

**Prices subject to change without notice*

Breakfast and...

Apple-Ginger Muffin - A refreshing zing to begin your day. Apples, spelt flour, ginger root, ginger powder, baking powder, apple juice, maple syrup and olive oil.

\$2.25

Gluten-Free Carrot Cake Muffin - Lightly spiced, with a hearty melange of carrot, apple sauce, walnuts and raisins.

\$2.25

Granola - Crunch on this delicious granola by itself or add it to your yogurt or fruit. Made with oats, almonds, sunflower seeds, agave, vanilla, cinnamon, raisins, prunes and cranberries.

\$8.50/1 Lb. Bag

Salads...

Spinach Salad - Our tofu "bacon" makes this traditional green salad irresistible.

Crisp Green Salad - Chickpeas, grated carrot, red cabbage, turnip and squash.

\$4.95/Small

\$7.95/Large

Soups...

Raw Cashew & Spinach - Another instant hit! Our new creation packs a punch nutritiously and for the taste bud.

\$4.25/1/2 Pint

Greens - A cleansing combination of greens, such as collards, spinach, arugula, swiss chard, kale and fresh parsley gently cooked with caramelized onions and celery.

Spring Miso - Seasonal red miso with tofu, green cabbage, turnip and squash.

\$4.95/12 oz. with tax

\$6.85/pint with tax

Veggies...

Raw Thai Slaw - Our rich Thai almond sauce would taste good on just about anything, but it truly brings this colorful mix of beets, sweet potatoes, and cabbage to life.

Asian Greens - Detoxifying spring greens enhanced by ginger, garlic, Braggs aminos and rice vinegar.

Gold Beet Salad - Naturally sweet and earthy, served with signature herbal vinaigrette on the side.

Sea Veggie Salad - Lightly sautéed arame with raw daikon, red and green cabbage, carrot and scallion in an Asian vinaigrette and garnished with toasted sesame seeds.

Orange Kale Salad - Raw and dressed in our silky orange-sesame vinaigrette with pepitas.

\$5.75/1/2 Pint

\$8.95/Pint

Beans...

Spring Beans - Welcome Spring with sugar snap peas, navy beans, caramelized onions, and fresh mint.

Mexican Lentil Salad - Our chilpolte-lime vinaigrette gives this salad its zesty twist. Green lentils tossed with celery, a touch of carrot, red onion and fresh cilantro.

\$5.75/1/2 Pint

\$8.95/Pint

Grains...

Lemon Curry Rice Salad - Brown rice complimented by green peas, raisins, cashews and scallions, in a lemon-curry vinaigrette.

Portabella Quinoa - A sophisticated dish of caramelized onions, Parmesan, fresh basil, parsley, and a pinch of cayenne.

Asian Wild Rice Salad - Tangy and tropical, napa cabbage, coconut, sliced almonds and sunflower seeds in a rice vinegar-sesame vinaigrette all lend Asian flare to this dish.

Kale Pesto Quinoa - Rather than the traditional mix of basil and pine nuts, we take kale and almonds to make a savory green dressing for this quinoa side dish.

\$5.75/1/2 Pint

\$8.95/Pint

Wraps...

Baked Falafel Wrap - A new sensation - served with caramelized "cayenne" onions, seasonal veggies and romaine lettuce.

Beet Marmalade Wrap - One of our signature creations with arugula and goat cheese.

Chickpea of the Sea - Whether you think this creamy filling tastes more like tuna salad, egg salad, or hummus is up to you, but the appeal of this vegan delight is undeniable.

\$6.95/Wrap

with tax

Raw Thai Collard Wrap - Our "Raw Thai Slaw" wrapped with apple, fresh mint, basil and cashews.

\$7.95/Wrap

Entrees...

Raw Vegan Sushi - Rolled with an almond pate, fresh veggies, sprouts, and avocado. We can barely keep these in the shop, they're so popular!

\$7.95/Package of 6

Dragon Platter - A bountiful and well-balanced macro platter, served with our daily bean, sauteed greens, brown rice and choice of Sea Veggie salad or raw Thai slaw.

\$8.75

Three Bean Tempeh Chili - Ground tempeh, pinto and black beans, green lentils with onion, carrot, celery and zucchini with an ancho and chipotle backdrop.

Latina Stew - Raisins, capers, olives and tomatoes create the distinctive stew with this garlic-enhanced baked tempeh.

\$6.50/1/2 Pint

\$9.50/Pint

Stuffed Portabella Mushroom - Overflowing with our tofu-walnut pate, made with a touch of onion, carrot, red pepper, miso, tahini, Dijon mustard, tamari and a blend of spices.

\$5.95/Medium

\$7.25/Large

Healthy Burgers - Lentils, brown rice, squash, shredded carrot, onion, portabella mushrooms, red pepper, sunflower seeds, cashews, tamari, dill, parsley, and onions. Serve on a bun with fixings or enjoy alone with our honey-mustard sauce.

\$10.75/Package of 2

Sweet Ginger Tofu - Baked in a marinade of apple juice, garlic, maple syrup and sesame oil.

\$5.75/Package of 6

Sesame Tofu Quinoa - Seasoned with scallions and roasted red peppers, plus a touch of toasted sesame seeds.

\$6.50/1/2 Pint

Baked Garden Pie - A mouth watering vegetable and cheese dish with egg, swiss chard and/or spinach, mushrooms, zucchini, ricotta and parmesan cheese.

\$16.50/7 1/2-Inch Tin

\$4.50/Slice

Cookies and Desserts...

Tara-Laura Chocolate Krispies - Feed your chocolate habit without the guilt? Yes, it's possible with these delectable morsels of unsweetened chocolate, carob chips, gluten-free brown rice cereal, and brown rice syrup. Made with peanuts or almonds.

Sesame Raisin Cookies - The ultimate "not too sweet" treat with whole wheat flour and oats!

Ginger Crisps - A spicy and aromatic cookie with a kick of ginger.

\$1.50 each

Vegan Cakes and Cupcakes - Currently available by special order, our Chocolate Velvet, Coconut, and Carrot Cake with our signature "creamy" frostings. Can be made gluten-free upon request. Please see our catering menu for details.