

## Breakfast

(Saturdays & Sundays only)

### **Breakfast Plate** \$12

Organic yellow polenta (grits), cottage fried potatoes, tofu sausage, tofu scramble, Ezekiel raisin toast and mixed green salad.

### **Breakfast Burrito** \$11

Organic yellow polenta (grits), cottage fried potatoes, tofu sausage, tofu scramble, salsa, kale, guacamole, SIE dressing and SIE sauce.

## Sandwiches

*Ezekiel Organic sprouted grain bun, grape seed oil Veganaise, German mustard, organic cucumbers, tomatoes, pickles, salad greens and clover sprouts.*

*All sandwiches are served with an organic mixed green salad, our SIE dressing and organic corn chips.*

Half Sandwich \$7.50 Full Sandwich \$12

*Add a cup of soup: \$3.00*

**Jerk Tofu**  
**Carrot Un-Tuna Salad**  
**Mock Chicken Tofu Salad**  
**Organic Portobello Mushroom**

### Tacos \$5 each

*All tacos include SIE sauce, organic tomatoes, corn, guacamole, kale and our SIE dressing in a double shell corn tortilla.*

**Organic Wild & Black Rice**  
**Organic Tofu**  
**Organic Mixed**

### Kid's Menu \$6.50

*All meals are served with a mini salad*

**Quesadilla** –no toppings  
**Nut butter and organic jam sandwich**  
**Pasta Bowl with red sauce**  
**Mac n' cheese**

## Entrées

*All entrées are served with an organic mixed green salad and our SIE dressing.*

### **Organic Soul Food Platter**

Half \$9.75 Full \$18

Yams, mac 'n' cheese, BBQ tofu, kale greens, black eyed pea soup, mini cornbread muffins and your choice of potato salad **or** coleslaw.

### **Enchilada Pie** Half \$8.00 Full \$12

Corn tortillas layered with a special blend red tomato sauce, organic corn, vegan cheddar cheese, and organic yellow polenta topped with salsa and organic guacamole. Served with organic wild and black rice and black beans.

### **Sumthin-Sumthin** \$12

Organic wild and black rice, seasoned tofu, black beans, topped with savory sauce, organic tomatoes, corn, guacamole, a scoop of Carrot "Un-Tuna", and two corn tortilla shells. *Add another corn tortilla shell for \$0.50*

### **Lunch Burrito** \$11

Organic whole wheat tortilla, seasoned tofu, black beans, wild and black rice, SIE sauce, tomatoes, corn, guacamole, and SIE dressing.

### **Lava Burrito** \$13

Our Lunch Burrito smothered in SIE sauce and topped with organic sautéed Portobello mushrooms and broccoli.

### **Quesadilla** \$9

Organic whole wheat flat bread, SIE sauce, vegan cheese topped with kale, tomatoes, corn, and guacamole.

### **Kilamanjaro Quesadilla** \$15

Quesadilla topped with SIE cheese sauce, organic wild and black rice, seasoned tofu, black beans, mock chicken salad, carrot un-tuna, organic sautéed Portobello mushrooms, sautéed broccoli, tomatoes, corn and guacamole.

## Desserts

### **Ask about our pies, cakes and raw desserts!**

*\* Prices subject to change without notice\**

**Need catering for a party? Let us know!**

## Salads

*All salads are served with our SIE dressing. Substitute or add gourmet dressing \$1.00*

### **Create-a-Salad** \$14

An abundance of organic mixed greens and vegetables, mock chicken, carrot un-tuna, and a scoop of nut-based pate. Served with a side of organic wild and black rice, seasoned tofu, and black beans.

**Pate choice:** smokey walnut, sundried tomato, sweet corn or spicy cashew

### **Nacho Salad** Half \$8.00 Full \$13

Organic corn chips, wild and black rice, seasoned tofu, black beans, topped with vegan cheese sauce, organic tomatoes, corn and guacamole. *Add jalapeno peppers for an extra KICK! \$0.50*

### **UnTuna & Chips** \$6

*Served with avocado, tomato and SIE sauce*  
Carrot Un-tuna Salad and corn tortilla chips.

### **Side Salad** \$5

Organic mixed greens, cucumbers, tomatoes, kale, corn and clover sprouts.

## Sides

**Gourmet pates, guacamole & mock chicken** \$2  
**Salsa, un-tuna and gourmet dressings** \$1  
**All hot food sides – 6 oz** \$3  
**All cold food sides – 3 oz** \$2

### Soups \$6

*All Soups are served a cornbread muffin.*

**Navy Bean**  
**Black Eye Pea**

## Beverages

Add Organic Spirulina for \$1

**Tropical Blend Smoothie** \$6  
**Carrot Coconut Smoothie** (contains nuts) \$8  
**Young Thai Coconut** \$4  
**Fresh Vegetable Juice** \$6  
**Assorted Bottled Drinks** \$3-\$5