

VEGAN

MENU

QUINOA SALAD

A BED OF QUINOA AND FRESH VEGETABLES WITH RASPBERRY VINAIGRETTE DRESSING.

13 / (10 LIGHTER SIDE)

RICE NOODLE PASTA

RICE NOODLES WITH AVOCADO OR TOMATO PESTO AND SERVED WITH SEASONAL VEGETABLES.

12

VEGETABLE CURRY SKEWERS

MUSHROOMS, BELL PEPPER, CHERRY TOMATOES, ZUCCHINI AND ONION SKEWERS IN COCONUT CURRY SAUCE AND SERVED OVER A THREE-COLOR RICE.

12

APPLE WALNUT SALAD

FRESH APPLES, DRIED CRANBERRIES AND CANDIED WALNUTS WITH HOUSE MADE RASPBERRY VINAIGRETTE DRESSING.

14 / (11 LIGHTER SIDE)

STIR FRY

VEGETABLES STIR FRIED IN A HOUSE MADE TERIYAKI SAUCE AND SERVED WITH WHITE RICE.

12

BEYOND BURGER

CHARBROILED BEYOND BURGER WITH LETTUCE, TOMATO, ONION AND PICKLES BETWEEN TWO LETTUCE LEAVES.

14 (16 ADD CHAO CHEESE)

ZUCCHINI BOATS

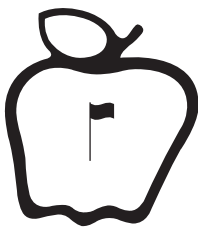
ZUCCHINI HALVES STUFFED WITH VEGAN CHAO CHEESE, CORN SALSA, GARBANZO BEANS, BLACK BEANS AND SAUTÉED MUSHROOMS.

13 / (9 HALF ORDER)

AVOCADO SALAD

AVOCADO, CORN, AND BLACK BEANS SERVED OVER MIXED GREENS WITH CILANTRO LIME DRESSING.

14 / (11 LIGHTER SIDE)



GLUTEN FREE MENU

QUINOA CHICKEN

CHICKEN BREAST BREADED WITH QUINOA AND
SERVED WITH SEASONAL VEGETABLES.

14

BLACKENED SALMON TACOS

THREE CORN TORTILLAS FILLED WITH
BLACKENED SALMON, RED AND GREEN CABBAGE,
CILANTRO, LIME, ONIONS, CORN AND TOMATOES.
SERVED WITH CILANTRO LIME RICE.

15

CHICKEN LETTUCE WRAPS

DICED CHICKEN IN A SPICY SRIRACHA PONZU
SAUCE WITH TOASTED ALMONDS WRAPPED IN
ICEBERG LETTUCE.

14

RICE NOODLE PASTA

RICE NOODLES WITH AVOCADO OR
TOMATO PESTO AND SERVED
WITH SEASONAL VEGETABLES.

12

CLASSIC COBB SALAD

CHARBROILED CHICKEN BREAST WITH AVOCADO,
OLIVES, BACON BITS, HARDBOILED EGG,
TOMATOES AND BLEU CHEESE CRUMBLES.

16 (LS 13)

SEAFOOD STUFFED AVOCADO

AVOCADO HALVES STUFFED WITH CRAB, SHRIMP,
BLACK BEANS, TOMATO AND CORN. SERVED WITH
WHITE CORN TORTILLA CHIPS.

13

STIR FRY

VEGETABLES STIR FRIED IN A HOUSE MADE
TERIYAKI SAUCE AND SERVED WITH WHITE RICE.

12

QUINOA SALAD

A BED OF QUINOA AND FRESH VEGETABLES WITH
RASPBERRY VINAIGRETTE DRESSING.

13 / (10 LIGHTER SIDE)