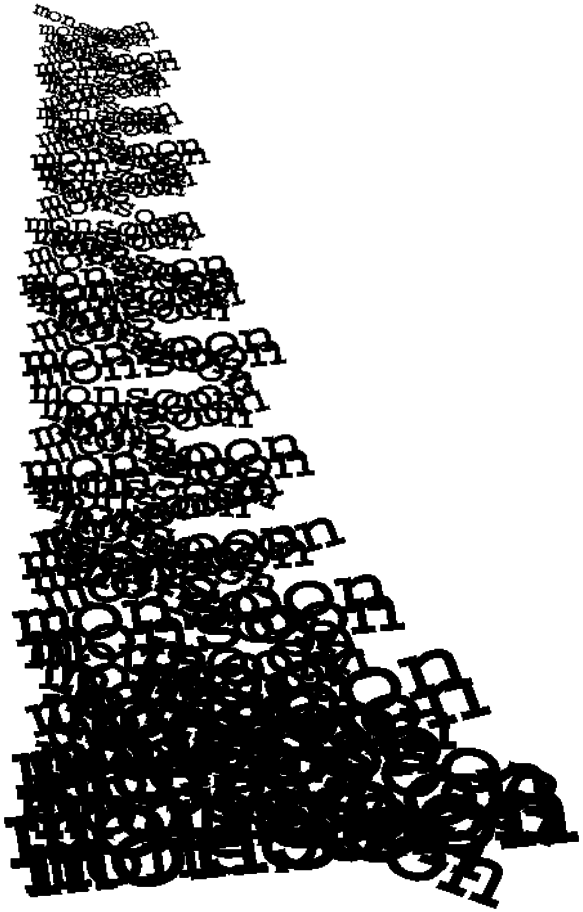

vegetarian food

menu

sandwiches

veGGie bUrger $3.95

baked millet pattie with lettuce, tomato, cucumber, red onion, sprouts, mayo and jack cheese on a wheat bun

grEEn gardEN $3.75

a wheat bun filled with lettuce, tomato, jack cheese, sprouts, cucumber, onion, mayo and avocado

piTa poCKet $4.75

pocket filled with baked millet patties, spiced garbanzo beans, tomato, onion, cucumber, lettuce and avocado

ninE gRaiN $4.50

jack cheese, tomato, red onion, sprouts, lettuce, cucumber and avocado on toasted nine grain bread

faLAfeL poCKet $4.75

falafel balls, lettuce, tomatos, red onions and tahini served in a white pita with brown rice

huMmoUs $3.75

nine grain toast layered with hummous, sprouts, tomato, red onion, lettuce, parsley, peppers and cucumber

soups and salads

hOUse sALad $3.95

mixed greens, tomato, cucumber, red onion, sprouts and grated carrot in a crisp tortilla shell

grEEk salAD $4.50

lettuce, red onion, bell pepper, avocado, grated carrot and green onion with feta cheese

spiNaCH tOSs $5.25

fresh spinach with feta cheese, cucumbers, tomato, bell pepper tossed with olive oil sun-dried tomato, lemon and garlic

tAbBouleH $3.50

bulgar wheat combined with parsley, tomato, onion, and lemon with hummous and pita

lENtiL souP $3.95

a delicious blend of spices mixed with moong lentils served with a wheat tortilla and brown rice

gARDen hARVest $4.25

a chunky mixture of 13 vegetables cooked in a tomato and herb base served with rice and a crusty baguette

curries

gaRBanZo beAN $4.25

spicy garbanzo bean curry cooked in a tomato and herb sauce served over a bed of vegetable pilaf

KIDney beaN pOTato $4.25

indian spices combined combined with kidney beans and baby new potatos served with brown rice and a wheat tortilla

toFU cuRRy $4.75

cubes of tofu cooked in a spicy curry suace combined with mushrooms, carrots and green beans over brown rice

miXeD vEGetabLe cuRrY $4.25

a blend of carrots, sweetcorn, peas, cauliflower and mushrooms over rice or with two tortillas

specialties

sHephERds piE $4.25

an assortment of vegetables over brown rice topped with mashed potato and gravy

veGEtabLe lasaGNa$4.95

layers of spinach pasta filled with zucchini, tomato, onion, bell peppers and spinach topped with parmasan cheese

paSTa romaNo $3.95

angel hair pasta topped with tomato herb sauce and served with a tossed salad

veGeTablE pilAUf $2.25

a bowl of basmati rice cooked with a blend of herbs and spices mixed with yogurt and veggies

meXicAn piZZa $3.95

pita base topped with refried beans, chopped vegetable salsa, and sprinkled with cheese

stiR fRy $4.25

an assortment of oriental veggies stir fried with a mixture of herbs and spices over steamed rice

veGgie buRRito $4.25

spicy garbanzo beans mixed with brown rice rolled up in a flour tortilla and topped with cheese

queSadiLLa $3.50

flour tortilla filled with melted cheese, onions, cilantro and tomatos served with garden greens and salsa

idaHO poTatOe $3.95

baked potato topped with melted butter, cheese, ranch dressing, brocolli and carrots

sAMoSa $1.50

triangular shaped tortilla stuffed with potatos, peas, sweetcorn, onions and carrots cooked in spicy oil

cucUmBer rAitA $2.25

a refreshing dip of yogurt, cucumber, parsley and mint served with veggie sticks

sTEaMed ricE $1.50

a bowl of steamed rice served with soy sauce

vegetable juice

sMaLL $1.75 | **meDiUm $2.25** | **laRgE $2.95**

cArrOt ceLeRy
a blend of two favorites

triPlE c
carrot, celery, cucumber

triO riO
carrot, celery, spinach

suNriSe
carrot, beet, celery

grEEn gaRdeN
carrot, celery, cucumber, spinach, beet, parsley

boDy bUilDer
carrot, spinach, beet, garlic

raTeD r
apple, wheatgrass, banana, ginger

waKE uP
carrot, garlic

gRaSS-hoPpeR
wheatgrass, parsley, ginger