

YES, YOU CAN EAT YOUR DESSERT FIRST !

Blueberry 'Cheesecake'

Sweet and crumbly almond-date crust meets with velvety smooth cashew and blueberry filling to create antioxidant-rich decadence! 7.

Lemon "Cheesecake"

Chocolate almond crust with a light, luscious & refreshing cashew filling. 7.

Mocha Cake

Espresso Cacao infused almond flour cake with a glorious chocolate cashew icing 7.

Vegan Raw Coconut or Cashew 'Ice Cream'

Dark Chocolate, Naked Coconut, Pineapple Coconut, Vanilla Island, Chocolate Hazelnut Fudge
Cashew: Mango or Strawberry 6.

OUR DESERTS ARE VEGAN & 'ALIVE'
WITH AN ABUNDANCE OF NUTRIENTS

Organic Soups & Salads

Classic Borsht

Hearty, cooked soup featuring beets, carrots, cabbage, potatoes and dill. Served with a cashew sour cream. Warm comfort food that is good for your body. Large 8. Small 5.

Daily Soup Special: Ask about Nazima's creation! Large 8. Small 5.

'Alive' Kale Chips 5.5
'Alive' Onion Cracker 1.5
'Alive' Buckwheat Cracker 1.5

Our Signature Salad

Tender greens, shredded beets, carrots, cucumber and avocado. Topped with our seasoned pumpkin and sunflower seeds. 10.

~ Ask about our current dressings ~



Juice & Smoothies

Lifeblood Juice

Beets, carrot, apple, orange & lemon.
Amazing life force! 7.

Carrot Juice

Carrots. To help you see through the day. 6.

Green Juice Blend

Cucumber, kale, celery, apple, pear, lemon, ginger. True Green energy! 7.

Fresh Squeezed Orange/Grapefruit Juice

Oranges/ or Grapefruit 5.

Ginger Shot

Apple, Ginger 2.5

Green Smoothie

Pears, kale, banana. 7.

White Rock Sunset Smoothie

In-house made almond milk, banana, dates, Strawberries, fresh squeezed orange juice 7.

B.C. Blueberry Bliss Smoothie

Blueberry, banana, fresh squeezed orange juice 7.

Cacao Banana Smoothie

Pure Cacao, Bananas, Almond Milk 7.

Nut Mylk

Almond or Cashews, water, vanilla, dates. 6.

Happy Planet "Energy" Shot 3.

Happy Planet Juices

Extreme Green, Righteous Raspberry, Sunset Beach, Strawberry, Lost Lagoon, Mango 3.5

Santa Cruz Spritz

Raspberry Lemonade, Mango Orange, Lemonlime, Pomegranate Limeade 2.5

Kombucha

Original, Gingerale, Peach, Blueberry, Divine Grape, Mango Passion 4.5

Reeds Ginger Beer 3.

Blue Sky Cola or Rootbeer 2.

When we are doing what we are
here to do, the world becomes a
better place for everyone.



'ALIVE' Entrée's

Seaweed Sushi

Nori wrapped around a savory, mineral-rich dulse and kelp pate hugging a delicious medley of vegetables and sprouts. Served with a ginger tamari dipping sauce and a sampling of our scrumptious kale chips 10.

Thai Wrap

Cucumbers, carrot, red pepper, avocado, alfalfa sprouts, seasoned seeds with a spicy almond Thai sauce wrapped in a seasonal green or rice paper. 10

Pizza (oh so savory good!)

Buckwheat & sunflower crust topped with lively tomato-basil sauce, creamy cashew 'cheese', alfalfa sprouts and fresh tomato. Sprinkled w/ brazil nut parmesan.
Served with a side salad. 15.

Zugetti

Mound of 'al dente' raw zucchini 'noodles' topped with flavorful marinara sauce, olives and brazil nut parmesan, crackers. Simply delicious, this is an excellent choice for first timers or raw food skeptics! 12.

Spicy Nut and Seed Burger

Walnut, pumpkin seed and mushroom burger layered with smoky chili sauce, herbed nut cheese, sliced ripe tomato, cucumber and onion. Served on a crisp lettuce leaf topped with a wheat free onion bun. Served with a side salad. Garnished with our famous kale chips. 15.

COOKED ENTREES:

Warm Red Quinoa Bowl (A favorite transitional dish!)

Bursting with vitamins and minerals. Notably high in protein, quinoa grain is a near-perfect food. Try it here, paired with seasonal steamed veggies in a mild creamy curry sauce. 14.

Rice Bowl Special

Seasoned Organic Rice served with fresh steamed vegetables and Nazima's daily sauce 12