



Be sure to ask about our Daily Specials!!!

B r e a k f a s t M e n u

**Breakfast Plate** ..... \$10.00  
Organic yellow polenta (grits), cottage fried potatoes, tofu scrambler, tofu sausage and toast.

**Breakfast Burrito** ..... \$10.00  
Tofu scrambler, cottage fried potatoes, and tofu sausage, salsa, guacamole and savory sauce.

All Sides.....\$5.00 ♣ Add Tofu.....\$1.00 ♣ Extra Ingredients.....\$1.00

S a n d w i c h e s

**Jerk Tofu Sandwich** ..... \$10.00  
Grilled jerk tofu served on sprouted grain bread with vegenaïse, mustard, mixed greens, sprouts, cucumbers, tomatoes, grilled red onions, fresh herbs and spices.

**Carrot Un-tuna Sandwich** ..... \$10.00  
Carrot un-tuna served on sprouted grain bread with vegenaïse, mustard, mixed greens, sprouts, cucumbers, tomatoes, grilled red onions, fresh herbs and spices.

**Tofu Chicken Salad Sandwich**..... \$10.00  
Tofu chicken salad served on sprouted grain bread with vegenaïse, mustard, mixed greens, sprouts, cucumbers, tomatoes, grilled red onions, fresh herbs and spices.

**Portobello Mushroom Sandwich**..... \$10.00  
Sautéed portobello mushrooms served on sprouted grain bread with vegenaïse, mustard, mixed greens, sprouts, cucumbers, tomatoes, grilled red onions, fresh herbs and spices.

E n t r é e s

**Enchilada Pie** ..... \$12.00  
Fresh corn tortillas, special blend red sauce, savory sauce, sautéed vegetables, corn, vegan cheese and polenta served with wild rice, black beans, mixed greens, fresh salsa and guacamole. **A Daily Special, so ask your server.**

**Wild Rice Taco**..... \$5.00  
Wild rice, savory sauce, fresh salsa, corn relish, guacamole and mixed greens.

**Tofu Taco** ..... \$5.00  
Seasoned tofu, savory sauce, fresh salsa, corn relish, guacamole and mixed greens.

**Mixed Taco**..... \$5.00  
Wild rice, seasoned tofu, savory sauce, fresh salsa, corn relish, guacamole and mixed greens.

**Lunch Burrito** ..... \$10.00  
Seasoned tofu, black beans, wild rice, savory sauce, fresh salsa, guacamole and mixed greens.

## Entrées (cont'd.)

<b>Lava Burrito</b> .....	<b>\$12.00</b>
Black Beans, wild rice, savory sauce, fresh salsa, guacamole and mixed greens and smothered with sautéed vegetables.	
<b>Portobello Burrito</b> .....	<b>\$11.00</b>
Portobello mushrooms with onions, black Beans, wild rice, savory sauce, fresh salsa, guacamole, mixed greens, rainbow coleslaw and SIE dressing.	
<b>Quesadilla</b> .....	<b>\$8.00</b>
Flour tortilla, savory sauce and vegan cheese topped with mixed greens, fresh salsa and guacamole.	
<b>Vegi-Quesadilla</b> .....	<b>\$10.00</b>
Flour tortilla, savory sauce and vegan cheese topped with wild rice, sautéed vegetables, mixed greens, fresh salsa and guacamole.	
<b>Deluxe Quesadilla</b> .....	<b>\$11.00</b>
Flour tortilla, savory sauce and vegan cheese topped with wild rice, carrot un-tuna, seasoned tofu, mixed greens, fresh salsa and guacamole.	
<b>Kilimanjaro Quesadilla</b> .....	<b>\$12.00</b>
Flour tortilla, savory sauce and vegan cheese topped with wild rice, black beans, carrot un-tuna, seasoned tofu, portobello mushrooms, sautéed vegetables, mixed greens, fresh salsa, guacamole and diced jerk tofu.	

Add Tofu.....\$1.00 ♣ Extra Ingredients.....\$1.00

## Specialties

<b>Create-a-Salad</b> .....	<b>\$10.00</b>
Starts with mixed greens, wild rice, seasoned tofu, carrot un-tuna and mock chicken salad.	
<b>Sumthin-Sumthin</b> .....	<b>\$10.00</b>
Wild rice, black beans, carrot un-tuna, savory sauce, fresh salsa, guacamole served with chips.	
<b>Un-Tuna and Chips</b> .....	<b>\$8.00</b>
Carrot un-tuna, served with chips and your choice of fresh salsa and guacamole.	

## Beverages

<b>Tropical Smoothie (Dairy Free)</b> .....	<b>\$6.00</b>
(Ingredients: Banana, Strawberry, Pineapple, and Mango – Add Protein: \$1.00)	
<b>Juice Drink</b> .....	<b>\$3.00</b>
<b>Bottled Water</b> .....	<b>\$2.00</b>

## Desserts

**Don't forget to try our various selections of pies, cakes and cookies.**

Our desserts are wheat-free and made with barley flour. All of our desserts, with the exception of our cakes, are sweetened with agave syrup; our cakes are sweetened with organic succanat.

**We thank you, in advance, for your patronage.**  
*Items and prices are subject to change.*