

~ Salads ~

Roasted Squash & Kale

with fresh fennel, carrot, purple cabbage, vegan feta, toasted pine nuts, basil and cranberry raisins, massaged with caramelized onion-red wine vinaigrette

Green Apple & Arugula

cucumber, fennel, arugula, mint, basil, fetta, green apple, candied hemp and pumpkin seeds with citrus vinaigrette

Mediterranean

spinach, cucumber, olives, cherry tomato, roasted peppers, vegan parmesan, croutons, and parsley with lemon-herb vinaigrette

Kale Caesar

with romaine, fennel, roasted chickpeas & capers, herbed croutons tossed in a cashew Caesar dressing

French Lentil

with celery, purple cabbage, fennel, carrot, red onion, parsley, vegan feta, dill and white wine vinaigrette

Mexican Chop

kale, purple cabbage, carrot, tomato, onion, roasted corn, cilantro, black beans, spiced corn chips and avocado-pepita dressing

Pan Asian Noodle

sweet potato glass noodles with fresh peppers, carrot, cabbage, fried tofu, mint and cilantro with a sweet ginger-peanut dressing

Crafted with high quality and organic ingredients and environmentally friendly practices. Designed to be nutrient rich and provide a mouth watering experience! Gluten-free options available upon request.