

Healthy SOUL

NATURAL FOODS

CAFE

Main Menu - December 2012

VEGETARIAN CUISINE

Wednesday thru Saturday: 11 am - 2 pm

Friday: 4 pm – 6 pm

[Closed Sunday thru Tuesday]

| SMOOTHIE | ADD: | PRICE: | ADD: | PRICE: |
|---|---|--------|------------------|---------|
| ▪ Mango | Chlorophyll | \$1.00 | Camu | \$2.65 |
| ▪ Lemonade | Power Shake | \$3.00 | Chlorella | \$2.00 |
| ▪ Strawberries | T-Noni | \$3.00 | Spirulina | \$2.00 |
| ▪ Bananas | Vemma | \$3.00 | Lecithin | \$1.00 |
| Basic Smoothie: \$4.95 | Zamu | \$3.00 | Hemp or Flaxseed | \$2.00 |
| FRESH JUICE: | | | | |
| Carrot, Beet, Cucumber, Apple, Celery, Parsley, Spinach, Ginger | | | | \$6.95 |
| SALAD | | | | |
| Taco Salad | Beans, Romaine Lettuce, Onions, Salsa, Rice Cheese, Tofu & Corn Chips | | | \$9.95 |
| Garden Salad | Romaine Lettuce, Arugula, Onions, Tomatoes & Cucumbers | | | \$5.95 |
| Greek Salad | Romaine Lettuce, Beets, Artichokes, Olives, Onions, Tomatoes, Cucumbers & Avocado | | | \$11.95 |
| SOUPS | (See Daily Specials) | | | \$5.95 |
| SANDWICHES | | | | |
| Tempeh Pattie on Whole-grain Bun [Veggie Cheese: Extra] | Multi-grain Tempeh, Portabella Mushroom, Onion, Tomato, Lettuce & Dressing | | | \$8.95 |
| Garden Burger on Whole-grain Bun | Multi-grain Patti, Sautéed Onions & Mushrooms, Lettuce & Tomato | | | \$6.95 |
| Avocado Veggie Pocket | Avocado, Lettuce, Onion, Tomato, Cucumber, Bell Pepper & Dressing | | | \$7.95 |
| TLT on Whole-grain Toast | Tofu, Lettuce, Tomato, Onion & Dressing | | | \$5.95 |

DESSERTS [Daily Selection]

Delicious, Satisfying, Healing Gourmet Vegetarian Cuisine at it's finest!