APPETIZERS

SPRING ROLLS (order of 2) 4.95
House-made spring rolls delicately stuffed with carrot, coleslaw, onion, vegan chick’n strips, & vermicelli

CHILI CHEEZE FRIES 10.95
House-made chilli (slow cooked kidney beans, black beans, chick peas, tomato, onion) poured over French fries & topped with a layer of vegan cheese

ANGEL FINGERS 6.45
Crispy red bean paste wraps individually hand rolled & drizzled with agave & hot sauce

SUMMER ROLLS / AVOCADO ROLLS (order of 2) 5.45
Protein strips (or avocado), spring mix, lettuce, cucumber, onion, & rice noodles wrapped in rice paper & served with our home-made dipping sauce

WINGS & SOUP (Spicy, BBQ or Original) 12.95
Crawled saucing vegan chick’n wings served with organic celery stick & dipping sauce and your choice of soup

OCEAN JOY & SOUP 12.95
Breaded vegan prawn & dipping sauce served with chopped organic fruits & choice of soup

VEGAN DRUMSTICKS order of 3 6.95
Three delectably plant powered drumsticks served with a sweet & sour dipping sauce

CHEESE STICKS order of 5 6.95
Crunchy breaded Provolone cheese sticks with dipping marinara

ORGANIC SOUPS (GF) 4.95 / 8.95

WHITE CHILI
Hearty blend of white beans, diced tomatoes, red bell peppers, & chili simmered in a creamy broth

GOLDEN SOUP
Red lentils, carrots, celery sweet potatoes, onions, are blended with curry paste & coconut milk

POTATO KALE
Organic kale added to our hearty double potato soup with vegan cream cheese make a delicious and healthy combination

CABBAGE SOUP
Organic cabbage, carrots, golden raisings, & diced tomatoes are simmered in a tomato broth

PISTACHIO & MUSHROOM (or ALMOND)
Gourmet mushrooms & pistachios (or almond) are puréed with carrots, onions, celery, almond milk, & spices

ORGANIC BEANS SOUP
Black beans, red beans, chick peas, navy beans, kidney beans, pinto beans, celery, tomato, onion

CORN CHOWDER
Organic corn, potatoes, broccoli, peas, bell-peppers & traditional seasoning simmered in a creamy broth

PHO
13.95
Authentic noodle soup, consisting of rice flat noodle in veggie broth, vegan beefless strips, soy protein, served with herbs, organic sprouts, Gluten free: served with tofu.

SANDWICHES & BURRITO
served w/ either fries, salad, or soup (not Pho),

DELUXE (or IMPOSSIBLE BURGER) 13.45
Grilled Beyon (or Impossible steak), sets on grilled organic buns, organic sprouts, tomato, organic spring mix, sandwich sauce, onion, pickles, cheese sauce with minced radish

GRILLED ORIGINAL OR BBQ BURRITO 12.95
Avocado, romain heart, diced cucumber, pickle, diced tomato, soy protein strips, or (BBQ strips) brown rice, eggplant sauce w/ bell pepper, onion, vegan cheese wrapped in a tortilla, grilled.

OCEAN FILET 12.95
Crumbled ocean pattles served on organic bread w/ coleslaw, pickle, tartar sauce, onion.

THE BLT 12.95
House-made bacon strips, lettuce, tomato, avocado are the foundations of this classic. Served on the organic bread

AMERICAN PANINI 12.95
Smoked tofu, house-made coleslaw, banana peppers, & pickle are pressed on sourdough with melted cheese, vegemaisin, and deon

BBQ SANDWICH (or Teriyaki, Coco) 12.95
Your choice flavored nuggets with onions, tomato, tomato, lettuce, mustard, vegemaisin & mustard on sourdough bread

THE HARMONY 12.95
Vegan chick’n patties, smoked tofu, topped with cucumber, lettuce, tomatoes, onions, stoneground mustard, & vegemaisin on organic multigrain bread

STEAK BURGER 12.95
Hand crafted & house-made “steak” burger patty, on grilled organic buns with onions, lettuce, tomatoes, melted cheese, vegemaisin, & pickle

CHEEZY QUINOA/BLACK BURGER 12.95
House-made cheesy quinoa (or black rice) patties, on grilled organic buns with onion, organic kale (or lettuce), tomato, avocado

CHEESY PHILLY SUB 12.95
Vegan steak, organic mushroom, onion, bell-peppers, stuffed in a French roll, spreaded with cheese sauce.

PORTOBELLA SANDWICH 13.95
Grilled portabella mushroom & smoked tofu, chik’n patties with red onions, pickle, vegemaisin, vegan butter, lettuce, & tomato on 3 layers of organic multi bread

GRILLED PINEAPPLE 13.45
Teriyaki patties, grilled pineapple, onion, pickle, tomatoes, house made guacamole, lettuce, & vegemaisin on organic bread

RICE
Served with brown or white rice
Gluten-free dishes prepared with organic tofu

VEGAN STEAK PEPPER 11.95
Vegan be’f slices, sauteed with broccoli, onions, bell peppers, & teriyaki sauce

ROASTED VEGAN PRAW’ 11.95
Crumby vegan praw’ roasted with onions, garlic, diced bell peppers, green onion, served with sauce

ASPARAGUS STEAK 11.95
Our hand-made plant-based steak grilled & sauteed with teriyaki sauce, asparagus, onion, & garlic

SESAME SWEET & SOUR 11.95
Breaded plant powered nuggets with onions, garlic, pineapple, broccoli, bell peppers, sesame seeds are sauteed in sweet & sour sauce

SUMMER LEMON 11.95
Our quintessential lemon sauce is simmered over nuggets, bell peppers, broccoli, pineapple, & onion

FRIED RICE 12.45
White rice (or brown rice), fried in high heat with vegan nuggets (or tofu), garlic, onions, carrots, green beans, peas, and home-made sauce

TERIYAKI TOFU 11.95
Organic tofu, pineapple, bell peppers, asparagus, onions, & garlic are sauteed with teriyaki sauce

BBQ NUGGETS 11.95
Plant-based chick’n nuggets, onions, bell peppers, & broccoli, cooked in a rich BBQ sauce

KUNGPAO 11.95
Crumbled nuggets and organic cabbage, onions, bell peppers, garlic, sauteed with kungpao sauce and organic cashew

SWEET & SOUR or HEAVENLY NUGGETS 11.95
Orange infused sweet & sour (or ginger sauce), & vegan nuggets (or tofu) are delicately pan-fried with broccoli, bell peppers, pineapple, onions, & garlic

GREEN: Gluten-free, gluten-free option, extra charged $1.00
**NOODLES**

Gluten free dishes are made with organic tofu

**PAD THAI** 11.95
Fresh pad Thai noodles are stir-fried with vegan protein strips (or tofu), bean sprouts, carrots, in creamy peanut butter sauce with tamarin juice

**SALAD NOODLES** 11.95
Carrots, onions, broccoli, napa, bell peppers, soy strips (or tofu) are sautéed w/coconut milk. Set on rice noddles and a bed of spring mix.

**SINGAPORE NOODLE** 11.95
Rice noodles, stir-fried with our curry paste, organic onion, bell peppers, broccoli, garlic and vegan steak slices.

**YAKI SOBA** 11.95
Wheat noodles, stir-fried with mushroom, napa, carrots, onions, vegan protein slices, zucchini, garlic, bell peppers, vegetable seasonings.

**JAPANESE UDON** 11.95
Sizzling Japanese udon noodles with sautéed teriyaki soy protein, carrots, onions, broccoli, bell peppers, napa, mushroom, veg seasonings

**SALADS**

**HOUSE SALAD** 10.95
Our special ginger sauce drizzled over organic spring mix, chopped romaine lettuce, grapes, apple, carrots, grape tomato, cucumbers, avocado, pineapple, and cranberries.

**EARTH FRIENDLY SALAD** 10.95
Spring mix, romaine lettuce, carrots, cucumbers & grape tomatoes served with our ginger dressing and topped with soy protein strips.

**ORGANIC QUINOA SALAD** 10.95
A mix of organic quinoa, pistachios, cranberries, diced cucumbers, & bell peppers are tossed in maple syrup, olive oil, & balsamic vinegar. Topped with fresh grapes & diced pineapple.

**WRAP** (choice of spicy, bbq or original) 10.95
Gyro style protein strips, smoked tofu/ky, onion, bell peppers, diced tomatoes, avocados, cucumber, and romaine lettuce set on a tortilla.

**ORGANIC POTATO SALAD** 5.45/9.95
Steamed potato mixed with bell pepper, celery, green onion, mustard, vegenaise, relish

**ORANGE SALAD** 11.45
House made orange sauce on smoked tofu/ky, soy protein strips, onion, bell peppers, diced cucumber, avocado, tomato, sprout, on a bed of chopped lettuce, & sprouts

**RAW SPECIAL**

all raw ingredients are uncooked and unprocessed

**RAW SUSHI** 12.45
Shredded carrots, avocado, apple, zucchini, are rolled in seaweed sheets and served with our ginger sauce & organic kale chips

**RAW FRENCH FRIES** 11.95
Avocado fingers coated with crushed almonds, walnuts, sun-dried tomatoes & served with our ginger dressing, organic kale chips

**RAW TACO SALAD** 11.95
Our raw taco meat (made of walnuts) is tossed in avocados, diced tomatoes, romain hearts, cucumber, served with our raw ginger sauce, & organic kale chips

**DESSERTS**

all desserts are made from scratch in-house

**ORGANIC RAW CHEESE CAKE** 4.95
Organic cashews, dates, vanilla, coconut oil, strawberries / blueberries, agave, lemon, & sea salt make a deliciously guilt-free treat

**VEGAN CHEESE CAKE** 4.45
Vegan cream cheese, vanilla, & lemon juice with a drizzle of chocolate or strawberry syrup on a crumbly crust

**ORGANIC CARROT CAKE/PINEAPPLE** 4.95
Carrots, flour, walnuts, golden raisins, vanilla, cinnamon, nutmeg, sea salt, and soy milk are baked and decorated with vanilla frosting

**CHOCOLATE CAKE** 4.95
Organic flour, chocolate syrup, soy milk, baking soda, vinegar, cocoa powder, & sea salt are baked and decorated with chocolate frosting

**ORGANIC SOFT BAKED COOKIE** 2.75
Baked fresh & in house with organic ingredients (oatmeal, sugar, chocolate chips)

**DRINKS**

**ORGANIC RAW FRUIT SMOOTHIES** 5.50
-Tropical Delight
-Strawberry In Cream
-Blueberry Bliss
-Pineapple Island
-Green Kale
-Mango

**BUBBLE TEA** 5.50
-Choice of flavor
-Choice of popping or tapioca

**SPECIALTY DRINKS**
-Organic black coffee 3.50
-Organic creamy coffee 3.95
-Organic hot or iced tea 2.50/3.00
-Thai tea 3.00
-Aloe Lemonade 3.00

**BOTTLED & CANNED DRINKS**
Organic tea 3.25
Natural Root Beer 3.00
Snapple 2.50
Silk Milk 2.25
Bottled water 1.00
Kombucha 4.75

**SIDES**

-Rice 2.50
-Salad 3.50
-Grilled bread (2 slices) 1.95
-French Fries 3.95
-Avocado 1.95
-2oz sauce cup 1.00

**KIDS**

**ORGANIC GRILLED CHEESY BREAD** 5.95
Traditional grilled cheese sandwich made with organic multi-grain bread, vegan cheese, and vegan butter

**QUESADILLAS** (order of two) 6.95
Tortillas grilled with vegan cheese, vegan butter, protein nuggets, organic spinach & vegenaise

**KID’S NUGGETS** 6.75
Orange sweet & sour (or BBQ) sauce and vegan nuggets are pan-fried with broccoli, bell pepper, pineapple, onions, & garlic, served with brown or white rice

**KID’S WINGS** (spicy, bbq, original) 6.75
Crumbed vegan wings and dipping sauce, served with a side of fruit

**KID’S OCEAN JOY** 6.75
Breaded vegan prawn’s and dipping sauce. Served with a side of fruit

**GREEN:** Gluten-free / Gluten-free option, extra charged $1.00