

# Dinner Menu

## Main Course

- Organic Beef Burger - Organic grass fed beef pattie on a gluten free bun with fresh baby spinach, onion, ketchup, mustard and sunflower mayonnaise. Add your choice of cheese, cheddar, blue cheese, or feta for just \$ 0.50 more! \$9.95
- Roasted Chicken - Organic free range chicken stuffed with fresh herbs and onions and roasted. Served with mashed potatoes and pan gravy. Side dinner salad included. \$12.95
- Cabbage Rolls - Fresh portabella mushrooms, parsley, carrots and squash wrapped in a cabbage leaf. Served over a bed of stewed tomatoes. Includes a side of organic brown rice and a dinner salad. \$12.95
- Tamari Glazed Tuna - Pan seared, wild caught Ahi tuna, served rare. With steamy organic brown rice. Side dinner salad included. \$15.95
- Rosso Bucco - Whole beef shank, slow roasted in redwine served with red bliss mashed potatoes, topped with au jus. Side dinner salad included. \$15.95

## On the Lighter Side

- Garden Salad - A bed of mixed greens topped with celery, carrot, and onion. And for only \$0.50 more, add your choice of cheese, feta or blue cheese. .... \$6.95
- 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. .... \$7.95
- Quinoa and Pecan Citrus Salad - Organic quinoa and pecans over a fresh garden spinach salad. With a squeeze of fresh organic orange. \$7.95
- Fresh-made Soup of the Day - Ask your server ..... 4.25/cup, 7.95/bowl

## Beverages

- Sparkling Water - Our water goes through a seven stage filtration process, making it one of the purist waters you will find. .... \$1.00 - bottomless
- Organic Juice Spritzer - 16 ounce spritzer made with your choice of organic apple, blueberry or pomegranate juice and mixed with sparkling water. .. \$1.75
- Organic Smoothies - Start with your choice of organic orange juice, apple juice or almond milk and add your choice of seasonally available fruit like strawberries, mango, peach, mixed berries and banana. Fresh spinach can be added, too! Add a protein or greens shot for \$1.00. .... \$4.49
- Fresh Organic Juice - Your choice of seasonally available spinach, beet, celery, cucumber, apple, carrot, parsley, lemon, garlic and ginger, plus more. Due to the nature of green leafy vegetables, we cannot make straight spinach or parsley juices and must add other juicer vegetables to help extract the juices. .... \$4.75
- Organic Wine by the Glass ..... \$4.95 - 6.95
- Gluten-Free Beer - Bottle ..... \$2.95
- Organic Hot Tea - Ask your server about the selection ..... \$1.29
- Organic Coffee - Regular or Swiss Water Decaf ..... \$1.59