STARTERS

AVOCADO TOAST $16.95
Our whole grain toasts topped with chili flakes

BRUSCHETTA $16.95
Toasted Italian bread served with diced plum tomato, roasted peppers & fresh mozzarella, topped off with balsamic vinaigrette

MOZZARELLA STICKS $15.95
Served with tomato basil dipping sauce

GUACAMOLE $15.95
Refreshing & delicious. Served with crispy pita chips

PARMESAN DUSTED ZUCHINI CHIPS $17.95
Fresh zucchini lightly battered and served with tomato basil dip

MOZZARELLA CAPRESE TOWER $17.95
Sliced fresh mozzarella, towered with fresh tomatoes & drizzled in balsamic vinaigrette

WILD MUSHROOM GRILLED FLATBREAD $17.95
Delicious sautéed wild mushrooms, mozzarella and feta cheese

SOUP OF THE DAY $8.95
All natural. gluten free, & no MSG

INSALATE

DOWN TO EARTH $18.95
Baby kale. mixed greens, shredded carrots, beets. daikon, & watermelon radish and crispy tempeh

QUINOA VEGGIE SALAD WITH ZESTY VINAIGRETTE $18.95
Organic quinoa with roasted beets, peppers, chick peas. cucumbers, olive oil & tomatoes. Gently tossed in our zesty lemon vinaigrette

CALIFORNIA $18.95
Romaine hearts. shredded carrots, tomato, cucumber, avocado, watermelon radish hearts of palm, & roasted corn

CAESAR $16.95
Romaine hearts tossed with our delicious Caesar dressing, fresh toasted croutons, & parmesan cheese

MARKET $18.95
Romaine hearts, shredded carrot, peppers, red onion. chickpeas. kidney beans, avocado, scallions, & olives

GREEK $18.95
Lettuce, feta cheese, red onion, peppers, Greek olives, cucumbers, tomato, stuffed grape leaves, & oregano

SALAD NICOISE WITH GRILLED TUNA STEAK $26.95
Lettuce, tomato, red onion, Greek olives, steamed seasoned potatoes, green beans, hard boiled egg, & capers. Topped with a fresh choice of Tuna steak (Cajun or Grilled)

CRANBERRY WALDORF SALAD $18.95
Lettuce, candied walnuts, dried cranberries, pears, & apples. Pairs nicely with our lemon poppy seed dressing

GRILLED PORTOBELLO SALAD $18.95
Romaine hearts, fresh mushrooms, red onion, roasted bell peppers &fire grilled portobello mushrooms

ADD TO ANY SALAD

Hard Boiled Egg	$3.00	Scoop of Tuna (low fat)	$4.00
Veggie Burger	$4.00	Grilled or Blackened Tuna Steak	$12.00
Grilled Tofu	$4.00	Grilled or Blackened Salmon	$12.00
Grilled Tempeh	$4.00	Grilled or Blackened Tilapia	$12.00
Avocado	$3.00		

OMELETS

Omelette comes with whole wheat pita and either a side salad or roasted potatoes.
All our omelets are oven baked with minimal oil.
Choose from whole eggs or egg whites

CLASSIC EGG $12.95

MOZZARELLA $13.95

SPINACH AND FETA $16.95

GARDEN VEGGIE $16.95
A hearty omelet filled with peppers, mushrooms, broccoli, onions and mushrooms.

Under the supervision of the JSOR

ENTREES

SPAGHETTI SQUASH MEDLEY **$23.95**
Baked spaghetti squash served with shallots, sauteed with extra virgin olive oil and topped with feta cheese and tomato sauce

JUMBO BAKED POTATO **$16.95**
Your choice of broccoli. spinach, or mushroom, & topped with mozzarella cheese

STEAM VEGETABLE PLATTER **$17.95**
Steamed vegetables. served with organic brown rice, black beans, & a side of tahini dressing

VEGGIE BURGER DELUXE **$18.95**
Our Famous homemade whole grain burger served on a whole wheat baguette & served with a side salad and French fries

VEGETABLE STIR-FRY WITH TEMPEH **$24.95**
Using a home made stir fry sauce. this mouth watering vegetable dish is served over organic brown rice (Tofu may be substituted for tempeh)

MACRO BOWL **$22.95**
Organic brown rice, black beans, tofu, and steamed vegetables

ZUCCHINI PASTA **$22.95**
Shredded zucchini with pesto, roasted grape tomatoes, portobello mushrooms, & crumbled parmesan

FISH N' CHIPS **$22.95**

DIRTY RICE **$24.95**
Black rice cooked with coconut milk, served with grilled zucchini, eggplant, carrots, onion, and cauliflower

FROM THE SEA

ASIAN GLAZED SALMON **$38.95**
Pan seared, served with sautéed spinach and mash potato finished with citrus miso glaze reduction

CHIMICHURRI TUNA **$41.95**
Grilled tuna topped with chimichurri sauce, served with mash potato and sauteed spinach

ALMOND CRUSTED ST. PETERS **$38.95**
Pan seared and crusted in toasted almonds served over charred broccoli and roasted potatoes

BLACKENED SALMON **$38.95**
Served with charred broccoli and roasted potatoes

BLACKENED TUNA **$41.95**
Pan seared over charred broccoli and roasted potatoes

SOLE FRANCESE **$38.95**
Served over spaghetti sautéed in garlic and olive oil

ROASTED BRANZINO **$41.95**
Sautéed in lemon wine reduction and served with charred broccoli and roasted potatoes

PASTA

CLASSIC BAKED ZITI **$22.95**
Baked to perfection

PENNE ARRABBIATA **$25.95**
Spicy plum tomatoes, fresh basil sauce

SPAGHETTI DE POMODORO **$20.95**
A light fresh tomato sauce with fresh basil

PENNE PUTTANESCA **$25.95**
Crushed plum tomatoes, olives, capers, fresh basil, roasted garlic extra virgin olive oil

PORTOBELLO MUSHROOM RAVIOLI **$26.95**
Served with alfredo cream sauce

CHEESE RAVIOLI **$26.95**
Crushed plum tomatoes, roasted garlic, fresh basil with a touch of cream sauce

PENNE ALLA VODKA **$25.95**
Plum tomatoes, roasted garlic, fresh basil, touch of cream

FETTUCCINE ALFREDO **$25.95**
Roasted garlic, cream, topped with parmigiana cheese

EGGPLANT PARMESAN **$25.95**

SOBA STIR FRY **$25.95**
Organic noodle with fresh vegetables & a stir fry Japanese sauce

Under the supervision of the JSOR

PIZZAS

MARGHERITA $16.95
Tomato basil sauce topped with a combination of mozzarella

ZA'ATAR $17.95
Mozzarella cheese topped with za'atar

WILD MUSHROOM $17.95
A blend of fresh sautéed mushrooms

GRILLED VEGETABLES $19.95
Tomato basil sauce, onions, black olives. broccoli, mushrooms, peppers, topped with low fat mozzarella cheese

ALLA VODKA $17.95
Classic pizza with our homemade vodka sauce

DESSERTS

CHOCOLATE CHIP BLONDIE SOUFFLE $13.95

DOUBLE CHOCOLATE CHIP SOUFFLE $13.95

CHEESECAKE $13.95
(Ask your server for tonight's specials)

ICE CREAM (2SCOOPS) $12.95
Your Choice of Vanilla Bean, Chocolate.

SIDES

ORGANIC BROWN RICE $8.00

BLACK BEANS $8.00

CHARRED BROCCOLI $14.00

BLACK BEAN CHILI $9.00

STEAMED VEGETABLES $8.00

MASHED POTATOES $8.00

Ask about tonight's special!

SANDWICHES

Whole Wheal Wrap, Multi-Grain Baguette, White Baguette, Whole Wheat Pita (Toasted, or Regular)

TUNA SALAD (LOW FAT) $17.95

CLASSIC GRILLED CHEESE $17.95
Served with a side of fries

AVOCADO & FRESH MOZZARELLA $17.95

FRESH MOZZARELLA, TOMATO & BASIL $17.95

ROASTED BELL PEPPERS, PORTABELLA & MOZZARELLA $17.95

GRILLED SALMON SANDWICH $21.95

GRILLED TUNA SANDWICH $21.95
Served on a toasted Bun with lettuce, tomato and finished with wasabi mayo

FRIED FISH SANDWICH $20.95

BEVERAGES

SODA $3.00
SNAPPLE $3.00
CHOCOLATE MILK $3.00
BOTTLED SPRING WATER $2.00
PELLEGRINO NATURAL MINERAL WATER $6.00
SPARKLING WATER $6.00
ICED COFFEE $4.50
LATTE $4.00
SMOOTHIES $6.95
MILKSHAKE $6.95

ICED LATTE $5.00

ESPRESSO
Single shot 2. 50 Double shot 4. 00

FLAVORED COFFEE $3.25
(Vanilla, Caramel, Hazelnut)

FRESH BREWED COFFEE $2.50
CAPPUCCINO $4.95
HERBAL TEA $2.50
HOT COCOA $2.75

ASK US ABOUT OUR SPECIALITY DRINKS.

Under the supervision of the JSOR