

## Soups

- HOT & SOUR** 🌶️ \$7.95  
Spicy soup with bamboo shoots, tofu, soy protein, king oyster mushroom, and shredded carrot.
- TOM YUM** 🌶️ 🌱 \$8.50  
Spicy Thai soup with lemongrass, king oyster mushroom, cabbage, celery, bamboo shoots, tomato and fresh basil.
- SPINACH ASPARAGUS** 🌱 🌿 \$9.50  
Soup made with fresh spinach and asparagus purée.
- WONTON SOUP** \$8.95  
Wrapped soy protein and water chestnut with blanched veggies in vegetable broth.
- POTATO CHOWDER** 🍷 \$8.95  
Creamy potato soup with peas, carrots, tofu, sweet corn, and soy protein.
- HARVEST** 🌱 🌿 \$8.95  
Soup made with fresh pumpkin purée.
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- ## Entrée Salads
- JOYFUL SALAD** 🍷 \$8.50  
Chopped romaine lettuce, soy chick'un, tomato, avocado, cucumber, edamame, sweet corn, organic quinoa, and tortilla chips.
- AVOCADO SALAD** 🌱 🌿 \$8.25  
Avocado, diced onion, tomato, and cucumber.
- ROASTED BEET SALAD** 🍷 \$8.25  
Roasted garden beets, organic spring mix, carrot, cucumber, avocado, bean sprouts, and grilled tofu.
- SUMMER FRESH** 🍷 \$8.50  
Organic spring mix, diced avocado, cucumber tomato, onion, sweet corn, green beans, soy chick'un.

- WILD FIELD GREENS** 🍷 \$8.50  
Organic spring mix, sun-dried tomato, cucumber, bean sprouts, walnuts, and grilled chick'un.
- ROMAINE CHICK'UN SALAD** 🍷 \$8.50  
Crisp romaine lettuce, tomato, organic quinoa, carrot, roasted bell pepper, bean sprouts, and soy chick'un.
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- ## Rice Corner
- Served with brown rice.*
- VEGGIES EN BROCHETTE** \$8.95  
King oyster mushroom, red and green bell pepper, zucchini, onion, and textured vegetable protein on skewers grilled with teriyaki sauce.
- PAN SEARED TOFU** \$9.50  
Tofu, onion, red bell pepper served with asparagus.
- PROVENÇAL GRILLED TOFU** \$9.50  
Grilled marinated tofu, onion, and diced tomatoes served over tender kales.
- CURRY TOFU SCRAMBLE** 🌱 \$8.50  
Scrambled tofu, diced red bell pepper, peas, carrot, and king oyster mushroom with curry spice.
- AUBERGINE GRILLÉ** 🌶️ \$9.50  
Grilled eggplant sautéed with soy protein, peas, and carrot.
- ORANGE IMAGINATION** 🌶️ \$9.95  
Soy chick'un sautéed with orange sauce, served with broccoli.
- CHICK'UN PARMIGIANA** \$11.95  
Breaded soy chick'un breast topped with marinara sauce and cheese, served with green beans and mashed potato.
- EGGPLANT MEDLEY** 🌶️ \$8.95  
Eggplant tofu, peas, carrot and king oyster mushroom.

- GREEN CURRY** 🌱 🌶️ \$9.95  
Tofu, green bell pepper, broccoli, green beans, eggplant, zucchini, bamboo shoots, and onion in green curry sauce.
- SWEET AND SOUR SENSATION** \$9.25  
Breaded soy chick'un with red bell pepper, zucchini, pineapples, celery, carrot, and onion in sweet & sour sauce.
- SAUTEÉD VEGETABLE MEDLEY** 🍷 \$8.75  
Sautéed broccoli, cabbage, carrot, red bell pepper, tofu, celery, zucchini, onion, and king oyster mushroom.
- THREE FLAVORS** 🍷 \$9.95  
Pumpkin, eggplant, tofu, onion, sweet basil, red and green bell pepper, and king oyster mushroom with chef's sauce.
- HARMONIC VEGGIE DELIGHT** \$9.50  
Soy protein with pineapple, mushroom, red bell pepper, celery, zucchini, carrot and onion.
- MONGOLIAN DELIGHT** 🌶️ \$10.95  
Sautéed soy protein, red bell pepper, onion, and red chili.
- VIBRANT TASTY GREENS** 🍷 \$8.50  
Sautéed green beans, onion, carrot, tofu, and king oyster mushroom.
- VEGETABLE TERIYAKI AND BROCCOLI** \$8.95  
Stir-fried broccoli, carrot, red bell pepper, king oyster mushroom with textured vegetable protein.
- SPICY LEMONGRASS TOFU** 🌶️ \$8.50  
(Replace w/ soy chick'un – add \$2.95)  
Tofu sautéed with spicy minced lemongrass.
- INDIAN CURRY TOFU** 🌶️ 🌱 \$8.95  
(Replace with soy chick'un – add \$2.95)  
Tofu, potato, zucchini, peas, carrot, and red bell pepper in spicy yellow curry sauce.

- EGGPLANT WITH BASIL** \$7.95  
Sautéed eggplant with fresh basil.
- GOURMET FRIED RICE** 🍷 \$8.50  
Brown rice with carrot, peas, king oyster mushroom, and soy protein.
- JOYFUL FRIED RICE** 🍷 \$9.50  
Brown rice with pineapple, carrot, peas, king oyster mushroom, red bell pepper, broccoli, tofu, and soy protein.
- CURRY FRIED RICE** 🍷 \$8.50  
Brown rice with soy protein, king oyster mushroom, peas, carrot, and curry seasoning.
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- ## Pasta Lovers
- CHOW MEIN** \$8.75  
Stir-fried noodles with soy protein, tofu, broccoli, cabbage, celery, bean sprouts, and carrot.
- CRISPY CHOW MEIN** \$9.95  
Sautéed soy protein, tofu and mixed vegetables in crispy noodle nest.
- GRILLED VEGGIE TERIYAKI AND GOLDEN ROLLS** \$8.95  
White rice noodles with soy protein and golden rolls served with Vietnamese vinaigrette, shredded lettuce, mints and cucumbers.
- CONCHIGLIE RIPIENE** \$10.95  
Pasta shells filled with spinach, tofu, and textured vegetable protein topped with marinara sauce.
- PENNE TIRRENE** 🌱 🌿 \$10.50  
Organic brown rice penne, eggplant, zucchini, bell pepper, onion, celery, sun-dried tomato, king oyster mushroom, and vegan cheese, served with toasted bread.

*If you have any special dietary needs, please notify your server so we can accommodate you accordingly.*

🍷 - Gluten Free Option

🌱 - Gluten Free

🌿 - Soy Free

**FETTUCCHINE ALFREDO** \$10.95

Organic whole wheat spinach fettuccine, zucchini, red bell pepper & soy chick'un breast in creamy white sauce.

**LASAGNE DI VERDURE** 🌱 \$11.95

Lasagna with eggplant, zucchini, onion, green and red bell pepper served with organic mixed green salad and toasted bread.

**GOLDEN NOODLE SOUP** \$8.50

*(Add wontons - \$1.50)*  
Flavorful egg-less "egg" noodles topped with soy protein and steamed veggies.

**PHO** \$8.50

Traditional Vietnamese noodle soup, garnished with fresh basil and bean sprouts.

**AUTHENTIC HUE NOODLE SOUP** 🌶️ \$8.50

Textured vegetable protein, tofu, and king oyster mushroom. Served with bean sprouts, shredded cabbage, and fresh mint.

**Burgers & Sandwiches**

*Served with sweet potato fries or organic spring mix salad*

**HARVEST BURGER** \$8.95

Sautéed veggie steak strips, avocado, lettuce, onion, tomato, pickle, and house made tofu mayo.

**CLASSIC BURGER** \$8.95

Veggie beefless patty grilled with teriyaki sauce, avocado, lettuce, onion, tomato, pickle, and house made tofu mayo.

**BBQ TOFU BURGER** \$8.50

Tofu grilled with BBQ sauce, lettuce, onion, tomato, pickle.

**CHICK'UN BURGER** \$8.95

Crispy breaded chick'un breast, lettuce, onion, tomato, pickle, avocado, and house made tofu mayo.

**SPROUT SANDWICH** \$8.95

Alfalfa sprouts, tomato, onion, avocado, grilled soy protein, pesto and hummus.

**GOURMET BURRITO** \$8.95

The ultimate vegan burrito with textured vegetable protein, brown rice, shredded lettuce, tomatoes, guacamole, and pico de gallo.

**GRILLED PORTABELLA BURGER** \$8.95

Grilled portabella mushroom, tomato, pickle, avocado, lettuce, onion and pesto.

**CALIFORNIA CHICK'UN WRAP** \$8.95

Sautéed chick'un, lettuce, alfalfa sprouts, avocado, pico de gallo, and house made tofu mayo.

**FAJITA VEGANA** \$8.95

Tortilla wrapped with veggie steak strips, bell pepper, pico de gallo, served with guacamole and house made tofu mayo.

**WONDER SUBS** \$8.95

Veggie "meatball" sandwich topped with marinara sauce and vegan mozzarella cheese.

**PORTABELLA PANINI ALLA GRIGLIA** \$9.95

Grilled portabella mushroom, roasted bell pepper, zucchini, eggplant and pesto.

**STEAK SANDWICH** \$8.95

Sautéed veggie steak strips, lettuce, avocado, onion, tomato, and house made tofu mayo.

**Fresh Fruit Smoothies**

*(Sweetened with organic agave nectar)*

**TROPICAL** \$4.50

Orange, banana, pineapple & mango.

**STRAWBERRY DELIGHT** \$4.50

Strawberry & banana.

**MORNING STAR** \$4.50

Strawberry, mango, and apple.

**GROOVY GREEN** \$4.95

Spinach, mango, and orange.

**MANGO TANGO** \$4.50

Mango.

**Fresh Squeezed Juices**

**APPLE JUICE / ORANGE JUICE** \$4.50

**CARROT JUICE / CARROT APPLE** \$4.50

**CARROT ORANGE JUICE** \$4.50

**AGAVE SWEETENED LEMONADE** \$3.75

**Fresh Squeezed Veggie Juices**

**GO GREEN** \$6.50

Spinach, kales, cucumber, and celery.

**DETOX BLEND** \$5.95

Kales, celery, carrot, and parsley.

**ENERGIZER** \$5.50

Carrot, parsley, cucumber, and celery.

**SWEET GREEN** \$4.95

Carrot, green bell pepper, apple, cucumber, and celery.

**Desserts**

**Carrot Cake** \$4.95

**Chocolate Cake** \$4.50

**Almond Chocolate Cake** \$4.95

**Cheesecake** \$4.50

**Chocolate Cheesecake** \$4.75

**Green Tea Cheesecake** \$5.25

**Thai Banana Rolls with Ice Cream** \$5.95

**Beverages**

**Iced Tea** \$1.00

**Organic Soy Milk** \$2.95

**Flavored Organic Tea** \$2.25

Regular: Breakfast Blend, Premium Green, Earl Grey Black & Green, Chai Black & Green, White Tea w/ Mint, Lemon Ginger Green,

Decaf: Chamomile Herbal, Vanilla Honeybush Herbal, Cascade Mint Herbal, Premium Green, Lavender Tulsi Herbal

**Soda** \$1.25

Coke, Diet Coke, Sprite, Root Beer, Fanta Orange



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SUN – THU: 11:30am – 9pm

FRI – SAT: 11:30am – 10pm

*Be Veg.*

*Go Green 2 Save the Planet.*

**Appetizers**

**QUINOA SUSHI** \$8.50

**BRUSCHETTA** \$5.95

**QUESADILLA** \$6.50

**HUMMUS WITH PITA BREAD** \$4.50

**EDAMAME** \$3.95

**SWEET POTATO FRIES** \$4.50

**GOLDEN CRISPY ROLLS** \$4.95

**SUMMER ROLLS** \$4.50

**SPRING ROLLS** \$4.50

**GOLDEN WONTONS** \$4.50

**CRISPY NUGGETS** \$4.95

**NACHOS** \$5.25

LET US CATER YOUR NEXT EVENT!

Dine In \* Take Out \* Catering



*Prices are subject to change without prior notice.*