



305.442.8610
357 Alcazar Ave
11am-6pm

Lunch Offerings: 11:00 am-3:00pm

“Green Plate Special”: \$7.50 2 Vegetables and 1 Side
Soup and Salad Duo: \$6.95 a bowl of soup and salad listed below
Salad Combo: \$6.95 2 salads on a bed of greens

Soups: \$3.00cup \$5.00 pint \$9.00 quart

Soups are vegetarian unless noted.

Red Lentil

Quinoa Chowder with Spinach and Feta

Wild Mushroom and Sherry

Sandwiches: We use whole wheat baguettes & wraps or multigrain bread

California Wrap \$6.95

Avocado- heirloom tomato-provolone-baby greens- sun-dried tomato vinaigrette-

Caprese Wrap \$6.95

Heirloom tomato-fresh basil-onion-mozzarella-pesto-

Mediterranean Veggie Wrap \$6.95

Baba Ghanouj eggplant-bell peppers-carrots-cucumber-sprouts-curry vinaigrette

Goat Cheese on Baguette \$6.95

With sun dried tomatoes-marinated artichokes-black olive vinaigrette

Chicken Caesar Wrap \$6.95

Chicken-red onion-romaine lettuce-low-fat Caesar dressing

Ham and Cheddar \$6.95

Natural ham-aged cheddar-cucumber-maple-dijon-multigrain bread

Featured Salads:

Green Salad: \$2.75 sm \$5.00 lg

With red wine vinaigrette, honey-balsamic vinaigrette, or creamy black pepper

Caesar Salad \$3.00sm \$6.00 lg

Low fat dressing made with real Parmesan cheese and anchovy

Brown Rice Salad \$7.99/lb

Long grain brown rice, pine nuts, shiitake mushrooms, asparagus, carrots and scallion tossed in a soy-ginger dressing

Whole Grain Pasta Salad \$5.99/lb

Penne with bell peppers, olives, feta cheese, fresh oregano, and tomato in a red wine vinaigrette

Caprese Salad \$7.99/lb

Heirloom tomato, fresh mozzarella, arugula, basil pesto, and balsamic vinaigrette

Lentil & Quinoa with a Curry Vinaigrette \$5.99/lb

French lentils, fluffy quinoa, cilantro and carrots tossed with a spicy curry vinaigrette

Avocado and Beet \$6.99/lb

Avocado, roasted beets, walnuts, and goat cheese served over arugula with a balsamic vinaigrette

Broccoli Salad \$6.99/lb

Steamed Broccoli tossed with whole roasted garlic cloves, lemon zest, and a pinch of chile

Featured Entrees

Pork Tenderloin with Lemon Caper Sauce \$16.99/lb

Chicken Provencale \$14.99/lb

Organic chicken braised with tomatoes, white wine, onion, and tomatoes.

Artic Char: broiled farmed salmon relative

with Salsa Verde \$15.99/lb

with a honey-ginger glaze \$15.99/lb

Citrus Talapia \$12.99/lb

Talpia fillet topped with chopped Asian herbs and roasted with a kaffir lime sauce

Spiced Shrimp Scampi \$16.99/lb

Sauteed shrimp flavored with garlic, spices, and parsley

Prime Rib with a horseradish cream sauce \$20.99/lb

One pound minimum

Vegetables of the Day

Heirloom Tomatoes \$6.99/lb

Sliced and topped with a creamy light blue cheese dressing.

(Other dressings available)

Marinated Peppers \$6.99/lb

Sweet roasted yellow, orange, and red bell peppers topped with fresh basil, garlic, and balsamic vinaigrette.

Eggplant Rollatini \$7.99/lb

Sliced eggplant stuffed with roasted red peppers, goat cheese, capers, and basil. Topped with fresh tomato sauce.

Cauliflower puree \$6.99/lb

A delicious and low-carb alternative to mashed potatoes

Braised Green Beans with Almonds \$6.99/lb

Green beans braised with herbs, almonds, and a touch of garlic

Prosciutto Wrapped Asparagus \$10.99/lb

Thinly sliced prosciutto wrapped around asparagus spears and herbed boursin cheese

Zucchini with Basil \$6.99/lb

Local zucchini sautéed with garlic and fresh basil

Side Dishes

Steamed Brown Rice \$2.99/lb

Garlic Loaf \$2.99/loaf

Crusty whole wheat garlic-cheese bread

Wild Rice with Autumn Flavors \$8.99/lb

Wild rice pilaf flavored with celery, caramelized onion, apple, chestnuts, and natural bacon

Smashed Sweet Potatoes \$5.99/lb

Flavored with maple syrup, fresh orange, and a little ginger

Whole Grain Macaroni and Cheese \$5.99/lb

Quinoa Pilaf \$6.99/lb

High protein, fluffy quinoa grain with fresh herbs and caramelized onion