

Breakfast Menu

Served all day

Organic, natural and sustainable, because it is the best choice for now and the future.

V= Vegan/No Cholesterol

VO= Vegan/No Cholesterol Option

Add soy bacon or soy breakfast sausage to any order for an additional2.00

Huevos or Organic Tofu Rancheros - 2 organic eggs, or slices of organic tofu, poached in our homemade salsa topped with mozzarella and cheddar cheeses, over organic corn chips with sour cream9.50

Add on our organic refried beans and homemade guacamole for an additional charge

Quiche - Our award-winning savory custard-filled vegetable and cheese filled pie - we make our pie crusts using organic trans-fat free shortening. Served with your choice of bread.....8.00

Fruit Smoothies - See our Smoothie board for a build-your-own smoothie. We've been making them since 1975, so we're really good at it!5.00-8.00

Granola - Our homemade fruit and nut granola, made using the finest organic and natural ingredients. Served with sliced bananas, honey, organic wheat germ and milk or homemade yogurt5.50

Organic soy milk and organic almond milk are available for an additional50

Yogurt Parfait - Our homemade plain yogurt, assorted fruit, and our homemade granola 6.50

Whole Wheat Bagel - with butter or organic cream cheese 1.50-2.50

Muffins & Cupcakes - Made here from scratch

Lithuanian Coffee Cake - Our signature cake

*****Bring home a bag of granola, it makes a nice gift! *****

Breakfast Menu - Served until Noon

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Irish Breakfast - 2 organic eggs, fried in e.v.o.o., with sauteed organic mushrooms and tomatoes, served with roasted organic potatoes8.95

Eggs Florentine - 2 poached organic eggs, on an organic wheat English muffin, with organic baby spinach in a light cream sauce with Swiss cheese, served with roasted organic potatoes and slices of organic orange9.95

Scrambled or Poached Eggs - 2 organic eggs scrambled or poached as you please, served with your choice of whole grain bread5.25

The Good Egg Sandwich - A fried organic egg, with 2 strips of soy bacon and/or cheddar cheese on an organic wheat English muffin5.50

Add 1.00 for both bacon and cheese

Omelettes - 3 organic egg omelette with your choice of three fillings and one cheese, served with your choice of whole grain bread8.95

Fillings: sautéed organic baby spinach, tomatoes, red onion, mushrooms, black olives

Cheeses: Mozzarella, cheddar, feta, swiss, basil-ricotta or house- made queso blanco

V-Tofu Scramble - Organic tofu, scrambled with organic baby spinach, red onion, black olives and herbs cooked with a little extra virgin olive oil, garlic and lemon. Served with your choice of whole grain bread7.95

On Weekends from 9:00 AM until Noon

V -Whole Grain Pancakes - Served with warm fruit and pure maple syrup..... 8.95

French Toast - Our cinnamon and organic egg infused whole grain sliced bread, with sautéed bananas and pure maple syrup 8.95

Add 2 strips of soy bacon or soy sausage for an additional charge.

Thank you for supporting our efforts to bring organic,
locally grown and natural foods to our community!

Enjoy your day!

Sandwiches

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Served with a sample salad of the day

Add Chipotle or Spicy Buffalo soy chicken to any sandwich for an additional charge

Choose from our vegan, whole-grain breads: pita, baguette, sliced bread, homemade bun, bagel or a wrap

Pita sandwiches are big, overstuffed, eat with a fork sandwiches, filled with organic mixed greens and cucumber, tomato, and red onion and served with Sesame Tahini

- Grilled Cheese Florentine** - Organic baby spinach w/ chopped tomatoes, e.v.o.o., and melted mozzarella, on a multi-grain bagette..... 8.50
- VO- Arthur Avenue Sicilian Sandwich** - Broccoli rabe, sautéed with tomatoes, in e.v.o.o., with melted mozzarella..... 8.50
- Fire Island Sandwich** - Roasted spicy buffalo soy chicken, with roasted organic bell peppers, and our queso blanco, melted cheddar and mozzarella..... 8.50
- VO- Topo Gigio** - Roasted Portobello cap, and eggplant rounds, red onion, mozzarella, sliced tomato, and garlic-oil - served hot or cold..... 8.50
- VO -Grilled Organic Vegetables** - With sun-dried tomato and feta pesto or Vegan bean spread..... 8.50
- VO -Soy Bacon BLT** - crispy soy bacon, organic romaine, tomato, red onion, Hellman's mayonnaise or vegan mayonnaise..... 7.75
- Ricotta Napoli** - Fresh basil pesto ricotta, sliced tomatoes and mozzarella - served hot or cold 8.00
- V -Curry Chicken Salad** - Made with tiny chunks of soy chicken, grated carrots, diced celery and vegan mayonnaise 8.50
- Egg Salad** - Made with organic eggs, carrots and Hellman's mayonnaise, organic romaine, slices of tomato, and red onion 8.00
- Soup & Half Sandwich** - A mug of soup and a half-pita sandwich. Choose from veggie pita, fallafel, tabulli, egg salad, or curried soy chicken salad 8.75
- With Cream Soup 9.25
- VO- Veggie Pita Pocket** - A house salad in a pita, with sesame tahini served plain or add items from below;7.50
- Add:** fallafel, tabulli, sliced avocado, swiss, feta, cheddar, or mozzarella Additional 1.50 each
- VO- C.L.T.** - Chipotle soy chicken, organic romaine, tomatoes, red onion and Hellman's mayonnaise or vegan mayonnaise..... 7.75
- Pizza Bagel** - Our own marinara sauce with melted mozzarella on a wheat bagel 6.50
- Sara's Dream** - Sliced fresh tomatoes with melted mozzarella on a wheat bagel 6.00

Salads

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Salads are topped with sunflower seeds and homemade croutons, and served with our homemade dressing of your choice, and our homemade mini-loaf of really good bread

Our dressings

Jalapeno Chive Ranch, Creamy Parmesan Dill, Mango-Honey Mustard, Yogurt-Dill, V-Herbal Vinaigrette, V-Sesame Tahini, V-Reduced Fat Balsamic Orange Vinaigrette, V-Chile Vinaigrette

VO- House Salad - Organic mixed greens, tomato or organic grapes, organic cucumbers, red onions, sunflower seeds, and homemade croutons8.00

Add Ons: sliced egg, tabulli salad, fallafel balls, egg salad, curried soy chicken salad, chipotle or spicy buffalo soy chicken, sliced avocado, guacamole, feta. Swiss, cheddar, or mozzarella- 1.50 each

VO-Seasonal Salad - Organic Mixed greens w/ seasonal fruit, dried cranberries, candied walnuts & optional feta. We suggest our balsamic orange vinaigrette.....9.50

VO- Mediterranean Salad - Bulghur wheat tabulli, a fallafel ball, our hummus of the day, California black olives, feta cheese, and wheat pita, over our house salad 10.00

VO-Hi Protein Salad - Organic baby spinach with mushrooms, tomatoes, red onion, organic cucumbers, walnuts, raisins and mozzarella cheese..... 9.50

VO-Avocado Plus Salad - Organic baby spinach with mushrooms, sliced avocado and your choice of: egg salad, curried soy chicken salad, chipotle or spicy buffalo soy chicken 10.00

VO- Caesar Salad - Organic romaine leaves, our own delicious dairy-free miso dressing and our homemade croutons. Served with or without parmesan 9.00

With chipotle or spicy buffalo soy chicken 10.50

Greek Salad - Organic mixed greens topped with a mix of organic broccoli, red onions, tomatoes, black olives, organic cucumbers and feta in lemony-mint dressing 9.75

VO -S.S.B. - (Soup, Salad & Bread) A mug or bowl of soup, a house salad and our homemade bread 9.50/10.00

With Cream Soup 10.00/10.50

VO- Cobb Salad - Sliced avocado, hard-cooked organic egg, crispy soy bacon, and swiss cheese, over organic romaine leaves10.00

VO-Puebla Salad - Organic black beans, corn kernels, organic bell peppers, and red onions, over mixed organic greens, chopped tomatoes, and organic cucumbers, with our chili vinaigrette, organic corn chips, and optional feta cheese.....9.50

VO- Roasted Organic Vegetable Salad - A seasonal assortment of herb and garlic roasted organic vegetables, over a bed of organic baby spinach, with your choice of feta cheese or house-marinated cubes of organic tofu.....9.50

VO- APW Salad - Organic chick peas and cucumbers, red onion, and tomatoes, over organic mixed greens, with optional feta cheese or house-marinated cubes of organic tofu9.50

Mexican Entrees

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We make our own refried organic pinto beans, guacamole, and salsa,
using organic beans and organic grains

Nachos - Organic corn chips with melted cheddar and mozzarella cheese, served with our salsa and sour cream..... 7.75

Nachos & Refries - Nachos and our organic refried pinto beans..... 8.75

Mike's Nachos, Class of '83 - Nachos with organic refried beans and guacamole 9.75

Nachos del Alma - Nachos with black olives, jalapenos, red onions, and tomatoes..... 9.50

VO - Chili - Our stew of organic pinto and red kidney beans, brown rice, tomatoes, corn and chilies 8.50

VO- Tostada Frijoles - A crisp corn tortilla topped with organic refried beans, and salsa, served over organic greens, with chopped tomatoes, organic cucumbers, and red onion, with optional melted cheddar 8.75

VO Huevos Rancheros - 2 organic eggs, or tofu, poached in our homemade salsa with melted cheddar and mozzarella cheese, over organic corn chips served with sour cream 9.50

Mexican Lasagna - Layers of wheat and corn tortillas, refried organic pinto beans, corn, onions, organic spinach, carrots, organic mushrooms, organic zucchini, cheddar cheese, salsa, and sour cream..... 9.25

Eggplant Veracruz - Breaded and pan-fried eggplant cutlets with our tomato salsa, olives and cheddar cheese 9.25

Enchiladas de la Casa - Two Corn tortillas filled with our mixture of onions, corn, organic mushrooms, organic zucchini, carrots, organic baby spinach, sour cream, mozzarella, and cheddar cheese baked with tomato salsa 9.25

VO- Challapita - A crisp corn tortilla layered with our refried organic pinto beans, guacamole and sour cream, served over organic greens with chopped tomatoes 9.25

Quesadillas

A big wheat flour tortilla turnover, oven-baked and served with our tomato salsa and sour cream

Gluten-Free tortillas are available for an additional charge

Quesadilla Plain Cheese - With melted mozzarella and cheddar6.75

Quesadilla Refries and Cheese - With our refried organic pinto beans, cheddar and mozzarella.....8.25

Quesadilla Spinach-Tomato— With organic baby spinach, tomatoes, and our house-made queso blanco and mozzarella 8.50

Quesadilla Chipotle or Buffalo Soy Chicken - With mozzarella and cheddar8.50

VO-Quesadilla California - Baked with sliced avocado, chopped tomatoes, organic mushrooms, crispy soy bacon and mozzarella, served with organic black bean salsa 9.50

VO-Quesadilla Tia Juana— Filled with our salsa of organic black beans and bell peppers, corn, and red onion, tomato salsa, baked with mozzarella, topped with guacamole and our mango-cilantro crema9.50

VO-Quesadilla Roasted Organic Vegetable— Roasted organic seasonal vegetables with melted mozzarella.....9.25

Burritos

10-inch wheat flour tortilla, rolled and baked with our tomato and Anaheim chile salsa

Served with sour cream unless otherwise noted

Gluten-Free tortillas are available for an additional charge

Add guacamole for an additional charge

VO - Refried Beans and Cheddar - Refried organic pinto beans, mozzarella, and cheddar cheese.....8.25

VO- R&B - Refried organic pinto beans, organic brown rice, mozzarella, and cheddar cheese..... 8.75

Spicy Buffalo Soy Chicken - Our buffalo soy chicken, organic brown rice, refried organic pinto beans, and hot cherry peppers, with a little mozzarella.....9.75

VO-Corner Copia Grande - Refried organic pinto beans, organic brown rice, roasted organic seasonal vegetables, and your choice of spicy buffalo or chipotle soy chicken, mozzarella, and cheddar cheese, baked in our tomato salsa and topped with our guacamole.....10.25

Flat Bread Pizzas

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A 10" whole wheat tortilla with your choice of toppings:

Gluten-Free Tortillas are available for an additional charge

Margarita - Our San Marzano tomato marinara sauce with mozzarella.....7.00

BBQ Soy Chicken - Spicy soy chicken with barbeque sauce,
red onion and cheddar cheese.....8.00

Mediterranean - Organic baby spinach, red onion, tomato, feta cheese,
and mozzarella.....8.00

Zio - Tomatoes, basil ricotta, hot cherry peppers, mozzarella and garlic oil.....8.00

Pesto Ricotta - Fresh basil ricotta, tomatoes and mozzarella.....8.00

Veggie Burgers

We make our own burgers using organic grains, vegetables, and WALNUTS and serve them on our whole-wheat bun with organic romaine leaves, sliced tomato, and red onion, with a sample of our salad of the day

VO - All American Burger - With cheddar cheese and mozzarella.....8.00

VO- California Burger - With guacamole and melted cheddar.....9.00

VO- Mushroom Burger - With organic mushrooms and melted swiss cheese9.00

Greek Burger - With feta and house-made tzatziki.9.00

VO- Bistro Burger - With crispy soy bacon and melted swiss cheese.....9.00

Entrees

Eggplant Parmegiana - Breaded and pan-fried eggplant cutlets, baked in our San Marzano tomato marinara, with parmesan and melted mozzarella9.25

Eggplant Ravello - Our Eggplant Parmegiana with a layer of
our basil-pesto ricotta.....10.25

We prepare Assorted Pastas , Curries, and other Entrees every day. Please check our white boards and take a look in our fresh food deli case to see what we've made for you. And, of course, ask us for anything!