

Lunch Menu

11AM – 3PM WEEKDAYS

(Apologies, No Substitutions)

Kale Appetizer Salad (GF)(V) • \$4.25

[Individual Portion] Organic kale massaged with lemon, sea salt & olive oil, topped with figs, goji berries & sunflower seeds

Soup & Salad (GF)(V) • \$7.75

Soup bowl of the day with a small house salad with carrots, sunflower sprouts & locally grown tomatoes on a bed of organic mixed greens & Choice of dressing:

Citrus Vinaigrette (V), Ginger Miso (V), Garlic Tahini (V) or Parmesan Peppercorn

Ruby Reuben Sammich • \$8.50

Grilled Rye Bread stuffed with shredded grilled beets & a layer of kale & cabbage kraut smothered in melted Swiss cheese. Served with a smoky Russian dressing & choice of black pepper kettle chips, chips y salsa or lime peanut slaw (contains peanuts)

Substitute for a small house salad for \$1.95

Vegan Beet Stuffed Reuben Sammich (V) • \$9.50

Same as above, but with vegan cheese

Jamaican Tempeh Sammich (V) • \$8.25

A whole-wheat bun stuffed with jerk marinated tempeh strips, a cilantro lime chimichurri style sauce, veganaise & a pineapple cabbage slaw. Served with your choice of black pepper kettle chips, chips y salsa or lime peanut slaw (contains peanuts)

Substitute for a small house salad for \$1.95

Substitute Gluten-Free Bread \$1.50

Summer Buddha Bowl (GF)(V) • \$8.95

Organic Spring greens topped with a scoop of ginger teriyaki organic quinoa surrounded by orange marinated beet shreds, chickpeas, cucumber, carrots, roasted green beans & kale. Topped with a creamy turmeric sauce

Greek Quinoa Bowl (GF) • \$8.95

Organic Spring Greens topped with organic quinoa tabbouleh, sliced local tomatoes, kalamata olives, toasted pine nuts, kale, hummus & cucumbers. Drizzled with garlic tahini dressing

Massaman Curry Bowl (contains sesame) • \$9.75

Green beans, zucchini, mushrooms, potato, tomato & sesame tofu cooked in a mild, but flavorful Massaman sauce. Served with organic brown rice