

Sides

avocado quarter/half	2/3
poached egg	2.5
pickled jicama	3
steamed quinoa or brown rice	3
multiseed crackers	3
marinated kalamata olives	3.5
tamarind candied peanuts	3.5
cumin toasted chickpeas	3.5
house sauerkraut	3.5
steamed greens	3.5
daily legume	3.5
grilled tempeh	4.5
seaweed	4.5
garlic grilled buckwheat focaccia	4.5
sweet potato flatbread	4.5
roasted potatoes w/house ketchup	4.5
side salad	6
dressings & sauces:	3
tahini lemon	
miso ginger	
fig balsamic	
flax lemon	
honey mustard mayo	
sun dried tomato ketchup	
spicy peanut	
ranch	
jalapeno crema	
strawberry chutney	
mango hemp	
oregano lemon	
basil pesto	

Soups & Salads

all salads & soups are served with a raw dehydrated multi-seed cracker

Soup - ask your server	
cup	5
bowl	9
Market Salad - raw	15
young greens, seasonal juliennes, tomato, avocado, house sauerkraut, cucumber, sprouts, hemp hearts	
choice of dressing: <i>tahini-lemon, miso-ginger, fig balsamic or flax-lemon</i>	
Horiatiki Salad	15.5
marinated tomato, cucumber, red onion, kalamata olives & bell peppers, sprouts, cashew feta, oregano-lemon dressing, baby greens, puffed buckwheat	
Charred Eggplant Salad	15.5
arugula, red cabbage, pickled jicama, cumin roasted chickpeas, quinoa, kale, toasted pumpkin seeds, sprouts, herbs, mango-hemp dressing	

Starters

Warm Olives	7
marinated in basil & heirloom tomato	
Summer Roll	9
avocado, summer vegetables, sprouts, blanched collard wrap, spicy peanut sauce	
Grilled Bruschetta	10
ciabatta, basil pesto, heirloom tomato, cashew parmesan, pea sprout puree	
Cauliflower Wings	12
spicy battered cauliflower, cashew ranch dip	

Bowls

served with a multiseed cracker

Island Bowl 16.5

stir-fried summer vegetables & greens, tamarind candied peanuts, cilantro, toasted coconut, sunflower sprouts, spicy peanut sauce, steamed brown rice

Jaca Bowl 16.5

roasted white beans & spicy jackfruit, mango salsa, jalapeño crema, avocado, spinach, sprouts, crispy tortilla, toasted pepitas, steamed quinoa

Green Bowl 17

dark greens, broccoli, bok choy, red onion, zucchini & cabbage in coconut green thai curry on steamed brown rice with avocado, toasted cashews, cilantro & scallions

Mac & Cheese 16

brown rice macaroni, coconut-cashew cheese sauce, summer vegetables & greens, herbed walnut parmesan

Littlest Dragon Bowl (10 and under only) 11

rice or quinoa with choice of sauce & any 2 toppings: cherry tomato, tempeh, cucumber, roasted potatoes, avocado, daily legume, steamed greens, poached egg, or kalamata olives (*sauces in sides*)

Karma Bowl 12

choice of rice or quinoa with steamed greens, daily legume & choice of sauce: tahini-lemon, miso-ginger, or fig-balsamic

We believe that everyone deserves a warm meal, for every Karma Bowl you order we make a \$1 donation to the mustard seed to help feed the hungry

Sandwiches

all sandwiches are served with your choice of soup, salad, or roasted potatoes

ZLT - raw 15.5

zacón, greens, tomato, avocado, red onion, honey mustard mayo, sprouts, almond pumpernickel

Mason St. Burger 16.5

spinach & white bean patty, ranch, strawberry chutney, cucumber, greens, sprouts, pickled cabbage, grilled sweet potato flat bread

Heirloom Tomato Sandwich 16

basil pesto, remoulade, pickled jicama, arugula, sprouts, grilled buckwheat focaccia

Mains

available after 5 pm

Tacos 3 Ways 21.5

adobo jackfruit, battered cauliflower, and roasted white bean, mango salsa, house tortillas, green sauce, avocado, pickled jicama, baby greens, pepitas, shaved fennel and cabbage salad

Polenta Lasagna 20

grilled nightshades, basil pesto, cashew & white bean ricotta, tomato water, habanero oil, arugula, cashew parmesan, black garlic focaccia

Saag Paneer 21.5

coconut masala fried greens, cashew paneer, sweet pea samosa, crispy papadum, cardamom rice ball, crispy chickpeas, strawberry chutney

Vish n' Chips 21

beer battered dulce tofu, preserved lemon remoulade, black lime potatoes, local seaweed, grilled cider cabbage, green pea puree