

sublime Salads-----with the best local, organically grown greens of the day
(field greens, baby romaine, arugula, spinach, etc)

Rainbow Salad ▼ △ **\$6.75**
greens, carrot slaw, beet slaw, sweet corn, diced avocado, diced apple, almonds

Sublime Chef Salad **\$7.25**
greens, hard boiled egg, julienned turkey, julienned provolone, carrot slaw, tomato

Tutti Immunity ▼ △ **\$6.95**
greens, carrot slaw, goji berries, raisins, apricots, pumpkin seeds, almonds, parsley, celery

Miso Ginger Tempeh ▼ △ **\$5.50**
greens, marinated tempeh in miso ginger scallion, beet slaw, cucumber

Choose Your Dressing *Lemon Tahini, Pear Vinaigrette, Tomato Basil Russian or Bon Bon* (nutty garlic, ginger, & herb)*

Wraps-----on sprouted grain wraps

Natural Gardener ▼ **\$6.25** ½ wrap **\$4.25**
organic goat cheese, carrot slaw, cucumber, sprouts, greens with Bon Bon

Giving Thanks **\$6.75** ½ wrap **\$4.50**
organic roasted turkey, provolone cheese, carrot slaw, tomato, greens with Pear Vinaigrette

Eggcelente Salad ▼ **\$6** ½ wrap **\$4**
our egg salad with local, free-range eggs, carrot slaw, sprouts, greens

Miso Ginger Tempeh ▼ △ **\$5.50** ½ wrap **\$3.75**
miso ginger tempeh, beet slaw, cucumber, greens with Lemon Tahini

A la Carte **\$2** organic free-range roasted turkey
\$1 organic provolone or goat cheese, sliced egg, sliced avocado, carrot slaw, beet slaw, tempeh
50 cents cucumber, tomato, sprouts, parsley, extra dressing, raisins, almonds

**from Living Cuisine, raw foods*

Soup & ½ Wrap **\$ same price as 1 whole wrap**

Soup & ½ Salad **\$ same price as 1 whole salad**

Soup(s) Today: 8 oz **\$3.50** 12 oz **\$4.50** 16 oz **\$5.50**

▼ **vegetarian** △ **vegan**

We utilize the freshest, all-natural, highest quality foods we can offer affordably & quickly. All our dressings and slaws are made in house with mostly organic, raw, highly vital ingredients. Enjoy!