

SOUPS & SALADS

Served with home made bread and sesame butter or chips

HOUSE DRESSINGS

House Salad	small 4.95	large 5.95
<i>Romaine, Radish, Chard, Celery, Cabbage, Carrot, Sprout Mix of Red Clover, Fenugreek, Radish, Cabbage, & Broccoli, sprinkled with Love</i>		
Soup of the Day	cup 4.95	bowl 5.95
Caesar Salad	small 5.95	large 7.95
<i>Fresh Romaine, Parmesan, organic home made croutons & vegan Caesar style dressing. With grilled free range chicken, add 4.00</i>		
Soup & Salad with choice of dressing		8.95
Tabouleh	small 4.95	large 5.95
<i>Cracked Kamut Wheat, Herbs & Spices, Diced Tomato, Fresh Mint & Parsley, Lemon Juice & Olive Oil (A delicate & flavorful salad native to Morocco)</i>		
Tofu Salad	<i>Baked organic diced tofu over our raw greens</i>	9.50
Avocado Salad	<i>Garden greens topped with avocado & fresh tomato</i>	10.50
Grilled Chicken Salad	<i>Flame grilled chicken breast over raw greens</i>	10.95
Miso & Brewer's Yeast Soup	<i>Served in a mug, great body tonic</i>	3.95

Yam Vinaigrette

jewel yams, apple cider vinegar, herbs & spices

Vinegar & Oil

aged balsamic vinegar & virgin olive oil

Tarragon Spirulina

olive oil, tarragon, lemon juice, honey & spirulina

Caesar Style

olive oil, lemon juice, mustard & herbs

Lemon Tahini

lemon juice, tahini, bell pepper, celery, green onion & Bragg's Liquid

BURGERS

Made with home made organic ww buns & served with home made bread & sesame butter or chips

Add a slice of swiss or cheddar cheese for \$1

Hula Burger - 8.95

Organic multi-grain Tempeh with mango salsa, lettuce, sprouts, bell pepper, red onion, roma tomato & Veganaise

BBQ Turkey Burger (flash baked sliced BBQ turkey) - 9.50

Lettuce, bell pepper, red onion, tomato & Veganaise

Tofu Burger lettuce, sprouts, bell pepper, red onion, tomato & Veganaise - 8.95

Buffalo Burger cheddar, lettuce, red onion, tomato, mustard, dill pickles & ketchup - 9.95

Elk Burger lettuce, red onion, tomato, Swiss cheese & Veganaise - 9.95

Lamb Burger (and yes, it's organic from Oregon) - 12.95

Grilled six-ounce patty of 100% Oregon organic lamb, lettuce, red onion, tomato, Swiss cheese & Veganaise.

Served with a side of Tzatziki (cucumber sour cream sauce) (Double patty & cheese add 4.00)

Shroom Burger (and yes, it's free range) - 11.95

Sautéed mushrooms & red onions on a flame grilled Buffalo patty with melted Swiss cheese,

lettuce & tomato & Veganaise (Double patty & cheese add 4.00)

3B Burger bacon-buffalo & blue cheese (and yes, it's free range) - 12.95

Grilled five-ounce patty of 100% Buffalo with turkey bacon, blue cheese,

avocado, lettuce, red onion, tomato & Veganaise (quality dairy free mayo) (Double patty & cheese add 4.00)

AK Salmon Burger lettuce, red onion, tomato, Veganaise (quality dairy free mayo), dill pickles & cheddar - 10.95