

MENU

NORI ROLL- SPROUTS, ROMAINE, RED PEPPER, AVOCADO, CARROT, CUCUMBER, SCALLIONS AND SEED CHEESE \$8

VEGGIE ROLL- ZUCCHINI, RED PEPPER, CUCUMBER, CARROT, ROMAINE, AVOCADO, CASHEW CHEESE IN A COLLARD \$9

ITALIAN ROLL- BALSAMIC MUSHROOMS, CUCUMBER, RED PEPPER, ROMAINE, CASHEW RICOTTAIN A COLLARD \$9

RAW TACOS- WALNUT MEAT, FRESH TOMATO SALSA, ROMAINE AND SUNFLOWER SPROUTS \$8.50 add guacamole \$2

FRESH SPRING ROLLS- MINT, BASIL, CILANTRO, PARSLEY, CABBAGE, RED PEPPER, AVOCADO, CARROT IN RICE PAPER \$8

SANDWICHES

GREENWICH- SEED CHEESE, SPINACH, CUCUMBER, AVOCADO AND SPROUTS \$7

REDWICH- CASHEW CHEESE, MIXED GREENS, ZUCHINII, RED PEPPER AND SPROUTS \$7

FALAFEL AND HUMMUS W/GREENS AND GARLIC MARINATED VEGGIES ON ROMAINE \$8.50

N.Y. SUN BURGER- MACADAMIA MOZZARELLA, CASHEW PESTO, SUN-DRIED TOMATO SAUCE, TOMATO, ROMAINE AND SPROUTS \$ 10

SIDES AND SNACKS

ZUCHINI HUMMUS W/FLAX CRACKERS AND CRUDITE \$7

GUACAMOLE W/CORN CHIPS or RAW FLAX \$5 / 8 add \$1 for raw corn chips

FRESH FRUIT PLATE \$5.50 /10

SAUERKRAUT or BEETSLAW \$5

ENTREES AND SALADS

ITALIAN PIZZA- CASHEW RICOTTA, SUN-DRIED TOMATO SAUCE, ZUCHINI, RED PEPPER ON OUR SEED BREAD \$9

PESTO PIZZA- CASHEW PESTO, SPINACH, RED PEPPER, BALSAMIC MUSHROOMS ON OUR PIZZA BREAD \$ 9

SPAGHETTI AND MEATBALLS- CASHEW RICOTTA, SPINACH, PIZZA SAUCE,ALMOND, WALNUT, SPICES ZUCHINI NOODLES \$10

STUFFED MATLOAF- ALMOND, WALNUT, DRIED TOMATOES,SPINACH, LEMON, SPICES,OLIVE OIL, RAW KETCHUP, SIDE SALAD\$ 10

CRUNCHY ROMAINE- CELERY, CARROT, CABBAGE, CUCUMBER, WALNUT,RADISH, CRANBERRY \$8 / 10

SPICY TACO SALAD- ROMAINE, SPINACH, CARROT, DRIED TOMATOES, CASHEW, SPICES, REDPEPPER, LIME, AVOCADO AND RAW CORN CHIPS \$11

BROWN RICE SALAD- ROMAINE, TOMATO, CUCUMBER, CABBAGE, CARROT WITH BROWN RICE, LEMON, OLIVE OIL AND SEA SALT \$10

CAPRESE SALAD- SPINACH, BASIL, TOMATO, MACADAMIA MOZZARELLA, BALSAMIC AND A SPLASH OF EVOO \$8

SIDE SALAD-SPINACH, CUCUMBER, TOMATO, CARROT \$5

-DRESSINGS- ITALIAN, CREAMY GARLIC, RASPBERRY VINAIGRETTE

***** **HOT VEGAN SOUP** *****

TONICS \$5 /9

GINGER JUICE- PINEAPPLE, CARROT AND GINGER

POTASSIUM TONIC- KALE, PARSLEY, CELERY, SPINACH AND CARROT

KIDNEY TONIC- CARROT, BEET, CELERY, CUCUMBER AND LEMON

LIVER TONIC #1- CARROT, BEET AND APPLE

LIVER TONIC #2- DANDELION, APPLE, CARROT AND LEMON

GREEN JUICE- KALE, COLLARD, SPINACH, DANDELION, CELERY,
CUCUMBER AND LEMON ON REQUEST

SUPER 8- TOMATO, CELERY, CUCUMBER, ROMAINE, SPINACH, PARSLEY,
GARLIC AND LEMON

ADD SPIRULINA or MACA or CAMU CAMU to ANYTHING \$ 1

FRESH SQUEEZED GRAPEFRUIT OR ORANGE JUICE \$5 / 8

SMOOTHIES \$5 / 8

COCOCABANA- COCONUT MILK, BANANA, COCOA, AGAVE AND ICE

BERRY BANANA- VANILLA MYLK, STRAWBERRY, BANANA, AGAVE AND
ICE

TROPICOLADA- COCONUT MILK, PINEAPPLE, MANGO, AGAVE AND ICE

BLUEBERRY PIE- BLUEBERRY, BANANA, MANGO, ORANGE, AGAVE AND
ICE

PINK LADY- RASPBERRY, BANANA, PINEAPPLE, LEMON, AGAVE AND ICE

PURPLE PASSION- BLUEBERRIES, RASPBERRIES, COCONUT MILK,
AGAVE AND ICE / BANANA ON REQUEST

SHAKES \$6 / 10

ENERGY- BERRIES, BANANA, GOJI BERRY, GREENS, LEMON AND DATE

EMERALD ISLE- ORANGE, MANGO, BANANA, SPINACH, WHEAT GRASS
AND AGAVE

MEAN AND GREEN- KALE, DANDELION, SPINACH, CELERY, PEAR,
BANANA, LEMON AND SPIRULINA

GET YOUR CIRCULATION AND DIGESTION GOING WITH A
HOT LEMONADE WITH CAYENNE \$2.50 / 3.50 / 4.50

ALMOND MILK \$4 / 7

ALMOND, DATE, VANILLA, PINCH OF SALT AND WATER, COCOA ADDED
ON REQUEST

WHEAT GRASS (an ounce) 3 TWO OUNCES 5

G.T. DAVES KOMBUCHA \$3.50

UNITY VIBRATION KOMBUCHA \$8

LEMONADE \$2.50 / 4

HERBAL TEAS OR COFFEE \$1.50 / 2 / 2.50

***** **WHOLE THAI YOUNG COCONUTS** *****

