

salads

caesar romaine salad, nori, pumpkin seed macadamia parmesan, lemon
add half avocado - \$3 14

spicy sesame shredded cabbage, beets, jicama, daikon, cashew, sesame crunch
wasabi aioli 14

pumpkinseed and herb greens, kale, parsley, cilantro, mint, hemp seeds, pumpkin
seed macadamia parmesan, pumpkin seed lemon dressing GF 16

nori tuna salad butter lettuce, heirloom cherry tomato, avocado, parsley
add manna bread - \$4 17

mediterranean arugula, kale, kalamata olives, tomatoes, pumpkin seed macadamia
parmesan, balsamic vinaigrette GF 16

s&m salad greens, avocado, hemp seeds, dulse, rosemary crackers, pumpkin seed
lemon dressing GF 15

taco salad romaine lettuce, spicy taco crumble, pico de gallo, guacamole,
cashew sour cream, cilantro-lime dressing GF 18

**add-on salads

fresh organic greens 9

add-ons (priced per each item)

beet, carrot, cucumber, daikon, jicama, mushrooms, scallions 2

aramé, avocado, cashews, chewy dulse, cilantro, basil, dried cranberries, hijiki, kale, nori,
parsley, pumpkin seeds, raisins, sliced almonds, sunflower seeds, sweet pea shoots, tomato,
wakame, walnuts 3

cayenne-dulse almond crumbs, hemp seeds, kalamata olives, macadamia cheddar,
pumpkin seed macadamia parmesan, red pepper, taco crumble, tortilla chips 4

dressings: pumpkin seed lemon (GF, NF), balsamic vinaigrette (GF, NF), caesar,
flax oil italian (GF,NF), sweet miso (NF), ginger tahini (GF,NF), carrot ginger (GF, NF)

savory

chips and guacamole corn cilantro guacamole, chili-lime chips 15

spicy thai lettuce wraps mango, pea shoots, carrot, cabbage, cashews, basil,
mint, cilantro, tamarind sauce 13

sushi rolls marinated shitake, avocado, asparagus, red pepper, jicama rice,
wasabi, nama shoyu NF 16

falafel with tabouli over whole romaine leaves, **or** tossed with greens
lemon tahini, red pepper hot sauce GF 18

tortilla wraps spicy sun-dried tomato filling, corn cilantro guacamole,
tomato-lime salsa, cashew sour cream GF 22

portabella and hempseed burger sprouted manna bread, caraway kraut
lapsang souchong tea smoked cashew cheese, house made mustard, pickled pink onions 14

NF – nut free | GF – gluten free

O – contains oat or buckwheat flour, which may be stored in a facility that also stores gluten containing grains