sides & take-out

sides

imported black and green olives .......... $1.00
organic brown rice ................................ $6.95
berlin rice ........................................ $7.95
[organic brown rice with organic soy beans and pine nuts]
quinoa .................................................. $7.95
falafel .................................................. $3.95
one scoop of tuna salad ..................... $3.95
one scoop of chicken salad .................. $4.95
tabbouleh .............................................. $3.95
feta cheese .......................................... $1.50
kosher feta cheese ............................... $2.00
soy cheese .......................................... $2.50
monterey jack cheese ......................... $1.50
babaganoush [eggplant salad] ............... $5.95
bagel .................................................... $2.50
organic cream cheese ......................... $1.50
sour cream .......................................... $1.00
jelly ..................................................... $1.00
baked organic tofu [marinated in ginger and curry] .......... $4.95
organic cottage cheese ....................... $1.95
pepperoncini peppers ......................... $1.00
tomatoes ............................................. $1.95
avocado .............................................. $2.95
steamed veggies ................................... $6.95
portobello mushroom ......................... $5.95
bonita’s salmon .................................... $17.95
grilled or poached salmon ................... $17.95
grilled chicken breast ......................... $8.95
kosher grilled chicken breast .............. $10.95
black or red beans ............................... $7.95

take-out containers

all fresh ingredients by the pound

tuna salad [white albacore meat] .............. $14.95
chicken salad ...................................... $16.95
98% fat-free sliced smoked turkey breast .... $9.95
eggplant salad [babaganoush] .................. $8.95
hummus ............................................ $8.95
tahini ................................................... $8.95
tabbouleh ........................................... $7.95
turkey sauce [special house red sauce] ........ $8.95
mj’s dressing [4 oz] ............................. $1.95
[12 oz] .................................................. $6.95

our chicken is 100% organic

starters

organic steamed soybeans [edamame] ........ small $4.95
large $7.95

guacamole with pita ............................... $9.95
avocado, tomato, onion, cilantro and fresh lime juice

hummus with sliced veggies .................... $9.95
carrots, celery and cucumber

hummus with falafel .............................. $9.95

hummus with pita .................................. $6.95

cheese toast ......................................... $5.95
with tomato ........................................... $6.95
with soy cheese .................................... $7.95
with soy cheese and tomato .................. $8.95

organic baked potatoes

plain baked, orange sweet, oriental white sweet or boniato potato .......... $4.95

with monterey jack cheese ................. $5.95
with soy cheese .................................... $6.95
with steamed veggies ......................... $9.95
with steamed veggies and cheese .......... $10.95
with steamed veggies and soy cheese ...... $11.95
with tuna salad .................................... $10.95
with tuna salad and cheese ............... $12.95
with tuna salad and soy cheese .......... $12.95
with chicken salad ............................... $13.95
with chicken salad and cheese .......... $14.95
with chicken salad and soy cheese ........ $14.95

house-made soups

vegetable ........................................... $7.95
organic lentil ....................................... $7.95

our chicken is 100% organic

all substitutions will be charged á la carte

for parties of 5 or more an 18% gratuity will be added to your check