

### Hot Special

Jersey Fresh Madras Mushroom Curry w. Basmati & Sauteed Kale (GF) - \$16

### Side Salads

NJ Sweet Potato (GF)

Spicy Pasta (GF)

Half Pint - \$4.50

### Take & Heat

Jamaican' me Beefy Patty - \$4.50

Baked Samosa with Mango-Apple Chutney - \$8.50

### Soup of the Day

Irish Stew with Potatoes, Carrots, Onions, and Celery

Cup \$3.75 / Bowl \$5.50 / Pint \$7



### Best Wraps in the World

all include jersey fresh spring mix, red cabbage, carrots, cucumbers, tomatoes, choice of dressing

Hummus: Garlic-Lemon-Dill

Bean Burger: White Bean Pizza

Organic Tofu: Blazin' Buffalo

Seitan: Cilantro-Charmed

Roasted Veggies: Jersey Fresh Sweet Potatoes

Large Organic Whole Wheat - \$10

Smaller Gluten-Free Coconut - \$9

### Desserts

Peanut Butter Power Bar (GF) - \$2.75

Cookie - \$2.75

Cupcake - \$4.25

Date Bites (GF) - \$4.25

Cheesecake (GF) - \$7

### Signature Salads

Garden Veggies: jersey fresh spring mix, red cabbage, carrots, cucumbers, tomatoes, choice of dressing

Cranberry-Almond "Honey" Mustard: garden veggies plus dried sweetened cranberries, sliced almonds, organic quinoa

Rockin' Ranch Power: garden veggies plus homemade tvp bac'n bits, beans, and sunflower seeds

Seasonal Roasted Vegetable Satisfaction: garden veggies plus jersey fresh sweet potatoes + sunflower

Small \$7 / Medium \$9 / Large \$11

### Organic Smoothies

all: organic bananas; soy, coconut, almond, or orange base; organic agave

Tropical Thunder – Organic Strawberry, Mango, Pineapple

Triple Berry Bliss – Organic Raspberries, Blackberries, Strawberries

Chocolate Peanut Butter – Organic Peanut Butter, Chocolate Almond Milk

Cherry Blast – Organic Cherries, Carrots, Orange Juice

Green – Organic Spinach & Kale, Local Apples, Cinnamon

16 oz \$7.50

**Other Beverages:** Bottled Water \$1.25, Hot Tea \$1.75, Chocolate Milk \$2.25, Hot Coffee \$2.25, Bottled Beverages \$3.25, Iced Coffee \$3.75, Nitro Cold Brew \$4.25, Local Kombucha \$5.50

### Dressing Choices

Agave-Sweetened "Hunny" Mustard

Herbelicious Ranch

Garlic Aioli

Sriracha Mayo

Chipotle Mayo

Extra \$1.25