

Organic Breakfast 9-4 sun-wed 9-6 thurs-sat

- Smoothie:** *RADIANT SMOOTHIE V-GF \$7
16oz blend of house-made organic almond hemp milk, Good Seed hemp seeds, B.C. apple juice, banana, berries or mango - V GF
- \$1 add ons:** Alkalizing: spirulina – kale - camu camu (highest vitamin C), moringa, baobab
Grounding: chaga – reishi – shilajit – maca – cacao – yacon - mesquite
- \$2 add ons:** * IMMORTAL BLEND: revitalizing / grounding mixture- shilajit, Fo-ti, lucuma, reishi
* PROTIEN - “off the charts” SUPERFOOD Mix – Ingredients alkalizing vegan protien mix
* SUPERFOOD Cacao mix – raw cacao, chaga, maca, meesquite, yacon, lucuma, true cinnamon
- Juice:** **WHEATGRASS JUICE \$3.25 /1 oz \$5.50/2 oz**
freshly pressed juice, locally grown. alkalize, detoxify and cleanse.
E-3live SHOT – Klamath Lake blue green algae juice – .5 oz \$2 - 1oz \$3.50
- VIBRANT JUICE (V- GF) \$8/16oz, \$4.50/8oz**
organic veggie and fruit juice of the day – daily creations to cleanse, alkalize and energize!
- Cereals:** **CHIA PORRIDGE “Poopsalatta” (V-GF-P) \$8**
Fiber and omega rich chia, hemp, buckwheat, sun flower, sesame and pumpkin seeds, goji, currants, cinnamon soaked in house made warmed almond/hemp milk and sliced apple - Raw if served cold – high soluble fiber to wick cholesterol out of the body!
- GRANOLA-Ingredients Style (V- GF) \$8**
House-made from high-protein, amaranth, quinoa, almond, seeds, Only Oats, dried fruit, all organic except the oats, served with HOUSE Made organic almond/hemp milk, apples and cinnamon or bananas
- Hearty Breakfasts:** **FARMHOUSE Breakfast \$11.50**
Two Organic free range eggs, scrambled or fried, fried smoked tofu, side salad, spelt multigrain toast and organic jam - **Vegan Style** – Sprouted tofu scramble instead of egg
- BREAKFAST Sandwich \$10** (add side salad or cup of soup \$3.50)
Organic free range egg, melted organic cheese, Fried smoked tofu, tomato, greens and organic cheese on toasted spelt multigrain (gluten free sub grilled rice tortilla)
Vegan Style – Sprouted tofu scramble and Daiya cheese or House Seedy Cashew Cheese
- SPELT MULTIGRAIN TOAST with ALMOND BUTTER & JAM V \$6**
2 Moulin Vert spelt multigrain toast with raw organic almond butter and house made organic jam— FYI spelt is a more digestible, more nutritious ancient relative of wheat
- BREAKFAST Rice Bowl \$13**
Two Organic free range eggs, scrambled or fried, Melted organic Cheese, Fried smoked tofu, steamed veg and greens, served on sprouted brown rice, earth balance, topped with Chili Powder, Tomato, Avocado, diced red onion fresh Lime, red cabbage and sprouts.
Vegan Style – Sprouted tofu scramble and Daiya Cheese or House Seedy Cashew Cheese
- \$1.50 add ons:** avocado, hemp seeds, salad dressing, 6 raw sundried olives, garbanzo beans, peanut butter, sliced tomato, house made jam, 2 almond crackers, 1 slice spelt bread or toast - sub gluten free tortilla
- \$2 add ons:** org. cheese - seedy cashew cheese - almond butter - 1 egg - baked or smoked tofu house-made sauerkraut – hummus - steamed veggies V=vegan GF=gluten free P=Paleo

Organic Lunch and Dinner 10-4 Sun-Wed 10-6 Thurs-Sat

Bowls: **BUDDHA BOWL \$11.50 V - GF**
Sprouted Brown Rice, Baked Tofu, Steamed Veggies and Greens, Grated Fresh Veggies and sprouts, House BUDDHA Peanut Coconut sauce and sprouted Seeds (or Asian Miso Ginger)
Add unpasteurized house sauerkraut \$1

CURRY BOWL \$10.50 V - GF
Sprouted Brown Rice, Steamed Veg and Greens, Sprouted Garbanzo Beans, Coconut Veggie Daal topped with veggies, sprouts and Chutney - *Add unpasteurized house sauerkraut \$1*

Soups: **INGREDIENTS SOUP \$6.75/bowl, \$4.50/cup**
served with spelt multigrain toast or rice cake OR house RAW almond crackers, add scoop of short grain brown rice on the side \$1.50 **V - GF** - add side salad \$3.50

SOUP OF THE DAY – Organic veggies, house-made broth, lots of LOVE very hearty! **V**
MISO SOUP – Miso base with shiro miso, GF tamari, sea vegetables, kale, leeks, grated carrot and baked tofu – topped with toasted seeds. *(buy the miso base to take home too!)* **V**

Sandwiches: **TLT Sandwich \$8.50**
Toasted Moulin Vert spelt multigrain bread, fried SoyaNova smoked tofu, tomato, sprouts, lettuce and Veganise - **add side salad or cup of soup \$3.50**

GRILLED CHEESE Sandwich \$6.75 gourmet version - \$9.25
Organic cheese on spelt multigrain - *Gourmet version* includes tomato, avocado, mayo & ground pepper **VEGAN Style – SUB DAIYA - GF - SUB RICE TORTILLA**
add side salad or cup of soup \$3.50

INGREDIENTS REUBAN Sandwich \$10.50
Grilled spelt multigrain with organic cheese or Daiya (**V**), house-made sauerkraut, fried Smoked Tofu, red onion, Dijon, Veganise - **add side salad or cup of soup \$3.50**

BREAKFAST Sandwich \$10.50 add side salad or cup of soup \$3.50
Organic free range egg, melted organic cheese, Fried smoked tofu, tomato, greens and organic cheese on toasted Spelt multigrain (gluten free sub grilled rice tortilla)
Vegan Style – Sprouted tofu scramble and Daiya cheese or House Seedy Cashew Cheese

Salads: **THAI NOODLE SALAD \$13**
Raw kelp noodles served on greens, veggies and sprouts topped with baked tofu, seeds, toasted almonds and lime ginger peanut dressing. **(V-GF-P)**

HOUSE Green SALAD \$8.25 or side \$4.50 - with a cup of soup add \$3.50
Greens, grated veggies, sprouts, sprouted chickpeas and seeds **(V-GF-P)**
dressings: *lemon tahini - miso ginger - lime ginger peanut*

Raw: **FALAFEL Salad Plate – RAW \$13 – ½ size \$8**
Greens, grated veggies, sprouts, cucumber topped with lemon tahini dressing, seedy almond veggie falafels, cashew sunflower cheese, raw olives and our house almond crackers! **(V-GF-P)**

Almond Beet Burger – RAW \$12 add side salad: \$3.50
Seedy Veggie Almond Beet Burger served on lettuce then topped with cashew sunflower cheese, grated veggies, sprouts, lemon tahini dressing and house made sauerkraut. **(V-GF-P)**

\$1 add ons: avocado - hemp seeds - salad dressing - raw sundried olives - garbanzo beans - peanut butter - sliced tomato - house made jam - almond crackers -1 slice spelt bread or toast sub - gluten free tortilla

\$2 add ons: org. cheese - seedy cashew cheese - almond butter - 1 egg - baked or smoked tofu house-made sauerkraut – hummous - steamed veggies **V=vegan GF=gluten free P=Paleo**