed of local baby leaf lettuce with carrot, tomato, jicama, radish, cucumber, and feta cheese.

COBB SALAD

A variety of chopped greens topped with feta cheese, vegetarian baco-bits, turkey, tomatoes, avocado, and sprouts.

TOSTADA SALAD

A baked whole wheat tortilla topped with black beans, short grain brown rice, mixed greens, carrots, red cabbage, jicama, salsa, sour cream, and guacamole.

GRILLED VEGGIE

Fresh grilled veggies served over a bed of baby leaf greens with carrot, tomato, and jicama.

GREEK

Mixed greens with lightly seasoned grilled chicken breast, feta cheese, kalamata olives, artichoke hearts, red onion, carrots, tomato, and cucumber.

Pasta

Served with garlic bread and choice of soup or salad.

PESTO

Pasta of the day tossed with fresh homemade pesto sauce and feta cheese.

MARINARA

Pasta of the day tossed with fresh homemade marinara sauce and Parmesan cheese.

PRIMAVERA

Pasta of the day tossed with garlic, olive oil, and fresh veggies and Parmesan cheese.

VEGGIE LASAGNA

Spinach pasta layered with ricotta cheese, fresh vegetables, and marinara sauce.

ASK ABOUT OUR SHAKES,
SMOOTHIES, AND JUICE BAR!



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Sandwiches

Served with blue corn chips and salsa.
Substitute a dinner salad, cup of soup, or steamed veggies instead of chips on any dish.
Add cheese.

CHICKEN AVOCADO

Lightly seasoned, grilled chicken breast, sliced avocado, grilled red onion, lettuce, and tomato on a toasted whole wheat bun.

FALAFEL PITA

Falafel patties with hummus, tomato, sprouts, shredded carrots, and tahini-ginger sauce in a whole wheat pita.

GRILLED CHICKEN PITA

Lightly seasoned, grilled chicken breast with lettuce, tomato, sprouts, red onion, and spicy brown mustard in a whole wheat pita.

THE LOCAL FAVORITE

Avocado, lettuce, sprouts, tomato, and red onion on four seed bread with garlic mayo.

GRILLED CHEESE

The classic with two cheeses and tomatoes on four seed bread.

ALBACORE SALAD

Chunk albacore tuna mixed with mayo, sweet pickle relish, and onions. Served with lettuce, tomato, sprouts, and spicy brown mustard on four seed bread.

PORTOBELLO MUSHROOM

Marinated, grilled portobello mushroom with jack cheese, grilled onions, tomato, sprouts, and pesto aioli on toasted four seed bread.

GRILLED EGGPLANT

Charbroiled eggplant and red bell peppers, with feta cheese, pesto, and sprouts on toasted four seed bread.

GRILLED VEGGIE

Fresh grilled veggies with lettuce, sprouts, tomato, and garlic mayonnaise served on toasted four seed bread.

MEXI WRAP

Short grain brown rice, pinto beans, cheddar cheese, guacamole, lettuce, onion, jicama, and sprouts wrapped in a whole wheat tortilla.

VEGETABLE WRAP

Sautéed vegetables, lettuce, tomato, sprouts, carrots, and tahini-ginger sauce, in a whole wheat tortilla.

ROASTED TURKEY

Fresh turkey breast with lettuce, sprouts, tomato, and red onion with garlic mayo and spicy brown mustard on four seed bread.

Burgers & Dogs

All served on a locally baked whole wheat bun.

CHAR-BROILED TURKEY BURGER

Ground turkey patty topped with grilled red onion, lettuce, tomato, sprouts, and 1000 Island dressing.

ZEN BURGER

Unique blend of whole grain and vegetable patty with lettuce, tomato, sprouts, and garlic mayo.

NATURAL BURGER

A seasoned, textured soy patty with lettuce, tomato, sprouts, grilled red onions, and 1000 Island dressing.

GOOD KARMA BURGER

Tempeh veggie patty with lettuce, tomato, sprouts, and garlic mayo.

TOFU DOG

A no cholesterol, high protein tofu hot dog with onions and relish. Add vegetarian chili with cheese.

Vegetarian Entrees

VEGGIE GRILL

Fresh grilled veggies served over short grain brown rice.

SUPER-NATURAL PLATTER

Cornbread topped with pinto beans, short grain brown rice, steamed vegetables, and cheddar cheese.

MR. NATURAL

Fresh steamed vegetables, over short grain brown rice.

YOGI SPECIAL

Organic tofu sautéed in ginger-soy sauce, served with short grain brown rice and dinner salad.



Stir Fry & Spuds

VEGGIE STIR FRY

Fresh veggies stir-fried in a ginger-soy sauce served over short grain brown rice.

CHICKEN STIR FRY

Grilled chicken and fresh veggies stir-fried in a ginger-soy sauce served over short grain brown rice.

SEAFOOD STIR FRY

Baby shrimp and pacific Ono stir-fried with fresh veggies in a ginger-soy sauce served over short grain brown rice.

VEGGIE STUFFED SPUD

Baked potato topped with steamed vegetables and cheddar cheese or tahini-ginger sauce.

CHICKEN-STUFFED SPUD

Baked potato stuffed with our chicken ranchero topped with red onions, sour cream, and guacamole. With salad garnish.

CLASSIC SPUD

Baked potato served with butter and sour cream. Add vegetarian chili.

Mexican Specialties

CHICKEN ENCHILADAS

Corn tortillas stuffed with chicken ranchero, black beans, short grain brown rice, and cheese topped with ranchero sauce, sour cream, and guacamole. With salad garnish.

CHICKEN QUESADILLA

Whole wheat tortilla stuffed with chicken ranchero and cheese topped with salsa, sour cream, and guacamole. With salad garnish.

CHICKEN TACOS

Chicken ranchero on corn tortillas with cheese topped with shredded cabbage, tomatoes, onions, and avocado. With chips & salsa. Sub beans and rice.

FISH TACOS

Fish fillet sautéed in homemade salsa on corn tortillas with cheese topped with shredded carrot, cabbage, and lime. With chips & salsa. Sub beans and rice.



CHICKEN BURRITO

Chicken ranchero, pinto beans, and short grain brown rice wrapped in a whole wheat tortilla topped with ranchero sauce, cheese, guacamole, and sour cream. With salad garnish.

VEGGIE BURRITO

Sautéed veggies, pinto beans, and short grain brown rice wrapped in a whole wheat tortilla topped with ranchero sauce, cheese, sour cream, and guacamole. With salad garnish.

BLACK BEAN ENCHILADAS

Corn tortillas stuffed with black beans, short grain brown rice, and cheese, topped with ranchero sauce, sour cream, and guacamole. With salad garnish.

VEGGIE QUESADILLA

Whole-wheat tortilla stuffed with sautéed vegetables and cheese topped with guacamole, salsa, and sour cream. With salad garnish.

TEMPEH TACOS

Organic tempeh in ranchero sauce on corn tortillas with cheese topped with shredded cabbage, tomatoes, onions, and avocado. With chips & salsa. Sub beans and rice.

VEGETARIAN TAMALES

Pinto beans, organic corn, peanuts, green chiles, sea salt, and garlic wrapped in corn masa topped with ranchero sauce and sour cream. With short grain brown rice and beans.

VEGGIE TACOS

Sautéed veggies in soy-ginger sauce on corn tortillas with cheese topped with shredded cabbage, tomatoes, onions, and avocado. With chips & salsa. Sub beans and rice.

Combo Plates

SOUP & SALAD

1/2 SANDWICH & SOUP

Choice of local favorite, turkey, or tuna sandwich.

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