

Since 1997

# EAST WEST

California Mediterranean



## Sandwiches

Serving starts at 11 AM

Served with a choice of green salad, soup, or French fries.

Sweet potato fries add \$1.00

### Chicken Fajita Wrap 15.95

Fajita style marinated chicken sautéed with fresh garlic, cilantro, mushrooms, onion, bell pepper and salsa; wrapped in whole wheat tortilla with hummus and brown rice.

### Salmon Wrap 15.50

Marinated salmon, brown rice, hummus, tabbouleh wrapped in whole wheat tortilla.

### Turkey Pastrami Melt 15.50

Turkey pastrami on rye with melted swiss cheese and mustard.

### B.L.T. 15.95

Crispy low-fat smoked local turkey bacon, lettuce, tomato and mayonnaise, on organic 9-grain whole wheat or sourdough.

### Pineapple Chicken Croissant 15.95

A fluffy croissant filled with crisp lettuce, tomato, swiss cheese, marinated breast of chicken, mayonnaise and grilled pineapple slices.

### Patty Melt 15.95

A seasoned patty of natural ground beef (or ground turkey) on rye with thousand island, choice of cheese and caramelized onion.

### Tuna Melt 15.95

Albacore white tuna, mayonnaise, and red onion on rye with your choice of cheese.

### Santa Fe Chicken Burger 15.95

Grilled marinated chicken breast with lettuce, tomato, mayonnaise, BBQ sauce and green chile pepper.

### East West Turkey Burger 15.95

Low cholesterol, low-fat, seasoned lean ground turkey patty with lettuce, tomato, red onion, mayonnaise and mustard. With cheese add \$1.50

### East West Beef Burger 15.95

A 1/3 pounder of lean, seasoned, natural ground beef, with lettuce, tomato, onion, mayonnaise and mustard. With cheese add \$1.50

## Vegetarian Selection

### Garden Wrap ♦ 15.50

Brown rice, hummus, avocado, tomato, steamed vegetables and Tahini sauce wrapped in whole wheat tortilla.

### Falafel Wrap ♦ 15.50

Falafel patties, hummus, tomato, lettuce, pickles, avocado and Sumac spice with Tahini sauce wrapped in whole wheat tortilla.

### Beyond Burger ★ 15.50

Cholesterol and gluten-free, 100% plant based meat alternative patty on a whole wheat bun with sun-dried tomato aioli spread, lettuce and tomato. With cheese add 1.50

### Garden Burger ★ 15.50

A patty of mixed veggies served on a whole wheat bun with sun-dried tomato aioli spread, lettuce, tomato and red onion. With cheese add 1.50

### Grilled Cheese Sandwich ★ 13.95

Grilled organic whole wheat or organic sourdough bread filled with your choice of Swiss, Jack or Cheddar Cheese.

## Specialty Entrees

### Mediterranean Platter ★ 15.95

A medley of Mediterranean delicacies: Hummus, baba ganouj, beet delite, three stuffed grape-leaves, tabbouleh, three falafel patties and pita bread.

### Steamed Vegetable Plate ★ 15.50

Chef's choice of fresh vegetables, steamed and served over brown rice, topped with shredded swiss cheese, lite Tahini sauce, and toasted almonds.

With chicken or tofu \$17.50. With non-dairy cheese add \$1.50

### Falafel Plate ★ 15.95

Five falafel patties served hot with tahini sauce, tabbouleh, hummus, beet delite and pita bread.

### Tostada Delight ♦ ★ 15.95

Crisp whole wheat tortilla topped with hummus, brown rice, vegetarian oil-free black beans, shredded carrots, shredded beets, lettuce, avocado, and citrus dressing.

With chicken or tofu \$17.95

### Gourmet Veggie Burrito ★ 13.95

Vegetarian oil-free black beans, brown rice, hummus, steamed vegetables, cheese and salsa wrapped in whole wheat tortilla.

With Chicken \$15.95. With non-dairy cheese add \$1.50

### Taco Plate ★ 16.95

Blue corn tortilla filled with hummus, vegetarian oil-free black bean chili, steamed vegetables and cheese. Served with brown rice and salad.

With chicken or tofu \$18.50. With non-dairy cheese add \$1.50

### Mediterranean Spinach Quesadilla ★ 15.50

Jack cheese, feta cheese, zaater spice, spinach, toasted pinenuts and basil-walnut sauce.

With chicken \$17.50

### Macro Plate ★ ♦ 15.95

Steamed vegetables served with braised tofu or garden burger patty, hummus, brown rice and vegetarian oil-free black beans with blue corn tortillas.

### Chicken Shawarma 16.95

Sliced marinated breast of chicken, seasoned in exotic Middle Eastern spices, grilled with tomato, onion and topped with tahini sauce.

Served in hummus-spread pita bread with choice of salad or fries.

### Chicken Teriyaki 16.95

Sliced marinated chicken (or tofu) grilled and smothered with our aromatic teriyaki sauce, sautéed with green and red peppers, onion and water chestnuts. Topped with sesame seeds. Served with brown rice and steamed vegetables.

### Salmon Dinner (served after 5pm) 22.95

Pan seared marinated fillet of salmon served with brown rice, hummus, tabbouleh and steamed vegetables.

★ Vegetarian ♦ Vegan (Vegetarian with NO dairy products)

● Gluten Free menu is available – Please ask your server

## Soup

### Home Made Soup Du-Jour ♦ **Bowl 8.00**

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

### Soup and Salad **15.95**

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) ★ **15.95**

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 **15.50**

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

### Garden Salad **11.95**

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 **15.50**

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 **16.50**

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.

Garbanzo bean puree with Tahini, garlic and lemon juice.

### Baba Ganouj with Pita 8.

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

### Tabbouleh 8.

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

### Beet Delite with Pita 8.

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

### Doimas 7.

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

### Side Orders

**Cup of Soup 6.00**

**Brown Rice 5.00**

**French Fries 6.00**

**Sweet Potato Fries 7.00**

**Falafel Patties, each 1.50**

## Beverages Gourmet Coffees

### Regular & Decaf

**Espresso 3.95**

**Cappuccino ★ 5.50**

**Café Latte ★ 5.50**

**Café Mocha ★ 5.95**

**Gourmet Coffee 3.50**

**Hot Chocolate ★ 4.95**

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

## Teas

**Organic Tea 4.50**

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) 5.50**

**Sport Ice Tea 4.50**

**China Mist Ice Tea 4.50**

## Cold Drinks

**Soda 4.50**

Pepsi • Diet Pepsi • Sierra Mist • Root Beer

**Ginger Beer 4.50**

**Cream Soda 4.50**

**Izze (fruit sparkling beverage) 3.95**

Blackberry • Pomegranate

## Fresh Juices

**Homemade Lemonade 5.50**

**Fresh Squeezed Carrot Juice 7.50**

**East West Fruit Smoothie 7.50**

## Desserts

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

A la mode add 5.00

**Ice Cream 6.00**

Vanilla