GRANDMA PIZZA

<table>
<thead>
<tr>
<th>Description</th>
<th>Price</th>
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<td>12.99</td>
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HEALTHY GARDEN BRUSHETTA TRAY

Walnuts and honey

Standard Tray (serves 8-12 guests)

DINNER TRAY

Standard Tray

PASTA TRAY

Large Tray (serves 16-25 guests)

DESSERT CREPES

Fruits & Nut spread - serves 8 guests

Extra Cheese, Mushrooms, Green Peppers, Hot or Sweet Peppers and $1.00

All Hoagies Served with Lettuce, Tomato, Onion, Vegetables

Cheesesteak .............................................. 9.99
Chicken Cutlet Parmigiana ......................... 9.99
Eggplant Parmigiana .................................... 9.99
Pepperoni, mushrooms, green pepper, onion .... 9.99
Homemade Turkey Breast ............................... 9.99
Tuna or Chicken Salad ................................. 9.99
Grilled Cheese served with french fries......... 8.99
Spinach, tomato & mozzarella cheese

Our standard tray serves 8-12 guests & our large tray serves 16-25 guests.

PIZZA TRAY

Large Tray (serves 16-25 guests)

STUFFED BREADS

Assorted Cheeses, hummus and crackers

ASSORTED FINGER FOOD TRAY

Avocado cups

INTERNATIONAL QUINOA SALAD

Please Call or Order Online

FOR TAKE OUT, DELIVERY & RESERVATION

Please Call or Order Online

www.HealthyGardenCafe.com

BURGERS

Served on a toasted brioché roll. With choice of French fries or side salad.

NEW! Black Bean Burger .................................. 12.99
Homemade black bean burger, guacamole, arugula & avocado

Turkey Burger topped with cheese, lettuce, tomato & onion .......... 12.99

Chicken Burger topped with cheese, lettuce, tomato & onion .......... 12.99

Vegetable Burger topped with daisy cheese, lettuce, tomato & onion .... 12.99

Grilled Salmon Deluxe .................................... 15.99
Topped with lettuce, tomato, onion & chipotle ranch

Catering Menu

You can choose any wrap, salad, pasta, dinners & strombolis from our menu items.

Our standard tray serves 8-12 guests & our large tray serves 16-25 guests.

SALAD TRAY

Standard Tray (serves 8-12 guests) ........................ 35+
Large Tray (serves 16-25 guests) ......................... 59+

WRAP or SANDWICH TRAY

Standard Tray (18 pieces) ......................... 54+
Large Tray (30 pieces) .............................. 89+

PASTA TRAY

Standard Tray (serves 8 guests) ......................... 59+
Large Tray (serves 16-25 guests) ....................... 109+

DINNER TRAY

Standard Tray (serves 8 guests) ......................... 89+
Large Tray (serves 16-25 guests) ....................... 169+

DELIUXE FRUIT SALAD TRAY (serves 15-20 guests) .... 59
Seasoned fresh fruits and berries topped with raisins, cranberries, walnuts and honey

MEDITERRANEAN SAMPLER TRAY (serves 10-15 guests) .... 45

HEALTHY GARDEN BRUSHETTA TRAY (serves 10-15 guests) ... 59

JUMBO BUFFALO WINGS

Meat, Medium, Hot, Garlic, Parm, BBQ or Thai Sweet Chili • Served with Bleu Cheese and Celery

6 Wings ................................................. 8.99
24 Wings ................................................ 26.99
12 Wings ................................................. 14.99
50 Wings ................................................ 51.99

HEALTHY GARDEN & GOURMET PIZZA

NATURAL FOOD CAFE

732-529-6444

1372 Centennial Avenue
Piscataway, NJ 08854

FREE DELIVERY

Minimum $15 Order
Within 5 Miles of Store

“Healthy Garden Cafe proudly serves delectable sweet and savory dishes that are prepared with the finest natural and organic ingredients. Our mission is to prepare great tasting food that will leave you feeling energized and healthy.”

ORDER ONLINE

Call: 732-529-6444

RESERVATION

For Take Out, Delivery & Reservation

www.HealthyGardenCafe.com

OPEN 7 Days

SUNDAY - THURSDAY 9AM TO 10PM
FRIDAY & SATURDAY 9AM TO 10:30PM

ORDER ONLINE AT www.HealthyGardenCafe.com

Find Us on Facebook
Follow Us on Instagram

Healthy Garden Piscataway

OMG Marketing - info@omgmarketingonline.com - 973-885-2121 - 10/18 - No responsibility for typographical errors. Prices subject to change without notice due to food costs.
**Fresh Squeezed Juices**

Made with 100% Fresh Produce and Fruit

16 oz. 32 oz.

Cold Fighter carrots, grapefruit, orange, ginger, echinacea......... 5.99 10.99
Detox celery, spinach, carrots, orange, garlic, parsley............... 5.99 10.99
Cholesterol Reducer carrots, apples, garlic, ginger................. 5.99 10.99
Big Five pineapple, strawberry, apple, kiwi........................ 6.99 12.99
Energy Blast carrots, apples, parsley, celery, ginseng.............. 6.99 10.99
Carrot Fusion strawberries, carrots, orange......................... 5.99 10.99
Body Cleanser carrots, cucumbers, beets, apples.................. 5.99 10.99
Rejuvenator orange, apples, parsley, wheatgrass.................. 6.99 12.99
Emerald Forest cucumbers, apples, celery, parsley, mint, broccoli 5.99 10.99
Apple High pineapple, apples, mint, w/ banana...................... 6.99 12.99
Health Tonic apples, orange, kiwi, lemon, ginger.................. 6.99 10.99
Straight Up carrots, apples, grapefruit, orange, celery........... 6.99 12.99
Rise and Shine pineapple, orange, strawberry, wheatgrass........ 6.99 12.99
Migraine Reliever pineapple, kale, celery, cucumber, lemon...... 6.99 12.99
Kale, Orange & Celery 5.99
Flu Buster apples, orange, lemon, garlic, ginger, echinacea..... 5.99 10.99
Just Green cucumber, kale, green apple............................. 5.99 10.99
Total Cleanse carrot, orange, lemon, ginger......................... 5.99 10.99
The Cure beet, kale, apple, broccoli, ginger......................... 6.99 12.99
NEW! Tropical Tonic carrot, apple, ginger, lemon & honey......... 6.99 12.99
NEW! King Kale, apple, kale, lemon, wheatgrass & ginger......... 6.99 12.99

**Natural Smoothies**

Made with 100% Fresh Fruit


Add to any Smoothie: Ginseng 199 Organic Spirulina 199 Ginger Root Shot 199 Natural Yogurt 100 Soy Milk 1x2 + Echinacea 199 Whey Protein 2.09 + Organic Almond Milk 2.00 + Mocha Powder 2.00

1. banana, orange, pineapple
2. NEW strawberry, banana, blueberry, mint
3. raspberry, blueberry, strawberry
4. peach, banana, mango
5. orange, strawberry, mango
6. mango, blueberry, strawberry
7. strawberry, orange, pineapple
8. orange, pineapple, peach
9. NEW banana, blueberry, kiwi, mint
10. peach, banana, mango, grapefruit
11. kiwi, orange, lemon, pineapple
12. strawberry, blueberry, orange
13. NEW mango, peach, orange, kiwi
14. peach, strawberry, banana

Organic Wheatgrass Shot... 2 oz. 3.99 4 oz. 6.99

**Coffee & Tea**

Freshly Brewed Coffee........... 2.50
Organic Hot Tea.................. 2.99
Fresh Brewed Organic Unsweetened Iced Tea................. 2.99

**Homemade Soups**

16 oz. 32 oz.

Black Bean Soup .......... 5.99 9.99
Potato Soup with feta & avocado .................................... 5.99 9.99
Chicken Soup ............... 5.99 9.99
Vegetable Soup ............. 5.99 9.99
Lentil Soup ................. 5.99 9.99

**Kid’s Menu**

Chicken Soup

Glorious Cheddar Cheese Pastries................................. 6.99
Apple and Mango Glazed Chicken Salad......................... 7.99
Chicken Fingers and French Fries.............................. 7.99
Mozzarella Sticks and French Fries.............................. 6.99
Pasta with Cheese or Marinara Sauce............................ 6.99
Chicken & Brown Rice............................................... 6.99
Jelly Belly toaster pita with peanut butter ..................... 6.99

**Stromboli and Calzones**

Stromboli

16 oz. 32 oz.

Spinach Stromboli or Calzone spinach, tomatoes, fresh mozzarella, pesto........ 12.99 16.99
Mozzarella Roll Italian Sausage, mozzarella, greens, pesto........ 13.99 19.99
Spinach Stromboli or Calzone spinach, mushrooms, mozzarella, galf, feta.......... 14.99 17.99
Chicken Pesto Passion Stromboli or Calzone chicken, pesto, spinach, mozzarella, fresh basil........... 14.99 17.99
Veggie Prima Stromboli or Calzone tomatoes, mozzarella, mushrooms, green pepper, broccoli.............. 12.99 16.99
Meat Lovers Stromboli or Calzone pepperoni, ham, sausage, bacon......................... 15.99 19.99

**Specialty Pizza (White or Red)**

Add $1.00 for Whole Wheat Crust (Large Only) - Add $2.00 for Gluten Free Crust (Med. Only)

**Pizza**

**Slaw**

*Gluten Free Veggie Flatbread*

*Gluten Free Flatbread* roasted zucchini, green pepper, cucumbers, eggplant, onion, mustard........... 15.99
*Gluten Free Chicken Flatbread* with spinach, red onion and fresh mozzarella........... 15.99
*Gluten Free Buffalo Chicken Flatbread* roasted buffalo, arugula, sliced tomatoes, fresh mozzarella and balsamic vinaigrette........... 15.99
*Gluten Free Spinach Flatbread* spinach, roasted red peppers, arugula, goat cheese and onions........... 15.99

**Stromboli and Calzones**

Stromboli

16 oz. 32 oz.

Spinach Stromboli or Calzone spinach, tomatoes, fresh mozzarella, pesto........ 12.99 16.99
Mozzarella Roll Italian Sausage, mozzarella, greens, pesto........ 13.99 19.99
Spinach Stromboli or Calzone spinach, mushrooms, mozzarella, galf, feta.......... 14.99 17.99
Chicken Pesto Passion Stromboli or Calzone chicken, pesto, spinach, mozzarella, fresh basil........... 14.99 17.99
Veggie Prima Stromboli or Calzone tomatoes, mozzarella, mushrooms, green pepper, broccoli.............. 12.99 16.99
Meat Lovers Stromboli or Calzone pepperoni, ham, sausage, bacon......................... 15.99 19.99

**Specialty (White or Red)**

The Grandma Pizza fresh mozzarella, basil, olive oil, parmesan cheese........... 17.99
Meat Lovers sausage, pepperoni, ham, bacon, meatballs.......................... 14.99 17.99
The Works sausage, pepperoni, bacon, meatballs, onion, green pepper, black olives, mushrooms, extra cheese........ 15.99 19.99
Veggie Lovers onions, green peppers, black olives, mushrooms, fresh tomatoes........ 14.99 17.99
Heart Healthy Veggie spinach, artichoke hearts, tomatoes, basil, garlic & grilled eggplant........... 15.99 18.99
Buffalo or BBQ Chicken Pizza (add $5 for a side of blue cheese or ranch) ........ 14.99 17.99
NY White Pizza ricotta base, spinach, garlic, basil, red pepper........ 13.99 16.99
Rustica Pizza goat cheese, arugula, spinach, sun dried tomatoes, roasted garlic........... 15.99 18.99
Margherita fresh mozzarella, sliced tomatoes, fresh basil.......................... 14.99 17.99
Tuscan fresh mozzarella, chicken breast, roasted garlic, spinach, sun-dried tomatoes........... 15.99 18.99
Fantasia grilled chicken, mozzarella, broccoli & garlic.......................... 15.99 18.99
Hawaiian Pizza Pineapple and ham........................................ 13.99 16.99
Chicken Caesar Pizza.................................................. 16.99
The Main Event grilled bbq chicken, pineapple, jalapenos........... 17.99

**Whole Wheat Crust Pizza**

(Large)

*Gluten Free Flatbreads*

Gluten Free Veggie Flatbread roasted zucchini, green pepper, cucumbers, eggplant, onion, mustard........... 20.99
Natural daya cheese, grilled tofu, tomatoes, spinach, daily grilled veggies........... 22.99
Caprese fresh mozzarella, tomatoes, fresh basil.......................... 17.99
Chicken Pesto grilled chicken, feta, spinach, garlic, homemade pesto, fresh mozzarella........... 23.99

**Coffee & Tea**

Freshly Brewed Coffee........... 2.50
Organic Hot Tea.................. 2.99
Fresh Brewed Organic Unsweetened Iced Tea................. 2.99

**Coffee & Tea**

Hot Chocolate.................. 3.99
Iced Coffee..................... 2.50

**Coffee & Tea**

Green Mango or Black Passion Fruit

**Coffee & Tea**

Hot Chocolate.................. 3.99
Iced Coffee..................... 2.50

**Coffee & Tea**

Hot Chocolate.................. 3.99
Iced Coffee..................... 2.50

**Coffee & Tea**

Hot Chocolate.................. 3.99
Iced Coffee..................... 2.50

**Coffee & Tea**

Hot Chocolate.................. 3.99
Iced Coffee..................... 2.50
**Let’s Get Serious... Platters**

**ALL ENTREES COME WITH FRESH GREEN MIX, TOMATOES, AVOCADO AND A CHOICE OF SIDE ORDER: ORGANIC BROWN RICE • ORGANIC QUINOA • STEAMED VEGETABLES • GRILLED ASPARAGUS • ORGANIC YAMS (SWEET POTATOES)**

Grilled Chicken Platter (herb, pesto, bbq or blackened) 14.99

Marinated Salmon Filet Platter (lemon, kiwi mango, blackened or teriyaki) 16.99

Grilled Cod Filet Platter (blackened, teriyaki or kiwi mango) 16.99

Homemade Turkey Burger Platter 14.99

Shrimp Teriyaki 16.99

Grilled Organic Sesame Tofu Platter 14.99

Falafel Platter 14.99

Homemade Veggie Burger Platter 14.99

Green Rice Pilaf Platter Brown rice, chopped spinach, parsley & scallions tossed with pesto served with a side of hummus 14.99

NEW! Mediterranean Salad Polo chopped tomatoes, cucumbers, red onion, parsley, romaine lettuce tossed in lemon vinaigrette 9.99

Mozzarella Caprese Salad Fresh mozzarella, tomatoes, avocado, red onion, basil and olives on a bed of mixed greens 9.99 topped with balsamic glaze & olive oil 9.99

TB Grilled and Fresh Salad 13.99

NEW! Aloha Salad Mixed greens, avocado, mango, pineapple, sunflower seeds, red bell pepper mixed with light house dressing 9.99

Spinach Salad spinach, walnuts, cranberries, strawberries, raisins, topped with feta and raspberry vinaigrette 9.99

Greek Salad 9.99

Mixed greens, cucumbers, grape tomatoes, red onions, kalamata olives, bell peppers, topped with feta and tossed with homemade greek dressing 9.99

Farm Chicken Chop Organic brown rice, grilled chicken breast tossed with mixed greens, grape tomatoes, cucumbers, red cabbage, bell pepper and scallion served with house dressing 13.99

Southwestern Chicken Salad grilled chicken breast, quinoa, romaine lettuce, spinach and black beans, topped with 12.99

NEW! Aloha Bowl Grilled salmon filet, arugula, strawberries, avocado, goat cheese, toasted almonds, side of red raspberry vinaigrette 9.99

Garden Beauty Salad 9.99

Mixed greens, bell pepper, scallions, imported olives, avocado, red cabbage, grape tomatoes, cucumbers, feta, tossed with light house dressing 9.99

Real Mediterranean Salad Polo chopped tomatoes, cucumbers, red onion, parsley, romaine lettuce tossed in lemon vinaigrette 9.99

NEW! Fresh and Grilled Salad 13.99

Shrimp Teriyaki 9.99

Grilled or Fresh Stuff to Top Your Salad

NEW! Corso Salad Grilled Chicken, turkey bacon, avocado, celery, 12.99
topped with honey mustard dressing 11.99

CHICKEN CAESAR SALAD

Grilled Chicken Caesar Salad 10.99

Grilled or Fresh Stuff to Top Your Salad

NEW! Apple Kale Salad Steamed kale, mixed greens, avocado, apple, 10.99
cranberries, almonds, carrots & scallions tossed in citrus sesame vinaigrette 10.99

NEW! Gamberi Salad 15.99

Sautéed shrimp and cucumbers in teriyaki sauce on a bed of mixed greens, mango, bell peppers, cilantro & scallions topped with shaved parmesan 10.99

NEW! Tofu Salute Salad 12.99

Marinated tofu, celery, spinach, avocado, red onions & strawberries in citrus sesame vinaigrette 10.99

NEW! Dolce Salad 9.99

Honeydew, blueberries, and feta cheese in a ginger honey vinaigrette 9.99

Salmon Avocado Salad Grilled salmon filet, arugula, strawberries, avocado, goat cheese, toasted almonds, side of red raspberry vinaigrette 17.99

**Choice of Whole Wheat, Spinach, Sun Dried Tomato or Gluten Free Wrap**

NEW! Grilled Salmon Wrap 14.99

Blackened salmon, avocados spread, red onion, romaine & cherry tomatoes

NEW! Grilled Cod Wrap 13.99

Cod marinated in lime cilantro dressing mixed with avocado, chick peas, mozzarella cheese & mixed greens

NEW! Spicy Thai Shrimp Wrap 13.99

Grilled shrimp topped in spicy thai mayo, romaine lettuce, carrot, tomato and cucumber

NEW! Black Bean Burger Wrap 10.99

Homemade black bean burger, romaine lettuce, avocado, red onion, cheddar cheese and chipotle ranch

Tuna Salad Wrap 10.99

White albacore tuna salad, mixed greens, tomatoes, cucumbers, carrots, bell pepper, red cabbage

Chicken Salad Wrap 9.99

Chicken salad, mixed greens, tomatoes, cucumbers, carrots, red cabbage, bell pepper

Falafel Wrap 10.99

Homemade falafel and tahina, hummus, mixed greens, tomatoes, cucumbers, carrots, red cabbage, bell pepper

VEGETARIAN TOPPINGS

Avocado, mixed greens, tomatoes, cucumbers, red cabbage, bell pepper, light house dressing 9.99

Avocado Star Wrap 9.99

Avocado, mixed greens, tomatoes, cucumbers, red cabbage, carrots, bell pepper, light house dressing 9.99

Hummus Wrap 9.99

Homemade hummus, mixed greens, tomatoes, cucumbers, red cabbage, carrots, bell pepper 9.99

Tzatziki Chicken Wrap 9.99

Grilled chicken breast with tzatziki sauce, mixed greens, tomatoes, cucumbers, carrots, red cabbage, bell pepper

Grilled Chicken Wrap 9.99

Grilled chicken breast, mixed greens, tomatoes, red cabbage, bell pepper with light house dressing 9.99

Chicken Caesar Wrap 9.99

Grilled chicken, parmesan cheese, monterey jack cheese, romaine lettuce, and caesar dressing 9.99

Avocado 9.99

Avocado, mixed greens, tomatoes, cucumbers, red cabbage, carrots, bell pepper, light house dressing 9.99

Hummus Wrap 9.99

Homemade hummus, mixed greens, tomatoes, cucumbers, red cabbage, carrots, bell pepper 9.99

Baja Wrap 9.99

Grilled organic tofu, mixed greens, tomatoes, cucumbers, red cabbage, bell pepper with miso dressing 9.99

Southwestern Wrap 10.99

Grilled chicken, lettuce, turkey bacon, avocado and spicy chipotle ranch sauce 10.99

Buffalo Chicken Wrap 9.99

Romaine, carrots, tomato, cheddar cheese, grilled buffalo chicken, ranch 9.99

**Specialty Cheese**

Imported Goat Cheese 3.99

Fresh Mozzarella 3.99

Daiya Cheese 4.99

Feta 2.50

Monterey Jack 2.50

**Protein**

Grilled Chicken Breast 4.99

Grilled Cod 7.99

Tuna 4.99

Homemade Turkey Burger 4.99

Grilled Organic Tofu 4.99

**Grains**

Organic Quinoa 5.99

Organic Brown Rice 4.99

**Vegetarian Toppings**

Hummus 4.99

Falafel 5.99

Baked Organic Yams 4.99

Avocado 2.99

Lettuce 2.99

Black Beans 2.99

Chick Peas 1.99

**Grilled or Fresh Stuff to Top Your Salad**

**Salads**

**ALL DRESSINGS ARE HOMEMADE**

**HOUSE FAVORITES**

International Quinoa Salad 13.99

Organic quinoa, chick peas, bell pepper, grape tomatoes, cucumbers, scallion, dulse flakes, sesame seeds, topped with avocado 11.99

Chicken Caesar Salad 10.99

Grilled chicken, romaine lettuce, parmesan cheese, shaved parmesan cheese, tossed with homemade ceasar dressing, topped with fried tortilla 9.99

Balsamacked Grilled Chicken Salad 13.99

Romaine lettuce, cucumbers, grape tomatoes, red onions, carrots, mixed with balsamic marinated chicken breast, parmesan cheese 10.99

Turkey Caprese Salad 13.99

Fresh mozzarella, tomatoes, avocado, basil on a bed of mixed greens topped with turkey breast, balsamic glaze & olive oil 9.99

Roasted Beet Salad Roasted beets, goat cheese, carrots & almonds 9.99

Grilled Portabella Mushroom 4.99

Baked Organic Yams 4.99

Avocado 4.99

Hummus 4.99

Falafel 5.99

Steamed Vegetables 5.99

Roasted Beets 4.99

Black Beans 2.99

Chick Peas 1.99

**New**

Grilled Shrimp Salad 9.99

Shrimp, grilled portabella, celery, spinach, avocado, red onions & strawberries in citrus sesame vinaigrette 10.99

NEW! Grilled Shrimp Salad 12.99

Grilled shrimp tossed in spicy thai mayo, romaine lettuce, carrot, tomato and cucumber

NEW! Aloha Salad Mixed greens, avocado, mango, pineapple, sunflower seeds, red bell pepper mixed with light house dressing 9.99

NEW! Spicy Thai Shrimp Wrap 13.99

Grilled shrimps tossed in spicy thai mayo, romaine lettuce, carrot, tomato and cucumber

NEW! Black Bean Burger Wrap 10.99

Homemade black bean burger, romaine lettuce, avocado, red onion, cheddar cheese and chipotle ranch
Main Courses
Served with Soup or Salad
Substitute Gluten Free Penne 2.00 • Whole Wheat Penne or Whole Wheat Spaghetti - No Charge

NEW! Chicken Schnitzel ................................................................. 15.99
Breaded chicken breast stuffed with melted provolone cheese and served with roasted potato and sour cream scallion spread

Chicken Marsala ................................................................. 16.99
Sautéed chicken in marsala wine and wild mushrooms. served with mashed potatoes

Chicken Pesto .................................................................. 16.99
Sautéed chicken breast with spinach, topped with fresh mozzarella & garlic homemade pesto over whole wheat penne

Pan Roasted Chicken ......................................................... 16.99
Sautéed chicken breast with spinach and glazed carrots served over brown rice

Chicken Française ............................................................ 15.99
Egg batter chicken breast in white wine and lemon sauce served with penne pasta

Penne Vodka With Chicken ............................................. 15.99

Chicken Kabob Served with grilled vegetables and organic brown rice .................................................. 16.99

Chicken Vegetable & Sesame Stir Fry vegetables tossed with teriyaki sauce over organic brown rice .... 15.99

Seafood
Served with Soup or Salad
Substitute Gluten Free Penne 2.00 • Whole Wheat Penne or Whole Wheat Spaghetti - No Charge

NEW! Miso Salmon Baked miso marinated salmon served with organic brown rice and ..................................... 18.99
grilled asparagus, topped with homemade garlic pesto

NEW! Teriyaki Glazed Cod ................................................... 17.99
Baked cod in teriyaki glaze, sprinkle citrus salt and served with mashed potatoes & garnish salad

NEW! Shrimp Pepperoncino Pasta Spicy shrimp in garlic wine sauce, topped with fettuccine ..................... 17.99

NEW! Shrimp Kabob Served with grilled vegetables and organic brown rice ............................................. 18.99

Shrimp Vegetable & Sesame Stir Fry vegetables tossed with teriyaki sauce over organic brown rice ...... 18.99

Vegetarian

NEW! Vegetable Pasta .......................................................... 14.99
Zucchini, broccoli, oyster mushrooms tossed with fettuccine in garlic wine sauce

Tofu Sesame & Vegetable Stir Fry .................................... 15.99
vegetables tossed with teriyaki sauce over organic brown rice

Sesame & Vegetable Stir Fry ............................................. 12.99
vegetables tossed with teriyaki sauce over organic brown rice

Very Veggie Pasta ........................................................... 15.99
Penne tossed with daisy cheese and scallion topped with grilled tofu and avocado

Organic Breakfast
Made with 100% Organic Eggs • Served Until 5:00 PM
EGG BREAKFASTS INCLUDE WHOLE WHEAT PITA OR TOAST, GARNISHED WITH SPINACH AND TOMATOES • ADD $1.00 FOR EGG WHITES

Breakfast Special .............................................................. 10.99
3 egg special any style with turkey bacon or sausage, Residents, Choice of Montery Jack or American cheese

Turkey Delight organic eggs omelette ..................................... 12.99
homemade turkey breast, Choice of Monterey Jack or American cheese

Tofu Scramble ................................................................. 10.99
organic eggs, organic tofu, portobella mushrooms, tomato, basil, scallion

Saffron Scramble ............................................................. 10.99
organic eggs, organic tofu, portobella mushrooms, tomato, basil, scallion

Island Green Eggs organic eggs, scallion, spinach, feta, pesto .......... 9.99

Fresh Start organic eggs, tomatoes, portobella mushrooms, ............................................ 9.99
monterey jack cheese, red onion, bell pepper, spinach

California Omelette .......................................................... 9.99
organic eggs, red pepper, zucchini, broccoli, avocado & marinara sauce

NEW! White Knights organic egg whites, homemade turkey breast, 12.99
cheese, tomatoes and side of home fries

NEW Veggie Burger Egg White Scramble ......................... 12.99
organic egg whites, veggie burger, brocolli, garlic, scallions, home fries

NEW! The Breakfast Burrito ............................................. 11.99
organic eggs, black beans, avocado, onions and peppers, melted cheddar with spicy chipolte sauce and a side of home fries

NEW! Breakfast Gluten Free Flatbread ......................... 13.99
moozarella, organic eggs, spinach, tomatoes, onions, green peppers

Low Carb Platter organic eggs whites scrambled with ........................................... 10.99
turkey sausage or turkey bacon and a cup of fruit

Organic Breakfast Special ................................................... 10.99
3 egg special any style with turkey bacon or sausage, Residents, Choice of Monterey Jack or American cheese

NEW! Cheesy Morning ........................................................... 9.99
organic eggs any style with turkey bacon or sausage, Residents,. Choice of Monterey Jack or American cheese

Homemade Pancakes or Waffle ....................................... 8.99
with a choice of fresh blueberries, bananas, walnuts and honey or fresh strawberries, cranberries, raisins topped with honey

Breakfast Crepes organic scrambled eggs with goat cheese ....... 9.99

Power Breakfast organic oatmeal with strawberries, 7.99
walnuts, bananas, honey and cinnamon

NEW! The Regime .............................................................. 11.99
organic egg whites scrambled easy with broccoli, cauliflower and served with home fries, peppers and onions

NEW! Organic Egg White Omelet ........................................ 11.99
with wild mushrooms and goat cheese

Avocado Egg Sandwich ................................................... 11.99
organic eggs any style with fresh avocado, mozzarella cheese and tomatoes served with home fries, whole wheat

Homemades .................................................. 3.99
Turkey Bacon or Turkey Sausage ............................................ 3.99

Dessert Crepes
ALL DESSERT CROQUETTES TOPPED WITH WHIPPED CREAM & CHOCOLATE

Fresh Berries strawberry & blueberry ............................................. 9.99
Strawberries, Bananas & Nutella .......................................... 9.99
Mango, Papaya, Kiwi & Nutella ............................................. 9.99

Unique Quesadillas
Add Daiya Cheese $2.50 • Add Grilled Chicken $2.99. Made with Monterey Jack Cheese

Spicy Shrimp Quesadilla ................................................... 13.99
jalapeno peppers and spicy chipotle sauce

Salsa Fresca Chicken Quesadilla ...................................... 9.99

Southwestern Quesadilla ................................................... 12.99
Grilled chicken, turkey bacon, avocado and spicy chipotle ranch sauce

Besto Pesto Avocado Quesadilla .................................... 9.99

Big Cheese Quesadilla feta, monterey jack cheese .......... 8.99

La Caprese tomatoes, fresh mozzarella, basil ............................................. 7.99
red onion, balsamic glaze, extra-virgin olive oil

Grilled Vegetables ........................................................... 8.99
portabella mushroom, asparagus, red bell pepper, zucchini & red onion

Mashed Sweet Potatoes topped with green apples and cinnamon............................................. 6.99

French Fries ................................................................. 4.99

Organic Handcut Sweet Potato Fries ..................................... 5.99

Mozzarella Sticks ........................................................... 6.99

Chicken Fingers with Fresh Fries............................................ 9.99

Cheese Fries ................................................................. 5.99

Truffle French Fries .......................................................... 6.99

Onion Rings ................................................................. 5.99
Side Salad ................................................................. 4.99

Appetizers

House Smashed Guacamole with toasted pita bread ................. 8.99
Hummus Platter (Classic or Roasted Beet) ......................... 7.99
Homemade hummus with toasted pita bread

Avocado Cups tuna or chicken salad on a bed of mixed greens & carrots ............................................. 9.99
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Supreme avocado halves topped with grape tomatoes, olives and feta on a bed of mixed greens

Lettuce Wrap-n-Roll with a choice of tuna salad, 7.99
served with sided, hummus, pita, eggplant salad, tahini sauce, mixed greens, tomatoes and avocado

Mediterranean Sampler choice of brown rice or quinoa ............. 12.99
served with sided, hummus, pita, eggplant salad, tahini sauce, mixed greens, tomatoes and avocado

NEW! Kale Wraps choice of tuna salad, chicken salad, 8.99
garlic chicken, or hummus

La Caprese tomatoes, fresh mozzarella, basil, red onion, balsamic glaze, extra-virgin olive oil

Grilled Vegetables ........................................................... 8.99
portabella mushroom, asparagus, red bell pepper, zucchini & red onion

Mashed Sweet Potatoes topped with green apples and cinnamon............................................. 6.99

French Fries ................................................................. 4.99

Organic Handcut Sweet Potato Fries ..................................... 5.99

Mozzarella Sticks ........................................................... 6.99

Chicken Fingers with Fresh Fries............................................ 9.99

Cheese Fries ................................................................. 5.99

Truffle French Fries .......................................................... 6.99

Onion Rings ................................................................. 5.99
Side Salad ................................................................. 4.99

Vegan Special Quesadilla ................................................... 12.99
Homemade veggie burger, dairy cheese

Living Green Quesadilla Spinach, scallions, avocado, pesto ............................................. 9.99

Tex-Mex Turkey Burger Quesadilla homemade turkey burger ............................................. 12.99

Portabella Quesadilla .......................................................... 9.99
Portabella mushrooms, red onions, tomato, pesto

Turkey Breast & Avocado Quesadilla with a side of Chipotle sauce ............................................. 12.99