

STARTERS AND SMALL PLATES

SEA CAKE

Butternut squash, yam and sea vegetable croquette, pesto, sweet chili aioli 8.95

WABI SABI ROLLS

Cabbage, cucumber, carrot, mint, cilantro, rice noodles, rice paper, wasabi dressing 8.95

SUN-DRIED TOMATO HUMMUS

Homemade chickpea dip, cucumbers, toasted pita tips 10.25

LENTIL-WALNUT PATÉ *WITH TOFU SOUR CREAM*

Wheat-free rice sesame crackers, carrots, celery 10.25

NOT-CHOS

Tortilla chips, melted cashew cheese, black beans, pico de gallo, guacamole, tofu sour cream 11.75 W/ TACO MIX ADD 2.75

NORI MAKI

Sweet brown rice, shiso, tempeh, avocado, carrot, collard greens, umeboshi, tamari dipping sauce, wasabi, pickled ginger 5 PIECES 6.95 10 PIECES 10.95

BLT TARTINE *MINI OPEN-FACED SANDWICH*

Tempeh bacon, avocado, tomato, spicy vegenaïse, sourdough baguette, baby mix lettuces, balsamic vinaigrette 9.95

SOUPS, BREADS AND SPREADS

COUNTRY VEGETABLE MISO **SOUP OF THE DAY** CUP 3.95 BOWL 5.25

BREADS House Baked Corn-Grain • Hemp • Rye • Sourdough 2.25

SPREADS Tahini Miso • Carrot Cumin 1.95 **BREAD 'N' SPREAD** 3.75

SALADS

HOUSE

Seasonal greens, carrots, beets, cucumbers, choice of dressing

STARTER 4.25 REGULAR 7.95

CAESAR

Romaine hearts, capers, wheat-free blue corn croutons, caesar dressing

STARTER 4.25 REGULAR 8.25

FARM CHOP

Seasonal vegetables, avocado, seasonal greens, choice of dressing 12.75

BBQ TOFU CHOP

Seasonal vegetables, barbeque tofu, shredded cashew cheese, romaine, ranch dressing 14.75

MEXICALI CHOP

Pinto beans, avocado, seasonal vegetables, romaine, baked tortilla strips, lime cilantro dressing 13.75

YIN YANG

Cabbages, romaine, carrots, cucumbers, edamame, cilantro, sesame seeds, peanuts, peanut dressing 12.75

COLD SOBA

Soba noodles, julienne vegetables, cucumbers, cilantro, sesame seeds, peanuts, peanut dressing 12.95

ADD ONS FOR YOUR SALAD 2.75

Blackened Tempeh • Tempeh Bacon Marinated Tofu • Grilled Tofu

Shelled Edamame

Avocado 1.95

Wheat-Free Blue Corn Croutons 1.25

Shredded Cashew Cheese SM 1.75 LG 3.50

MAIN COURSES

STIR IT UP

Julienne vegetables, ginger garlic sauce over your choice of brown rice, soba noodles or daily greens 12.95

FETTUCCINI ALFREDO

Spinach fettuccini, creamy alfredo sauce, roasted red peppers, broccoli, toasted pine nuts, roasted garlic bread 12.95

PIZZA YA CAN EAT-ZA *WHEAT, GLUTEN & YEAST FREE*

Herb corn meal crust, sun-dried tomato pesto, tomatoes, spinach, basil, melted cashew and mozzarella cheeses, sautéed daily greens & cannellini beans 14.25

TAC-O' THE TOWN

Corn tortillas, seasoned seitan, onions, peppers, guacamole, pico de gallo, tofu sour cream, spanish rice, black beans 14.25

EL BANDITO ROJO *WHEAT & GLUTEN FREE*

Corn enchiladas, seasoned tempeh, salsa roja, spanish rice, black beans, pico de gallo, tofu sour cream, guacamole 13.95

SALISBURY SEITAN

Wheat meat cutlets, mashed potatoes, golden gravy, caesar salad 13.25

TV DINNER

Tempeh vegetable loaf, mashed potatoes, golden gravy, vegetables 13.95

SUPREME BURRITO *WET OR DRY*

Spanish rice, black beans, tempeh bacon, cashew cheese, onions, peppers, avocado, lettuce, tomato, tofu sour cream, ranchero sauce 12.95

W/ TACO MIX ADD 2.75

SANDWICHES AND WRAPS

Served with tossed house or Caesar salad. For an additional charge of 2.50 salad may be substituted with one item from the basic vegetable or grain list.

RFD BURGER

Tempeh vegetable patty, sautéed onions, lettuce, tomato, rustic roll 10.75

BURGER *WITH THE WORKS*

RFD Burger plus avocado, tempeh bacon, melted cashew cheese 14.75

TOTAL REUBEN

Tempeh, tofu cheese spread, sauerkraut, thousand island dressing, sourdough rye bread 11.75

THE CLUB *TRIPLE DECKER OR IN A WRAP*

Seitan, tempeh bacon, avocado, lettuce, tomato, vegenaïse, sourdough bread 13.75

LIVING WRAP

Red pepper sunflower spread, cucumbers, guacamole, lettuce, tomato, salad greens, citrus herb dressing, collard greens 10.75

SPICY BLT WRAP

Tempeh bacon, avocado, lettuce, tomato, spicy vegenaïse, spinach wrap 10.75

CAESAR WRAP

Blackened tempeh, avocado, capers, romaine hearts, caesar dressing, spinach tortilla 10.75

GRILLED VEGGIE WRAP

Seasonal squash, onions, sun-dried tomato pesto, lettuce, tomato, spinach tortilla with your choice of grilled tofu or portabella mushroom 11.75

ADD ONS FOR YOUR SANDWICH OR WRAP

Tempeh Bacon 2.75

Tofu Cheese Spread 2.75

Avocado 1.95

Plain or Jalapeno Cashew Cheese SM 1.75 LG 3.50

REAL FOOD

Based on the principles of macrobiotics, the 'Real Food Meal' is a balanced selection of foods representing the five elements of Eastern health philosophy.

To maintain the integrity of the plate, please only one substitution.

REAL FOOD MEAL 13.95

Brown rice, beans, greens, land and sea vegetables, pressed salad, dressing or sauce

REAL FOOD BARGAIN 16.95

The Real Food Meal, cup of miso or soup of the day, slice of corn grain bread and spread

THE BASICS

BASIC TWO 7.95 • BASIC THREE 9.95 • BASIC FOUR 11.95 • BASIC FIVE 13.95

Choose a dressing or sauce. The first one is on us, after that there is an additional charge. Choose from one to five of the following items to create your own dish.

VEGGIES 4.25
VEGGIES OF THE DAY
DAILY GREENS
SEA VEGETABLES
PRESSED SALAD
POTATO SALAD
MASHED POTATOES
STARTER HOUSE
STARTER CAESAR

BEANS & GRAINS 4.00
MILLET & QUINOA
BROWN RICE
SPECIALTY GRAIN
SPANISH RICE
SOBA NOODLES
BEANS OF THE DAY
BLACK BEANS

PLANT PROTEINS 4.75
ONLY 1 PROTEIN PER BASIC
TEMPEH (Reuben or Blackened)
Tofu (Marinated or Grilled)
SEITAN (Salisbury or Club)

DRESSINGS AND SAUCES

All dressings and sauces are made fresh on the premises 1.50

HOUSE • CAESAR • BALSAMIC VINAIGRETTE • LIVING CITRUS HERB
RANCH • LIME CILANTRO • WASABI
PEANUT SAUCE • RANCHERO SAUCE • SAVORY GOLDEN GRAVY
HERB TOMATO SAUCE • HICKORY BBQ SAUCE

FRESH JUICES AND BEVERAGES

FRESH JUICES 16 OZ. 5.95

SWEET GREEN - cucumber, celery, parsley, spinach w/ a splash of apple
RED HEAD - beet, carrot, celery, apple
MUTT JUICE - a little of everything
POWER C - carrot, celery, OJ
SIMPLE CARROT
WHOLE APPLE
100 % ORANGE JUICE
GINGER ROOT OR LEMON BOOST 50¢
HOMEMADE LEMONADE 5.95
ARNOLD PALMER 4.95

BOTTLED DRINKS

GINGER BREW 2.95
ROOT BEER 2.95
GUAYAKI YERBA MATE 2.95
SYNERGY KOMBUCHA 5.95
SPARKLING MINERAL WATER (750 ML) 5.95

ICED TEAS 3.95

AÇAÍ BERRY KUKICHA

LATTES 4.25

Lattes made from organic fair trade coffee beans

CAFFE CHAI YERBA MATÉ TEECCINO
served hot or iced, made with soy, rice, almond or hemp milk

HOT TEAS 2.95

OUR HOUSE TEA: Kukicha
Fair trade and biodynamic
BLACK, GREEN, HERBAL, WHITE

SMOOTHIES

POWER GREEN 7.95
Raspberries, strawberries, banana, Macro Greens powder, raw almonds, flax seeds, coconut water

CHOCOLATE STRAWBERRY SMOOTHIE 5.95
Strawberries, banana, raw cacao powder, berry juice, agave nectar

TROPICAL 5.95
Mango, pineapple, banana, coconut water

ANTIOXIDANT 5.95
Açaí berry bar, mixed berries, banana, berry juice

TEMPTING MILK SHAKES *SOY & GLUTEN-FREE* 5.75

CHOCOLATE SHAKE
Chocolate fudge hemp ice cream, hemp milk

VANILLA SHAKE
Vanilla hemp ice cream, hemp milk

STRAWBERRY SHAKE
Add strawberries to the vanilla shake

ADD-ONS 95¢

Macro Greens powder
Hemp protein

SUNDAY BRUNCH 10^{AM} - 3^{PM}

BRUNCH PLATES

RFD BENEDICT

Savory herbed tofu, sautéed spinach, tomatoes, sourdough bread, corn hollandaise with tempeh bacon, hash browns or fruit 13.95

SEA CAKE BENEDICT

Our Sea Cake, sautéed spinach, herbed tofu, tempeh bacon, corn hollandaise with seasonal greens, balsamic vinaigrette 14.95

THE WEEKENDER

Scrambled tofu, onions, tomatoes, cashew cheese, tempeh bacon, half order french toast OR two pancakes with hash browns or fruit 14.25

NO-HUEVOS RANCHEROS

Scrambled tofu, onions, tomatoes, bell and chili peppers, corn tortillas, ranchero sauce, avocado with black beans, pico de gallo 10.95

BREAKFAST BURRITO

Whole wheat flour tortilla, scrambled tofu, tempeh bacon, spanish rice, black beans, onions, peppers, topped w/ ranchero sauce, cashew cheese, guacamole, pico de gallo with hash browns or fruit 13.75

SCRAMBLES

THESE PLATES ARE MADE WITH FRESH TOFU,
SERVED WITH TOAST AND HASH BROWNS OR FRUIT

AVA B 'N' CHEEZ SCRAMBLE

Avocado, crumbled tempeh bacon, sun-dried tomatoes, cashew cheese 12.95

SAUSAGE SCRAMBLE

Chipotle seitan sausage, onions, peppers, cilantro, melted cashew cheese 12.95

BUILD YOUR OWN SCRAMBLE 8.75

ADD ONS FOR YOUR SCRAMBLE

Avocado 1.95 Guacamole 1.95
Melted Cashew Cheese 1.75
Tempeh Bacon 1.75
Chipotle Seitan Sausage 1.95

ALL ITEMS BELOW 1.25

Black Beans • Sun-dried Tomatoes
Fresh Tomatoes • Pico de Gallo
Sautéed Onions • Red Peppers
Ranchero Sauce • Spinach

OFF THE GRIDDLE

SERVED WITH VEGAN BUTTERY SPREAD AND PURE MAPLE SYRUP

PANCAKES STACK OF 3 8.95

Gluten and wheat free w/ almond flour with blueberries or bananas add 1.50

PANCAKE PLATTER

with tempeh bacon, choice of hash browns or fruit 12.95

BIG 'OL WAFFLE

Gluten and wheat free w/ almond flour with soy whip & fresh berries 8.95

WAFFLE PLATTER

with tempeh bacon, choice of hash browns or fruit 12.95

FRENCH TOAST

Rustic bread soaked in vanilla soy flaxseed batter 9.95

FT PLATTER

with tempeh bacon, choice of hash browns or fruit 13.95

BREAKFAST BASICS

SERVED WITH SOY, RICE, ALMOND OR HEMP MILK

FRUIT PLATE

Selection of five seasonal fruits 7.95

RFD GRANOLA

with bananas and berries 6.95

AÇAÍ GRANOLA BOWL

Sambazon açai berry, RFD homestyle granola, bananas and berries 8.95

CREAMY OATMEAL

Cooked to order - quick oats, quinoa flakes with bananas and berries 6.95

THE CALIFORNIAN

Granola or oatmeal, scone or muffin, one hot tea or coffee beverage 10.95

THE CONTINENTAL

Scone or muffin, fruit, one hot tea or coffee beverage 7.95

HOUSE BAKED GOODS

Wheat-free Muffin 3.25

Cinnamon Bun 3.75

English Scone 3.75

SIDES

Toast 1.25

Hash Browns 2.95

Tempeh Bacon 2.95

Chipotle Seitan Sausage 2.95

Scrambled Tofu 4.95

One Pancake or French Toast 3.75

Tortillas (3) Corn or (1) Wheat .75