

Hot Special

Wild Foraged Chicken of the Woods with Crispy Onion, Pickled Cabbage & Carrots, Fresh Cilantro, & Roasted Pepper-Miso Aioli over Seasoned Basmati Rice (GF) - \$14

Side Salad of the Day

Spicy Brown Rice Pasta (GF)

Tuna-Safe Tempeh (GF)

TVP-Veggie-Herb Basmati (GF)

Half Pint - \$4.50

Soup of the Day

Spicy Cabbage-TVP-Pepper

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

Spicy Black Bean-Lime Hummus

Sweet Potato-Black Bean Burger

Organic Blazin' Buffalo Tofu

Smoky Pepper Seitan

Roasted Jersey Fresh Butternut Squash & Sweet Potatoes

Tuna-Safe Tempeh

Large Organic Whole Wheat - \$10

Smaller Gluten-Free Coconut - \$9

Desserts

Coconut-Cashew Square (GF) - \$2.75

Cookie - \$2.75

Muffin - \$2.75

Peanut Butter Power Bar (GF) - \$2.75

PB or Cashew Bites (GF) - \$2.75

Cupcake - \$4.25

Parfait- \$6.75

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 organic sweet potatoes & butternut squash + 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