

DESSERTS

Sweet treats with a healthier twist. Ask your server for today's fresh choices.

RAW HEAVEN **\$5.25**

Orange Almond cake, Chocolate Walnut cake, Strawberry Cheesecake, scones, or cookies – raw that will blow your mind! **R**

VEGGIE JUICES

Organic veggie juices create nutrition-packed drinks. Add a veggie for \$0.75. Add ginger or garlic for \$0.50. **R**

8 oz \$4.00 12 oz \$5.75

WHAT'S UP DOC Pure sweet carrot.

SWEET GINGER BROWN Apple & carrot with ginger.

BACK TO MY ROOTS Carrot with beet and ginger.

GREEN GARDEN Parsley, spinach, chard, celery, cucumber, apple.

ORANGE POPEYE Orange, spinach, and chard with ginger.

LET IT GROW Grow your own with five choices from the following (as available): Parsley, romaine, spinach, chard, kale, celery, cucumber, apple, orange, beet, carrot, and zucchini.

WHEAT GRASS OR E3 LIVE

1 oz \$2.75 2 oz \$5.00

Rejuvenating powerhouses of natural vitamins, minerals, chlorophyll, enzymes, and life energy.

*WE ACCOMMODATE SUBSTITUTIONS
AND SPECIAL REQUESTS WHENEVER
POSSIBLE, HOWEVER THE PRICE MAY BE
AFFECTED.*

Appleseed Health Foods

FRUIT SMOOTHIES

Real Organic ingredients (no water, syrup or sugar) blended to perfection. Protein or green foods \$1.00, superfoods \$2.00. **V**

12 oz \$5.00 16 oz \$6.25

SUMMER BREEZE Strawberry, banana, and apple juice.

BLUE SKIES Blueberry, apple, and white grape juice.

VERY BERRY Strawberry, blueberry, and apple juice.

ISLAND LOVE Pineapple, banana, and apple juice with a touch of coconut.

GLORIOUS GREENS Spinach, chard, kale, apple, and apple juice. Garlic and ginger optional.

BLEND YOUR OWN Pick two fruits (or veggies) and a juice from the available choices, and add selections for \$0.50 each.

BANANA BLAST 16 oz \$6.75
Almond milk, peanut butter, banana, Twister Power (Hemp, Maca, and cacao), and agave.

CLOUD NINE 16 oz \$6.75
Let your server share today's inspiration for your nutrition and enjoyment. Typically includes a protein and a superfood.

BEVERAGES

Organic fair trade coffees brewed on request or brew your own hot tea from the house selection. Check the cooler for assorted canned and bottled beverages.

COFFEE, TEA, or JUICE \$2.00
With a free refill on coffee or tea. Apple, grape, and cranberry juices as available.

FRESH COCONUT WATER \$4.00
One freshly cracked young Thai coconut.

www.appleseedhealth.com

March 2011 Menu

The Café At Appleseed

FREE WI-FI!



WELCOME! We use organic produce and the healthiest ingredients. We offer choices to satisfy any nutritional lifestyle including raw, vegan, vegetarian, or non-vegetarian.

"Be the change you wish to see in the world." Gandhi

**Monday – Saturday
10 am to 3 pm**

**321-631-1444
CALL AHEAD FOR TAKEOUT
OR FOR QUICK SERVICE**

**1007 Pathfinder Way Suite 110
Rockledge, FL 32955**

The following definitions will explain some of our special food selections:

R - Raw vegan food consisting of fresh or dehydrated (below 118°F) vegetables, fruits, soaked nuts, and sprouted seeds or grains. The natural LIVE enzymes and balance are not destroyed, which supports proper digestion and natural detoxification and healing.

V - Vegan food which has no animal products of any kind (no eggs, dairy, or honey).

EXPRESS LUNCH

CHOOSE TWO \$8.25

\$12.00 with small smoothie

CUP OF SOUP: Black Bean or Soup of the Day

SIDE SALAD: Mixed greens, Kale, Quinoa, or others as available.

SANDWICH: Tuna, Veggie Max, or Avocado & Tomato

SALADS

Fresh organic ingredients as available or in season. Add Tuna, tempeh, pate, or hummus for \$2.00 and cheese for \$0.50.

CHEF'S SALAD sm \$4.25 lg \$7.25
Seasonal greens (no iceberg!) and veggies. **R**

SIDE SALAD \$3.00
Choose (as available) marinated Kale Salad, Carrot Salad, Quinoa (sprouted), Seaweed Salad, Broccoli Salad, or mixed greens. **R**

Dressing choices include homemade Vinaigrette, Cucumber, & vegetarian Thousand Island. Extra dressing servings are \$1.00.

SOUPS

SOUP bowl \$4.25
Served with sprouted chips or corn chips.

RAW SPECIALTIES

Real LIVE food, period. Served with choice of side salad. Raw bread choices include our homemade flax, buckwheat, or onion.

RAW DEAL \$8.75
An extra large piece of our delicious raw onion bread coated with nut pate and wrapped around veggies, greens, sprouts, & tomato with guacamole. It'll fill you up! **R**

RAW SANDWICH \$7.25
Our raw bread or crackers with pate' stacked with greens, sprouts, tomato, & avocado. **R**

NORI ROLL \$7.75
Nori sheet with pate', carrot, cucumber, avocado, cabbage, zucchini, & sprouts. **R**

RAW PIZZA SLICE \$6.75
Raw bread with nut cheese, marinara (or if available, substitute raw nut Alfredo for \$2.00), olives, veggies, & nut cheese. **R**

RAW SPAGHETTI \$7.75
Raw zucchini spiralized with marinara (or if available, substitute raw nut Alfredo for \$2.00), veggies, & nut parmesan. **R**

RAW BURGER \$8.75
The Sun Bean burger or Mushroom burger on raw bread or crackers with stacked with greens, sprouts, tomato, & avocado. **R**

SNACKS & APPETIZERS

HUMMUS & CHIPS \$3.50

CHIPS & SALSA \$3.50

CARROT & CELERY PLATE \$3.50

Sticks loaded with your choice of hummus, nut butter, or veggie pate as available. **V**

RAW SNACK PLATE \$5.75
Simply delicious dehydrated raw crackers and a vegetable pate'. **R**

Gratuity Not Included

Remember, this is SLOW food prepared to order and made with love.

SANDWICHES & WRAPS

Your choice of bread or wrap as available. Add a canned drink for \$0.75, a side for \$1.00, or cheese or salsa for \$0.50.

VEGGIE MAX \$5.75
Veggies such as tomato, cucumber, onion, greens, sunflower seeds, shredded carrot, sprouts, and dressing. Choose avocado, hummus, quinoa, or black beans & rice. **V**

AVOCADO & TOMATO \$5.75
On toast with greens, sprouts, and our Thousand Island dressing. **V**

TUNA \$5.75
Water-packed white Tuna, eggless mayo, with onions, relish, celery and the chefs twist (cranberries or raisins, walnuts, and sometimes apple). Top with lettuce, tomato, and sprouts.

TUNA MELT \$6.75
Our great Tuna salad with melted cheese and optional tomato & sprouts. Your choice of grilled or oven broiled.

TEMPEH REUBEN \$6.75
Marinated and baked tempeh grilled with sauerkraut, yogurt cheese, and our Thousand Island dressing on Ezekiel or Sami's millet/flax bread (or try it as a wrap).

VEGGIE BURGER \$6.75
Greens, tomato, mustard, ketchup, & Vegenaise on Ezekiel or Sami's bun. **V**

UNCHICKEN \$6.75
Quorn "chicken" patty on Ezekiel or Sami's bun with fresh greens, tomato, & our Thousand Island dressing. **V**

PIZZA PIE \$6.75
Sami's Millet Flax Spinach pie with cheese and our fresh homemade marinara.

CHEESE \$4.25
Mixed cheeses with optional tomato & and sprouts. Choose grilled or oven broiled.

PEANUT BUTTER & BANANA \$4.25
Roasted peanut butter and banana drizzled with local honey (or jelly as available).