

## Soup

### Home Made Soup Du-Jour ♦

Bowl 8.50

Vegetarian and oil-free. Served with whole wheat roll upon request.

### Soup and Salad

16.50

Soup du-jour with green salad and choice of dressing.  
Served with whole wheat roll upon request.

## Salads

Dressing Choices: Oil-free citrus, Lemon tahini, Blue cheese,  
Ranch, Basil walnut vinaigrette and Caesar.

### Thai Chicken Salad (or Tofu) ★

16.50

Marinated chicken served over a bed of fresh spinach, lettuce and red cabbage, topped with mandarin orange slices, avocado, shredded carrots, shredded beets, red onion, toasted almonds and our house citrus dressing.

### California Spinach Salad

15.95

Baby spinach, caramelized walnuts, seedless red grapes, apples, red onion, avocado, feta cheese, dates, toasted pinenuts and strawberries.

### Garden Salad

12.50

Green leaf lettuce, organic mix, cucumber, shredded carrots, shredded beets, red onions, topped with sunflower seeds, corn and green peas, with your choice of dressing. With chicken, tofu, garden burger patty, ground turkey patty, beef patty, tuna salad or salmon add \$3.95

### Greek Salad

15.95

Green leaf lettuce, feta cheese, cucumber, red onion, artichoke hearts, shredded beets, shredded carrots, Greek olives, topped with toasted sesame seeds, pinenuts. Served with your choice of dressing.

### East West Chicken (or Tofu) Salad

16.95

A medley of fresh vegetables over a bed of green salad mix and fresh spinach, topped with shredded carrots, shredded beets, green peas, corn, toasted almonds, served with brown rice, hummus dip and marinated chicken breast with your choice of dressing.

## Side Orders

### Hummus with Pita 8.50

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Garbanzo bean puree with Tahini, garlic and lemon juice.

### Cup of Soup

6.50

### Baba Ganouj with Pita 8.50

### Brown Rice

5.00

Baked eggplant puree with garlic, lemon juice, parsley, Tahini and plain yogurt.

### French Fries

6.50

### Tabbouleh 8.50

### Sweet Potato Fries

7.50

Fine parsley salad with bulgar, tomato, cucumber, green and red onions, lemon juice and olive oil.

### Falafel Patties, each

2.00

### Beet Delite with Pita 8.50

Beet puree with garlic, Tahini, yogurt, walnuts and lemon juice.

### Dolmas 7.

Six grape-leaf rolls stuffed with rice, herbs and spices.

## Beverages

### Gourmet Coffees

### Regular & Decaf

### Espresso

4.50

### Cappuccino ★

5.95

### Café Latte ★

5.95

### Café Mocha ★

6.50

### Gourmet Coffee

3.95

### Hot Chocolate ★

5.50

★ Can be prepared with soy, almond, or oat milk add \$1.

## Teas

### Organic Tea

4.95

Aged Earl Grey, Lemon Ginger, Gunpowder Green, Jasmine Green, Regular or Decaf English Breakfast, Moroccan Mint, Chamomile Lemon, Vanilla Honey Bush

### Chai served hot with steamed milk (Decaf or regular)

5.95

### Sport Ice Tea

4.95

### China Mist Ice Tea

4.95

## Cold Drinks

### Soda

4.95

Pepsi • Diet Pepsi • Sierra Mist • Root Beer

### Ginger Beer

4.95

### Cream Soda

4.95

### Izze (fruit sparkling beverage)

4.50

Blackberry • Pomegranate

## Fresh Juices

### Homemade Lemonade

5.95

### Fresh Squeezed Carrot Juice

10.00

### East West Fruit Smoothie

10.00

## Desserts

### Fresh Cakes / Vegan Cakes / Gluten-Free Cakes

A la mode add 5.95

### Ice Cream 6.95

Vanilla