

Sides

4•5

Steamed Quinoa
Steamed Brown Rice
Saffron Basmati
Multi-Seed Crackers
Steamed Greens
Lentils

6

BBQ Tempeh
Sauerkraut
Kimchi
Sourdough Buckwheat Focaccia
Teff Flatbread

8

House Salad with Tahini Lemon
Roasted Potatoes & Ketchup

Sauces

sm 3 | lg 5

Cashew Cheese
Tahini Lemon
Miso Ginger
Flax Oil & Lemon
Chipotle Mayo
Mixed Raita
Ponzu
Roasted Sesame
Caramelized Onion Hummus
Spicy Mayo
House Chutney
Mustard Aioli
Maple Mustard Vinaigrette
Mac Sauce



Spring
Menu

Soup & Salads

soup and salads served with a multi-seed cracker

House Soup	cup	7
<i>ever-changing</i>	bowl	11
Farmer's Market		19
young greens seasonal juliennes sprouts sauerkraut radish cherry tomato fennel root hemp hearts <i>choice of dressing: tahini lemon, miso ginger, or lemon flax oil</i>		
Beetroot Salad		20
spring greens roasted beets hazelnut dukkah fresh herbs cashew cream cheese maple mustard vinaigrette quinoa sumac citrus segments		
Mediterranean Potato		20
yellow nugget potato mixed greens caper and lemon dressing parsley sun-dried tomato and kalamata tapenade dill oregano almond parmesan apple		

Starters & Shares

Tempeh Tacos		14-5
BBQ tempeh spicy mayo slaw lime pico de gallo candied jalapeños corn tortilla pickled red onion		
Warm Olives		11
herbs citrus peel wine		
Springtide Roll		13-5
sauerkraut sprouts roasted squash nori shiitake brown rice sesame sauce ponzu		
Mezze		19-5
za'atar spiced flatbread marinated olives pickled & fresh vegetables house chutney caramelized onion hummus cashew cream cheese		

Sandwiches

served with soup, salad, or roasted potatoes

Deluxe Quesadilla		21
spinach flour tortilla cashew queso pico de gallo bean spread chipotle mayo roasted corn seasoned soy curls		
Spring Burger		21
multi-grain bun sunflower mushroom patty caramelized onions tomato pickles red onion mustard aioli house ketchup		
BBQ Tempeh Sandwich		20
candied jalapeños mustard mayo greens sprouts caramelized onions cashew cream cheese buckwheat focaccia		

Bowls

Mac		21
brown rice macaroni red onion Braising greens coconut cashew cheese sauce seasonal vegetable broccoli walnut & herb parmesan		
Green		22
dark greens bok choy cabbage red onion seasonal vegetable cilantro toasted cashews scallions coconut green thai curry brown rice		
Rising Sun Bowl		21
teriyaki soy curls peppers red onion marinated shiitakes furikake scallions sprouts mixed juliennes sesame sauce braising greens brown rice daikon		
Masoor Dal		20
red lentil dal mixed raita house chutney herbs saffron preserved lemon shiitakes jeera papad indian spiced chilli oil basmati wilted greens		
Karma		17
choice of grain: <i>brown rice, quinoa or saffron basmati</i> choice of two toppings: <i>steamed greens, lentils, BBQ tempeh, sauerkraut, kimchi</i> choice of sauce: <i>tahini lemon, miso ginger, or flax & lemon</i>		