

sides & take-out sides

imported black and green olives	\$1.00
organic brown rice	\$6.95
berlin rice	\$7.95
[organic brown rice with organic soy beans and pine nuts]	
quinoa	\$7.95
falafel	\$3.95
one scoop of tuna salad	\$3.95
one scoop of chicken salad	\$4.95
tabbouleh	\$3.95
feta cheese	\$1.50
kosher feta cheese	\$2.00
soy cheese	\$2.50
monterey jack cheese	\$1.50
babaganoush [eggplant salad].....	\$5.95
bagel	\$2.50
organic cream cheese	\$1.50
sour cream	\$1.00
jelly	\$1.00
baked organic tofu [marinated in ginger and curry]	\$4.95
organic cottage cheese	\$1.95
pepperoncini peppers	\$1.00
tomatoes	\$1.95
avocado	\$2.95
steamed veggies	\$6.95
portobello mushroom	\$5.95
bonita's salmon	\$17.95
grilled or poached salmon	\$17.95
grilled chicken breast	\$8.95
kosher grilled chicken breast	\$10.95
black or red beans	\$7.95

take-out containers

all fresh ingredients by the pound

tuna salad [white albacore meat]	\$14.95
chicken salad	\$16.95
98% fat-free sliced smoked turkey breast	\$9.95
eggplant salad [babaganoush].....	\$8.95
hummus	\$8.95
tahini	\$8.95
tabbouleh	\$7.95
turkey sauce [special house red sauce]	\$8.95
mj's dressing [4oz].....	\$1.95
[12 oz].....	\$6.95

our chicken is 100% organic