

# Lunch

## **Naked Organic Green Salad**

A generous serving of either baby mixed greens or baby spinach with your choice of dressing.  
\$3.49

## **All Veggie Salad**

A bed of mixed greens topped with seasonal fresh veggies.  
\$6.95 whole/\$3.75 half

## **Autumn Salad**

A bed of sweet and tender baby spinach topped with chopped apples, pecans, cranberries and crumbled blue cheese. Served with your choice of dressing.  
\$6.95 whole/\$3.75 half

## **Chef's Salad**

A bed of mixed greens topped with seasonally available meats and cheeses and a hard boiled egg. Served with your choice of dressing.  
\$7.95 whole/\$4.25 half

## **Greek Salad**

Mixed greens topped with tomatoes, cucumber, pepper, onion, Greek olives and feta cheese. Served with your choice of dressing.  
\$6.95 whole/\$3.75 half

## **Spicy Chicken Salad**

Mixed greens topped with organic chicken breast grilled in cajun spices, spicy toasted pumpkin seeds, tomato and celery.  
\$7.95 whole/\$4.25 half

## **Organic Sandwich**

We start with our own freshly baked gluten-free bread, add your choice of filling (choices change daily depending on seasonal availability), tomato, onions, mayo or mustard. Add cheese for just 50 cents. Additional seasonal toppings available for a nominal charge.  
\$6.95 whole/\$3.75 half

Free delivery within 4 blocks

## **Brown-Bagged Lunch**

Start with your choice of sandwich, add a bag of natural chips or an organic apple and either a small bottle of Eternal water or a can of Blue Sky soda.  
\$7.95

## **Organic Soup of the Day**

Try our delicious scratch-made soup of the day. We make our soup daily from what is fresh that day, so it is constantly changing with seasonal availability.  
\$4.95 cup/\$7.95 bowl

# Beverages

**Sparkling Water** ..... \$1.00 - Free refills  
Our sparkling water is among the purist, most refreshing you can find thanks to a seven stage purification process that removes practically all of the unwanted dissolved solids.

**Fruit Juice Spritzer** ..... \$1.00 for 8 oz., \$1.75 for 16 oz.  
Organic fruit juice with just a splash of our sparkling water.  
Crisp and refreshing! Apple or pomegranate.

**Organic Coffee - Regular or Swiss Water Decaf** ..... \$1.59

**Hot Organic Tea - Ask your server about selection** ... \$.95

**Organic Fruit Smoothie** ..... \$4.49  
Your choice of frozen organic fruit (ask your server about availability) blended with your choice of organic orange juice, organic grape juice, milk or almond milk.

**Fresh Organic Juice** ..... \$4.79  
16 ounces of fresh juice made to order from seasonal fruits and vegetables of your choice. Ask your server for a selection of what is available.

Our dinner menu changes daily depending on what is fresh.  
If you would like to be added to our email list, please let your server know, or call us.