

starters

avocado toast	\$ 16.95
avocado, tomato, onion and sprouts on 21 grain toast	
guacamole	
avocado, tomato, onion, cilantro and fresh lime juice	
with pita.....	\$ 13.95
with sliced veggies	\$ 15.95
babaganoush [eggplant salad]	
with pita.....	\$ 10.95
with sliced veggies	\$ 12.95
hummus with sliced veggies	\$ 12.95
carrots, celery and cucumber	
hummus with falafel	\$ 12.95
hummus with pita	\$ 9.95
cheese toast	\$ 8.95
with tomato	\$ 9.95
with soy cheese	\$ 10.95
with soy cheese and tomato	\$ 11.95
labne [mediterranean style kefir cheese]	
with bagel	\$ 16.95
with sliced veggies	\$ 17.95

organic baked potatoes

plain baked, orange sweet, oriental white sweet or boniato potato	\$ 8.95
with monterey jack cheese	\$ 9.95
with soy cheese	\$ 10.95
with steamed veggies.....	\$ 13.95
with steamed veggies and cheese.....	\$ 14.95
with steamed veggies and soy cheese	\$ 15.95
with tuna salad	\$ 15.95
with tuna salad and cheese	\$ 16.95
with tuna salad and soy cheese	\$ 17.95
with chicken salad	\$ 16.95
with chicken salad and cheese	\$ 17.95
with chicken salad and soy cheese	\$ 18.95

house-made soups

vegetable	\$ 9.95
organic lentil	\$ 9.95
mixed soup [half vegetable & half lentil]	\$ 9.95

our chicken is 100% organic

all substitutions will be charged á la carte

A 20% gratuity will be added to all dine-in checks