

sides & take-out sides

imported black and green olives	\$2.00
organic brown rice	\$7.95
berlin rice	\$9.95
[organic brown rice with organic soy beans and pine nuts]	
quinoa	\$8.95
falafel	\$5.95
one scoop of tuna salad	\$6.95
one scoop of chicken salad	\$6.95
tabbouleh	\$5.95
feta cheese	\$2.00
kosher feta cheese	\$2.95
soy cheese	\$3.00
monterey jack cheese	\$2.00
babaganoush [eggplant salad].....	\$7.95
bagel	\$2.95
organic cream cheese	\$1.50
sour cream	\$1.50
organic jelly	\$1.00
baked organic tofu [marinated in ginger and curry]	\$6.95
organic cottage cheese	\$2.95
pepperoncini peppers.....	\$2.00
tomatoes	\$2.95
avocado	\$3.95
steamed veggies.....	\$8.95
portobello mushroom.....	\$7.95
bonita's salmon.....	\$18.95
grilled or poached salmon	\$18.95
grilled chicken breast	\$9.95
kosher grilled chicken breast	\$11.95
black or red beans.....	\$9.95
2 eggs	\$5.95
side multigrain bread	\$1.95

take-out containers

all fresh ingredients by the pound

tuna salad [white albacore meat]	\$17.95
chicken salad.....	\$19.95
98% fat-free sliced smoked turkey breast..	\$11.95
eggplant salad [babaganoush].....	\$9.95
hummus	\$8.95
tahini.....	\$9.95
tabbouleh	\$9.95
mj's dressing [4oz].....	\$3.95
[12 oz].....	\$9.95

our chicken is 100% organic