

A la Carte Organic

Extra Salsa, Dressing, Hummus or Maple Syrup - .50

Soup of the Day - 12 oz. 4.75, 24 oz. 9.00

Side of Avocado - 2.00

Beans, Rice, & Fresh Salsa - 4.95, 1/2 Order 2.95

Beans of the Day - 2.95

Brown Rice - 2.95

Any 1/2 Cold Sandwich & Soup - 7.95

Sesame Corn Chips & Fresh Salsa - 3.75

Side of Soy Beef - 4.50

Side of Soy Chicken - 4.50

Two Tofu Steaks - 4.50

Side of Grain Sausage - 2.95

Fakin' Bacon (Three Slices) * Made w/ Egg Whites- 2.95

Vegetables of the Day - 4.95

Single Order of Steamed Broccoli - 4.95

Single Order of Steamed Kale - 4.95

Roasted Seasoned Potatoes - 3.50

Two Slices of Nine Grain Toast - 1.50

Two Slices of Nine Grain Garlic Toast - 1.75

Three Cactus Corn Tortillas - 1.50

Fresh Salsa - 12 oz. 4.95, 24 oz. 9.95

Fresh Hummus - 12 oz. 5.95, 24 oz. 10.95

Fresh Lemon Tahini - 12 oz. 6.95, 24 oz. 13.75

Flat of Wheatgrass - 19.99

Loaf of Nine Grain Bread - 5.99

2 lbs. Soy Beef or Soy Chicken - 39.95

Package Cactus Corn Tortillas - 5.99

Un-Turkey 4lb - 46.00

Un-Ham 2.21lb - 26.95

Organic Espresso Bar & Beverages

Doppio Espresso - Two Shots of Espresso - 2.45

Espresso Macchiato - Espresso and Foam - 2.75

Espresso Cubano - Double Short Shots Brewed with Raw Sugar - 2.75

Cafe Americano - Espresso Shots and Hot Water. Much Better than Your Average

Cup of Joe! - 12oz. 2.70, 16oz. 2.95

Cafe Latte - Light Foam, Steamed Milk and Espresso - 12 oz. 3.00, 16oz. 3.50

Cappuccino - Foam Steamed Milk & Espresso - 12oz. 3.00, 16oz. 3.50

Mocha - Chocolate, Steamed Milk and Espresso 12oz. 3.45, 16oz. 3.90

Mexican Mocha - Perfect Blend of Chocolate, Spices, Steamed Milk & Espresso -

12oz. 3.45, 16oz. 3.90

Caramel Vanilla Latte- Buttery Caramel & Vanilla, Steamed Milk & Espresso

12oz. 3.45, 16oz. 3.90

Hot Chocolate - Steamed Milk and Chocolate

12oz. 2.70, 16oz. 3.20

Mexican Hot Chocolate - Spiced Chocolate, Cinnamon, Steamed Milk - 12 oz. 2.70,

16oz 3.20

Chai Tea Latte - Wonderful Blend of Spice and Sweet with Steamed Milk and Topped

with Foam 12oz. 3.25, 16oz. 3.75

Gourmet Teas - Teas are a Great Way to Start Your Morning - 12 oz. 1.75, 16oz. 2.25

*Soy Milk, Rice Milk and Almond Milk Also Available as an Alternative - 0.75

* Add Shot - .70 * Add Flavor - .50

~ Organic Smoothies ~

12oz.- 5.25, 16oz.- 5.75 (Choice of One Fruit)

•Papaya •Mango •Pineapple •Strawberry •Cantaloupe

~ Organic Smoothie Blends ~

12oz. - 6.50, 16oz. - 7.50

Brazilian Acai - Papaya, Mango, & Acai.

Bromelain Blast - Papaya, Mango & Apple

Tropical Delight - Pineapple, Papaya, Mango & Banana.

Super "C" - Strawberries, Banana & Orange.

Grapefruit Bliss - Pineapple, Strawberries, Banana & Grapefruit.

Acai Blend - Blueberries, Blackberries, Raspberries & Acai.

Pomegranate Iron - Orange, Pineapple & Pomegranate.

Fruit Medley - Mixed Fruits.

Berry Bonanza - Blueberries, Raspberries & Orange.

Cranberry Bladder - Cranberries, Apple Juice & Ice.

Piña Colada - Pineapple, Coconut Milk.

Mango Pacifico - Orange & Mango.

Cocoa Pine Greens - Pineapple, Coconut Juice, & Wheatgrass.

Pom Power - Pineapple, Blueberries, Fresh Pomegranate Juice.

~ Organic Elixirs ~

8oz. - 4.75, 12oz. - 7.75

Blue Green Algae Elixir - Aloe Vera Juice, Apple Juice, & 9.5pH Water

Kava Kava Elixir - Kava Kava, Coconut Milk & 9.5 pH water.

Colon Cleanse Elixir - Psyllium Husks, Aloe Vera, Vitamin C & 9.5 pH water

Health Tonic - Turmeric, Apple, Ginger, Lime Served Over Ice - 8oz. 6.50 12 oz 9.50

Soursop Tonic - Guanabana, Asparagus, Cabbage, Beet, Celery, Garlic, Ginger - 16oz. 8.75

~ Organic Shots ~

1oz. - 2.00, 2oz. - 3.50

Wheatgrass • Ginger • Maca • Wellness Shot (2oz Only)

~ Classic Organic Juices ~

12oz. - 4.00, 16oz. - 5.75

Watermelon - Vitamin A & Vitamin C

Orange - Rich in Bioflavonoid's, Pectin, Vitamin C

Carrot - Rich in Beta-Carotene good for eyes.

Apple - Rich in Fiber, Great for Rehydrating in the Desert.

Cabbage - Aids in Weight Loss. Vitamin C helps burn fat, Vitamin B aids ulcers

Cucumber - Vitamin A, Vitamin C, Potassium, Natural Diuretic, Aids Kidney & Urinary Trac

Celery - Vitamin K, A & C. Only 10 Calories Per Serving!

Beet - Manganese, Potassium & Folate -12 oz. - 5.75, 16 oz. - 6.75

Pomegranate (Fresh Pressed) - Very Rich in Anti-Oxidants & Polyphenols. Also contains Vitamin K & 126 mg of Omega-6. Has also been proven to be a powerful agent against Prostate & Breast Cancer.

8 oz. - 5.50 12oz, - 7.50, 16oz. - 9.50

~ Specialty Organic Blends ~

12oz. - 5.00, 16oz. - 6.00

Green Drink - Spinach, Cucumber, Celery, Kale & Parsley.

Veggie Juice - Carrot, Beet, Celery, Cucumber, Kale & Parsley.

Energy Blast - Carrot & Parsley.

Awesome 4-Some - Parsley, Carrots, Celery & Garlic.

Luv-Yer-Liver - Carrot, Beet & Cucumber.

Digestive Duo - Spinach & Carrot.

The Alkalizer - Cabbage & Celery.

Skin Glow - Cucumber, Parsley, Apple & Carrot.

Colon Tonic - Green Cabbage, Carrots & Apple.

Healthy Heart Cocktail - Carrot, Apple & Ginger.

Cabbage Cocktail - Cabbage, Celery, Tomato & Carrot.

Red Zinger - Beet, Lime & Ginger.

Booster Shot - Orange, Lemon & Ginger.

Mama Mia - Orange, Beet & Broccoli.

Daily Detox - Asparagus, Lemon & Cucumber.

Break Fast - Cantaloupe, Carrot, Lime & Apple.

Prickly Pear Delight - Prickly Pear, Lemon & Pineapple.

Prickly Pear Citrus - Prickly Pear, Lemon, Orange .

Sugarless Lemonade - Apple & Lemon.

Cucumber Cooler - Cucumber & Apple.

C.O.B. - Carrot, Orange & Banana.

~ Organic Healing Tonics ~

All Tonics Are Served Only In 16oz. - 7.75

Wheatgrass Energy Drink - Spinach, Pineapple & Wheatgrass.

Garlicky Greens - Spinach, Cucumber, Celery, Kale, Parsley, Ginger, Lemon & Garlic.

Grade" A" Juice - Carrot, Apple, Celery, Parsley, Beet & Wheatgrass.

Throat Coat - Kale, Lemon, Pineapple & Wheatgrass.

Cactus Drink - Cactus Cucumber, Pineapple, Aloe Vera.

Karen's Juice - Tomato, Spinach, Celery, Cucumber, Kale, Garlic, Ginger, Lemon,

Parsley, Carrot & Light Apple.

~ Specialty & Organic Shakes ~

All Shakes Made With Soy Ice Cream - 16oz.

Vanilla Shake - 6.00

Chocolate Shake - 6.00

Fruit Shake - Choice of any ONE Fruit - 6.50

Blueberry Shake - 7.50

Date Shake - Crystallized Dates, Bananas, & Soy Milk - 6.50

Maca Shake - Maca Powder, Bananas, & Soy Milk - 7.50

Almond Pecan Shake - Almonds, Pecans, Soy Milk & Bananas - 6.50

Chocolate Almond Shake - Almonds, Chocolate Ice Cream, Bananas & Soy Milk - 6.50

Espresso Date Shake - Add a shot of Espresso - 7.50

Buff Shake - Bananas, Recharge & Choice of Whey, Soy or Brown Rice

Protein - 7.50

Protein Shake - Soy Milk, Bananas, Peanut Butter & Choice of Whey,

Soy, or Brown Rice Protein - 7.75

Power Date Shake - Dates, Maca, Spirulina, Soy Milk & Bananas

&Whey Protein - 8.75

Hemp Shake - Almond Milk, Dr. Schultze's Greens, Hemp Protein & Maca - 8.75

Pomegranate Shake - Fresh Pressed Pomegranate Juice - 8.75

Spirulina Shake - Bananas, Almond Milk & Spirulina - 8.75