

SAMPLERS

Lunch Sampler Plate	15
daily selection of a small bite, salad, entrée and dessert, selection varies daily. (see server)	
Cheese and Crackers	16
three of our house made cheeses: pistachio or walnut pesto, chipotle cheese and tahini cheese. Served with house bread, crackers and cucumber.	
Taste of Italy	15
choice of lasagna or pizza, with a Caesar salad and pesto stuffed mushrooms.	
Dos Tacos Plate ≈	15
one verde taco and one portobello taco, served with cilantro corn slaw.	
Soup and Salad ≈	15
chef's chopped salad with a bowl of tomato basil bisque.	

add a side of chopped kale salad 4

TAPAS SALADS ≈

Cucumber Salad	7
cucumber, sweet root vegetables and tahini cheese with lemon vinaigrette.	
Marinated Kale Salad	8.5
chopped marinated kale, olives, avocado, walnuts and creamy garlic dulce dressing.	
Chef's Daily Salad	8.5

ENTRÉE SALADS ≈

Compressed Spinach Salad	12
crisp baby spinach with citrus pesto dressing and apples.	
Caesar Salad ≈	hf8/wh11
mixed baby greens, avocado, capers and Caesar dressing.	
Sweet Mustard Salad ≈	hf8/wh11
chopped chard, kale, & baby greens topped with marinated vegetables and house savory crisps.	
Taco Salad	hf9/wh12
mixed baby greens, chipotle cilantro vegetables, guacamole, and crispy chili sticks.	
Greek Salad ≈	hf9/wh12
mixed baby greens, olives, tomato, and tahini cheese with lemon vinaigrette.	

Add quinoa to any salad \$4

LUNCH

Verde Tacos ≈	9
napa cabbage with spicy peppita cheese, cucumber, corn, carrots, chopped spinach, tomatillo salsa and spicy peppitas.	
Chipotle Ranch Wrap ≈	11
flax wrap filled with spinach, green onions, spanish vegetables, pumpkin seed cheese and chipotle ranch dressing.	
Lemon Pesto Pasta	12
strips of zucchini with lemon pesto "pasta", marinated mushrooms, tomatoes and basil.	
Fried Avocado Rolled Tacos	12
house made flax wrap tortilla filled with tahini cheese and fried avocado, cucumber, baby mixed greens and tomatillo salsa.	
Mushroom & Squash Soft Tacos	13
marinated squash and mushrooms taco with spicy macadamia cheese, red bell pepper, fresh corn, cilantro salsa and walnut sour crème on a soft flax taco shell.	
CA Panini ≈ ∂	13
pesto aioli, olive carmelata, avocado, marinated red onion, peppered portobello mushrooms and chopped chard on house bread. (can be done on gf buckwheat bread)	
Mole Enchiladas	13
two enchiladas in house coconut wraps with mole chipotle cheese, marinated Spanish squash, carrots and avocado. Topped with spicy enchilada sauce and salsa.	
Surfer Sandwich ≈ ∂	14
smashed avocado, kale and marinated daily vegetables served on house bread with sweet cheese. (gf bread optional)	
Topaz Pizza ∂	14
house bread crust served warm topped with walnut pesto, tomatoes, italian squash, sun-dried tomato, olives, marinara and basil. (gf bread optional)	
Living Lasagna	15
layers of zucchini and yellow squash, tomato, macadamia ricotta and sweet basil marinara. Topped with marinated mushrooms. (Seasonal options may be avail)	
Tomato Stacks	16
thin slices of fresh seasonal tomato with olive basil vegetable chutney, capers and fresh basil.	

≈ Little or No Nuts/Can be made nut-free ∂ Sprouted grain high in protein, Low Gluten

*nut and seed fragments may be found in food items, as well as olive pits