

We proudly serve: Nitrate & antibiotic free boneless chicken breast • Annie's Dressings • Egg Free, Dairy Free Vegenaïse Mayo • Alvarado Street California Bread & Buns • Rudi's Sourdough Bread & Sprouted Buns • Maria & Ricardo Tortillas • Sami's Bakery Millet & Flax Bread

Salad & Soups

Organic Mixed Green Salad 5.25

Red leaf, mixed lettuces, carrots, tomato, red onion & clover sprouts with a choice of dressing: Goddess, Roasted Red Pepper Vinaigrette, Oil & Vinegar or Raspberry Vinaigrette

With: Grilled Tofu (2 slices) 5.95

Housemade Tuna Salad (4 oz) 6.90

Fresh baked tuna, chopped pecans & celery in a Vegenaïse mayo base

Housemade Curry Chicken Salad (4 oz) 7.90

Fresh baked chicken, chopped pecans & celery in a Vegenaïse mayo base

Housemade Dill Chicken Salad (4 oz) 7.90

Fresh baked chicken, organic Dill weed, accented with our natural spice blend & celery in a light Vegenaïse mayo base

Housemade Hummus (4 oz) 5.95

Housemade Eggless Egg Salad (4 oz) 5.95

Side Salad 2.75

Blackboard Soup Selection - offerings change daily (8 oz) 2.50 • (16 oz) 4.50 • Served with AK-Mak crackers

Side Salad & Soup (8 oz) 5.50

1/2 Sandwich & Soup (8 oz) • Tuna 6.90 • Chicken 7.50

Grab'nGo Housemade salads available by the pound in our cooler

Sandwiches & Burgers

**All sandwiches & burgers come with your choice of Fixin's & one side
Add \$1.00 for sandwich served in a pita pocket**

Breakfast "All Day Long" Burrito 5.25

Hummus & Veggie Wrap 4.90

Housemade Tuna Salad Sandwich 5.90

Housemade Curry/Dill Chicken Salad Sandwich 6.90

Housemade Pimento Cheese Sandwich 4.75

Veggie Dog with relish or sauerkraut 3.25

Grilled Tofu Sandwich 5.25

PB&J or Organic Banana 2.95

"Fakin" Bacon" Lettuce & Tomato 5.25

Cheese Quesadilla 6.25 • Vegan 7.25

Eggless Egg Salad Sandwich 4.75

Veggie Burger 5.25

Veggie-Chicken Burger 5.25

Organic Fixin's: Red leaf lettuce, tomato, red onion, clover sprouts, shredded carrot, Vegenaïse mayo, ketchup & mustard (yellow or spicy)

Sides: Organic tortilla chips • Cucumber Quinoa Salad • Vegan Red Bliss Potato Salad • Raw Beet Slaw

Quiches & Pies

Spinach & Cheese Quiche 3.25

Blueberry Pie 2.75

Vegan Pumpkin or Sweet Potato Pie 3.25

Apple Pie - Granny Smith 3.50

Fresh Juices

Organic Carrot (8 oz) 2.25 (16 oz) 4.25

Adds: Beet, Celery, Kale, Parsley, Ginger, Apple, Lemon, Grapefruit or Orange .25 each

Purple Dinosaur (16 oz) 5.00

Combination of Carrot, Apple, Beet, Lemon & Ginger

Organic Orange or Grapefruit (8 oz) 3.75

Sweet Wheat Grass Shot (2 oz) 3.00

Signature Smoothies

Full of Fruit "Classic" 3.75

Base of apple juice, soymilk, almond milk or rice milk with fresh frozen, organic bananas, strawberries, pineapple & blueberries

Power Scoop "Classic with protein" 4.95

Start with the "Classic" & add a choice of one protein powder: Vanilla Spiru-teïn (soy); Whey protein (milk & egg); Rice Protein or Low-Carb Protein (soy-no flavor)

Cliffy "Immune Booster" 5.50

Start with the "Classic" & add a power scoop (your choice) then add Echinacea Goldenseal extract & liquid Vitamin C

Second Wind "Energy Enhancer" 5.50

Start with the "Classic" plus the "Power Scoop" & add liquid Vitamin B-12, Multi-minerals & liquid Ginseng

High Anxiety "Stress Reducer" 5.50

It's our "Classic" plus the "Power Scoop" enhanced with kava extract, liquid B-Complex & Multi-minerals