

Menu



Organic Salads

Served from 11:00 a.m. until closing

House Salad

Organic spring mix, beets, carrots, cucumbers, red cabbage, sprouts, dried cranberries and raisins, pumpkin and sunflower seeds, local or seasonal fruit \$4.95

Our Dinner Salads Full ~ \$12.95 Half ~ \$9.95

All dinner salads contain organic seasonal greens, sprouts, cucumbers, red cabbage, beets, carrots, onions, and seeds. Order as the House Salad or add your favorite extra toppings from the list below.

Fruity

Seasonal berries, dried fruit, curry cashews

Pickled

Pickled red onions and beets, feta or vegan parmesan, figs

Spiced

Sriracha almonds, roasted corn, quinoa, onion, tomato, bell peppers

Keto Cobb

Cheese, hard-cooked eggs, cherry tomato, spinach, salad greens, almonds

Add tempeh bacon or seitan for \$2.50

Salad Dressings

*Sesame Ginger, Ranch, Tangerine Dream, Garlic Mustard Vinaigrette, Tahini Goddess, Oil & Vinegar (V/GF)**

Daily Soup Offering

10 oz \$6.95 ~ 6 oz \$4.95

6 oz soup and House Salad combo \$8.95

Vegan (V) and gluten-free (GF)* substitutions available for an extra charge.*

Please tell us about any allergies before ordering.



Menu



Between Bread (V/GF)*

Served from 11:00 a.m. to closing with your choice of chips or House Salad.

JS Reuben (GF)*

Ginger-baked tofu, raw milk cheddar or vegan cheese, sauerkraut, house-made Thousand Island, whole grain bread \$9.95

Nut Burger or Power Burger (GF)*

Pretzel bun, lettuce, tomato, red onion, Vegenaïse \$11.95

Not from the Sea Tuna (GF)*

Seasoned Jack Fruit, lettuce, tomato, whole grain bread \$9.95

Almost Heaven (GF)*

Sharp and smoked cheddars or vegan cheese, rye or wheat \$6.95

The options ~ sundried tomatoes, caramelized onions, Portabella mushrooms, roasted red peppers ~ you can pick two for \$8.95

Ciabatta Chick (V)

House-made chicken-style seitan, salad greens, red onions, cucumbers, jalapeño cream, ciabatta bread \$10.95

Sasquash (GF)*

Roasted butternut squash, sun-dried tomato, caramelized onion, goat cheese or vegan parma, kale, parsley mayo, rustic bread \$10.95

Shawarma (V)

Chicken-style seitan, Tahini/garlic aioli, shepherd salad, flatbread \$10.95

Tempeh BLT (V)

Marinated tempeh, lettuce, tomato, whole grain, Vegenaïse \$9.95

Coconut Barbecue (V) (GF)*

Baked-BBQ tofu, coconut-ginger cabbage slaw, rustic bread \$9.95

Teriyaki Trumpet Mushroom (V) (GF)*

Bell pepper, red onion, braised greens, aioli, ciabatta \$9.95

For the Children

PB&J ~ Scrambled Eggs ~ Fruit Cup ~ Gardein Chicken Strips
Grilled Cheese ~ Yogurt and Granola ~ Made to Order \$3.95/\$4.95

~ Vegan and Gluten-Free Sandwich Options (V/GF) ~*

Little Northern Bakehouse Bread (V/GF) Udi's Bread (GF)* Follow Your Heart Vegan Cheese
Our seitan and tempeh are not gluten-free.*



Menu



Small Plates (GF)*

House-Made Hummus (GF)*

Served with pita, cucumbers, carrots, olives \$7.95

The Trio

Slider size versions of our daily nut burger, power burger, and breakfast sausage served with aioli, organic sprouts \$9.95

Roasted Vegetable Tapas

A blend of roasted seasonal vegetables and mushrooms paired with olives. Served with warm black Russian poppy seed bread \$9.95

Keto Tapas

Grain-free Keto vegetarian spinach koftas \$9.95

Cheese Boards and Wine (GF)*

Assorted artisan cheeses, nuts, olives, rustic bread \$8.95

Herb & almond encrusted goat cheese, rustic bread \$5.95

With house wines add \$5.00 per glass

Entrees and Bowls (GF/Keto) Served with chips or House Salad

Forager Egg Quiche

House-made garlic almond crust topped with seasonal organic produce, select cheeses, organic herbs, local eggs \$9.95

Flower Power Pie

Cauliflower, garlic & herb cheddar, local eggs, cream, onion, almond crust \$9.95

Fusion Grain Bowl

Organic quinoa, sautéed greens, caramelized onions, kimchee, cherry tomatoes, ginger-tofu, fried egg. \$12.95

Teriyaki Trumpet Bowl

Trumpet mushrooms, braised greens, bell pepper, onion, cauliflower rice \$12.95

Sasquash Bowl

Oven-roasted butternut squash, sun-dried tomatoes, caramelized onions, goat cheese or vegan parma, kale, parsley mayo drizzle \$10.95

Extras

Assorted Breads \$2.50 each (V/GF)*

Additional dressings \$.50 eac



Menu



Breakfast

10:00 a.m. to 11:30 a.m. Tuesday thru Friday and on Saturday, all day

Bagels from NY (V)*

Everything or plain bagel, herb cream cheese or vegan cream cheese \$3.25

Cinnamon Raisin Bagel, coconut butter Yoga spread \$3.25

Over-Easy Egg on Artisan Bread (GF)*

Cheese, herb butter, fruit cup \$5.95

Cheese, tomato, mushroom, fruit cup \$6.95

The Vegg Tofu Scramble

Served with toast, sautéed veggies, fruit cup \$9.95

Breakfast Burger (V)*

Made in-house with fresh dill, French lentils, rice, sundried tomatoes, mushrooms.

Served with a fried egg, tomatoes, cheese, bagel or rustic bread, fruit cup \$9.95

Substitutions for egg ~ vegan cheese or tempeh bacon

Forager Egg Quiche (GF)

Our house-made garlic almond crust topped with seasonal produce, artisan cheeses, organic herbs, local eggs. Served with salad, chips, or fruit cup \$9.95

Extras

Toast or bagel \$2.25 (V)*

One over-easy egg \$2.50

Tempeh bacon \$2.50

Cream cheese add-on \$1.00 (V)*

Vegan (V) and gluten-free (GF)* substitutions available for an extra charge*

