



•Salad•

- Garden** mini \$5.50 full \$7.00
Lettuce, Bean Sprouts, Carrots, Bell Pepper, Tomato and Special Homemade Dressing.
- Neptune** mini \$6.95 full \$8.50
Garden Salad topped with a scoop of Tuna Salad.
- Chicken** mini \$6.95 full \$8.50
Garden Salad topped with a scoop of Chicken Salad.
- Indian** mini \$6.95 full \$8.50
Garden Salad topped with a scoop of Curry Chicken Salad.
- Apple Walnut** \$8.95
Romaine lettuce covered with apples, walnuts, feta cheese and croutons, topped off with pure balsamic vinaigrette.
- Cranberry Delite** \$8.95
Cranberries, feta cheese, tomatoes and croutons on a bed of romaine lettuce with balsamic vinaigrette.
- Greek** \$8.95
Lettuce smothered with red onions, cucumbers, tomatoes, feta cheese, croutons, black olives and kalamata olives. Served with a balsamic vinaigrette.
- Oriental** \$9.50
Grilled chicken, mandarin oranges, wonton strips and sliced almonds on a bed of romaine lettuce served with an oriental dressing.
- Mediterranean** \$9.95
Tabouli salad plus tomato-cucumber-onion-feta cheese salad with balsamic vinaigrette. Served with flat bread and hummus.
- Add Flat Bread & Hummus** \$5.50
- Add Avocado** \$2.00
- Add Chicken** \$2.50
- Add 1/2 Sandwich** \$2.75
(comes with lettuce, tomato, and onions)

•Soup•

- Chicken Papaya** \$5.50
- Creamy Mushroom & Broccoli** sm \$4.50 lg \$5.50
- Lentil** sm \$4.75 lg \$6.50
- Veggie Chili** sm \$4.75 lg \$6.50
- Add Avocado** \$2.00
- Add 1/2 Sandwich** \$2.75
(comes with lettuce, tomato, and onions)

•Burrito•

contains brown rice, mashed pinto beans, lettuce, cheese, olives and salsa on your choice of whole wheat or spinach tortilla

- Bean** \$6.75
- Avocado** \$8.50
- Chicken** \$8.50
- Chicken Adobo** \$8.50
- Chicken Pesto** \$8.50
- BBQ Chicken** \$8.50
- Veggie Chili** \$8.50
(w/brown rice, lettuce, onions, and cheese)
- Add Avocado** \$2.00

•Plate Lunch•

comes with brown rice, side garden salad and side hijiki soybean salad

- Tofu Patty** \$8.95
- Tuna Patty** \$8.95
- Vigor Patty** \$8.95
- Chicken Adobo** \$8.95
- Veggie Chili** \$8.95

• Sandwich/ Wrap •

piled high with veggies:
lettuce, tomatoes, bell peppers, olives, carrots, beets,
onions, cucumbers, bean sprouts and clover sprouts
topped with our special house dressing

Sandwich served on multi-grain bread or
make it gluten-free bread for additional \$1.50
Wrap served in choice of whole wheat or spinach tortilla

Garden	\$7.00
Avocado	\$8.00
Tuna Salad	\$8.50
Chicken Salad	\$8.50
Chicken Curry Salad	\$8.75
Tofu Patty	\$8.50
Tuna Patty	\$8.50
Vigor Patty	\$8.50
Turkey	\$8.50
Turkey Pastrami	\$8.50
Chicken Pesto	\$8.95

Coco Chicken Curry Salad..... \$8.75
(piled with lettuce, tomatoes, onions and clover sprouts
topped with our special house dressing)

Add Avocado	\$2.00
Add Hummus	\$0.80
Add Extra Veggie	each \$1.00

• Juice/Tea •

Alka-Greens (Fresh Pressed Juice) . . . \$7.50
(Cucumber, Celery, Apples, Kale, Lemon, Ginger)
Mamaki Tea

small \$3.50 large \$4.50

(Fresh brewed, unsweetened)

*menu, prices
and hours subject
to change without notice

Phone Orders Welcome
TEL 955-3600

• Smoothie •

Strawberry **Fresh Pineapple**
Fresh Orange **Fresh Banana**
Fresh Apple **Coconut Flakes**
Org. Peanut Butter **Fresh Papaya**

One or Two Flavors

small \$5.50 large \$6.75

Add Flavor

each \$1.00

Non-Dairy Smoothie

\$0.80

Add-In

each \$1.00

(Wheat Grass, Flaxseed Meal)

Power Add-In

each \$2.00

(Vanilla or Chocolate Whey Protein, Maca Pro, Camu Camu, Vibrant Greens, Spirulina, Chia, Colostrum or Coconut Oil)

Maca Pro

\$7.50

(Banana, Peanut Butter, Maca Pro Powder, Honey)

Acai (Frozen Acai, Banana, Milk Powder, Honey)

\$8.00

MaCaCao

\$8.50

(Almond Milk, Banana, Peanut Butter, Maca Pro Powder, Raw Cacao Powder, Honey)

Choco Coco

\$7.50

(Almond Milk, Reset Chocolate Protein, Coconut Oil)

Kale

\$8.00

(Kale, Banana, Orange, Pineapple, Papaya, and Org. Dates)

Mint Green

\$8.00

(Orange, Banana, Fresh Mint, Spirulina, Chlorella, Alfalfa, Wheat Grass, and Honey)

Gingerade

\$8.00

(Pineapple, GInger, Orange, Kale, Almond Milk, Org. Dates)

Pitaya (Dragonfruit)

\$8.00

(Raw Org. Pitaya, Strawberries, Shredded Coconut, Honey)

Pitaya Bowl Mixed with Strawberry and topped

w/Bananas, Org. Granola & Shredded Coconut . \$7.50

Acai Bowl w/Banana & Org. Granola . . \$7.50

Deli Hours MON-FRI 10a-6p SAT 10a-4p SUN 10a-3p