

In the Beginning ...

In the Moment Soup - cold or hot and all-ways fresh.

Dippity-Do-Da – market vegetables and gluten-free grains served with sauces and pates. You know what to do.

Rocked n' Rolled – beets, carrots, avocado, cucumber, green onion and sprouts, rocked and rolled into rice paper and served with Thai Goddess Dressing.

GREENERY

Mezzaterra – inspired by traditional Mediterranean cuisine, kale massaged in a sundried tomato & olive pesto, layered with Brazil nut parmesan and marinara sauce, topped with sprouts, olives and tomato. **Roman Empress** – inspired by traditional Italian cuisine, a bed of greens tossed with our "Caesar" dressing and Brazil nut parmesan

topped with croutons, zucchini bacon and avocado.

ALL That Is – inspired by everything, beets, carrots, celery, cucumber, red onion, tomato on a bed of greens, sprinkled with pumpkin, sunflower, and hemp seeds, topped with sprouts and avocado, served with Herb's Dressing.

EATERY

Grilled Cheese – melted vegan cheese on raw wrap served with apple and cucumber slices. Personalize with avocado, tomato, red onions.

Rawzza – our sprouted lentil pizza crust smothered in sunflower pâté and marinara sauce with a layer of chopped baby spinach and topped with marinated vegetables and sprouts.

Pad That – zucchini noodles tossed with red peppers, carrots, green onions and crushed chili peppers, topped with sesame seeds, cashews and sprouts and served with our Thai Goddess Dressing.

No Carbonara Footprint – zucchini noodles, green peas, green onions, vege-bacon tossed with our Creamy Garlic Sauce and topped with Brazil nut parmesan, sprouts and avocado with a side of Everything Bread.

Burrito Bowl – inspired by traditional Mexican cuisine, salsa, avocado, corn, black beans, spiced walnut meat on a bed of rice or greens.





