

starters

avocado toast	\$13.95
avocado, tomato, onion and sprouts on 21 grain toast		
guacamole		
avocado, tomato, onion, cilantro and fresh lime juice		
with pita.....	\$12.95
with sliced veggies	\$13.95
babaganoush [eggplant salad]		
with pita.....	\$10.95
with sliced veggies	\$11.95
hummus with sliced veggies	\$10.95
carrots, celery and cucumber		
hummus with falafel	\$10.95
hummus with pita	\$8.95
cheese toast	\$7.95
with tomato	\$8.95
with soy cheese.....	\$9.95
with soy cheese and tomato	\$10.95
labne [mediterranean style kefir cheese]		
with bagel	\$14.95
with sliced veggies	\$16.95

organic baked potatoes

plain baked, orange sweet, oriental white sweet or boniato potato	\$6.95
with monterey jack cheese	\$7.95
with soy cheese	\$8.95
with steamed veggies.....	\$11.95
with steamed veggies and cheese.....	\$12.95
with steamed veggies and soy cheese	\$13.95
with tuna salad	\$12.95
with tuna salad and cheese	\$14.95
with tuna salad and soy cheese	\$15.95
with chicken salad	\$15.95
with chicken salad and cheese	\$16.95
with chicken salad and soy cheese	\$17.95

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 à la carte

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