



Organic • Gluten-free • Vegan

We look forward to nourishing you!

Eat Better ♥ Feel Better

We satisfy the hearty eater, those with food sensitivities, and fitness enthusiasts alike!

Appetizers

- **Fruit Platter (raw)** - Assorted seasonal fruit; beautifully decorated.
- **Rice Paper Rolls** - With marinated daikon, carrots, cilantro, sprouts, and an almond ginger sauce.
- **Stuffed Mushrooms** - With quinoa and herbs.
- **Cheez Platter (raw)** - With 3 flavors: Herbs de Provence, Olive Caraway or Pimiento. Served with cucumber slices, Lydia's Crackers and chips.
- **Ocean Friendly Nori Rolls (raw)** - Sprouted almond carrot paté with avocado, cucumber, sprouts, lettuce, and sesame dill "Kreem". Cut into bite size pieces.
- **California Roll** - Nori Roll with brown rice, avocado, carrots, red bell pepper, and red cabbage.
- **Raw Mini Pizzaz (raw)** - Our cashew "cheez" with marinated vegetables and tomatoes.
- **Burger Sliders** - Mini-burgers with blinis (sprouted buckwheat homemade bread), cashew "cheez", and tomatoes.
- **Veggie Burger Bites** - Served with a sesame dill sauce.
- **Grilled Asparagus** - Marinated with slivered almonds and red bell peppers.
- **Hummus (cooked or raw)** - On cucumber slices and kalamata olives; or red bell pepper.
- **Baked Falafel** - A healthy, baked (not fried) falafel served with a sesame sauce.
- **Individual Mini-Mysitc Pizzas** - With seasonal vegetables (e.g., asparagus and red bell pepper).

Additional choices upon request

Salads

- **Super Salad** - With grated carrots, purple cabbage, clover (or other sprouts) with a balsamic vinaigrette.
- **Caesar Salad** - With gluten-free croutons and vegan dressing.



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- **Purple Goddess Salad** - Cabbage, carrots, beets, kale, parsley, dulse, and Kalamata olives; marinated in an apple cider dressing.
- **Rainbow Salad** - A colorful delight: Yellow and red beets, carrots, celery, green apples; in an olive oil and lemon dressing.
- **"Kreemy"Kale Salad** - With carrots, celery, and sesame seeds; marinated in a tamari-ginger sauce.
- **Vegan Greek Salad** - Spinach, romaine, cucumber, tomatoes, and Kalamata olives; with a walnut "kreem".
- **Potato Salad** - With assorted vegetables.
- **Golden Potato Cauliflower Salad** - With kale and parsley in a turmeric-olive oil-lemon dressing.
- **Festive Pasta Salad** - A festive salad with assorted seasonal vegetables.
- **Lima Bean Fennel Salad** - With balsamic vinaigrette.
- **Pasta Primavera** - With red bell pepper, carrots, parsley, basil, and cherry tomatoes.
- **Thai Salad** - With buckwheat (gluten-free) soba noodles and seasonal vegetables.
- **Marinated Beet Salad**
- **Kale with Roasted Butternut and Red Cabbage**
- **Arugula with Pomegranate and Walnuts in a Vinaigrette**
- **Green Beans Almondine**

Additional choices upon request

Cooked

- **Roasted Roots** - Potatoes, carrots and beets with Herbs de Provence.
- **Brown Rice Tamales** - With squash, carrots, kale, and red bell pepper in a "kreemy" pumpkin chili sauce.
- **Baked Turmeric Scramble** - With burger bites, spinach, red bell peppers, and homemade ketchup.
- **Black Beans, Latin Brown Rice** - With sautéed mini veggies for flavor and color.
- **Middle Eastern Platter** - Hummus, quinoa Tabbouleh, dolmas, baked falafel, tomatoes, cucumbers, olives, and flat-bread.
- **Baked Plantains** - Served with a coconut-pimiento sauce.
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- **Mystic Pizzas** - With seasonal vegetables (e.g., asparagus and red bell pepper; cashews, cashew "cheez", and "Green Goddess" Sauce).
- **Roasted Brussel Sprouts** - With strips of purple cabbage; rosemary, and thyme.
- **Veggie Quiche** - Spinach, cauliflower, and smoked bits of baked carrots bits or mushrooms.
- **Mashed Cauliflower Potatoes** - With shiitake mushroom gravy.



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- **Vegetable Kebabs** - With shiitake mushrooms marinated in a rosemary and thyme sauce.
- **Asian Stir (not fry)** - Assorted seasonal vegetables with brown rice; in a ginger-tamari sauce.
- **Thai Eggplant & Basil** - Served with brown rice.
- **Veggie Pasta** - With seasonal vegetables.
- **Vegetable Curry** - With butternut squash in a cashew-coconut sauce.
- **Shiitake Chow Mein** - Brown rice & millet noodles, assorted vegetables, ginger, and coconut aminos.
- **Walnut Quinoa Lentil Loaf** - Hardy and nourishing with assorted vegetables.
- **Baked Cauliflower Mushroom Casserole** - With a “kreem” sauce.
- **Latin Bar** - Black beans, pico de gallo (fresh salsa), guacamole, grilled veggies, brown rice, burger bites, cashew “cheez”, “kreemy chili sauce, fresh salad greens, and homemade non-corn tortillas.

Soups

- **Butternut Squash**
- **Tomato & Lima Bean**
- **Pumpkin**
- **Lentil Veggie**
- **Vegetable Stew with Peas**
- **Kichari**

Additional choices upon request

Raw Specials

- **Collard Wraps** - With cashew “cheez”, carrots, cabbage, red bell pepper and cilantro; served with a sesame sauce.
- **Daikon Rolls** - With avocado, broccoli sprouts, and cucumber; served with a ginger sauce.
- **Mushroom Ceviche** - With assorted vegetables in a lime & orange juice sauce.
- **Heirloom tomatoes** - With basil and olive oil (seasonal), and vegan mozzarella “cheez”.

- **Dehydrated Corn Cakes** - With a coconut sauce.
- **Raw Lasagna** - With spinach, basil and Kalamata olives.
- **Mexican Corn Fiesta Platter** - With corn salad, guacamole, salsa, and Lydia’s Chips.



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- **Spicy Tacos** - Romaine lettuce filled with cauliflower "rice", pico de gallo, and walnut & beet "Krumble".
- **Live Coconut Curry** - With a "Kreemy" cashew-coconut sauce; served on a bed of raw "rice" made of cauliflower and cabbage.
- **"Kreemy" Pizzaz** - Marinated vegetables with our cashew "cheez"; on a dehydrated vegetable crust.
- **Zucchini Zoodles** - With pesto sauce, fresh basil, red bell peppers, and tomatoes.
- **Raw Pasta Primavera** - With zucchini, tomatoes and red bell peppers.
- **Rainbow Pad Thai** - With a ginger & lime sauce and sprouted almonds.
- **Yam noodles** - With "kreemy" tahini-ginger sauce.
- **Zucchini & Carrot Spaghetti** - With tomato basil sauce and almond walnut "Meet Balls".
- **Spinach Cauliflower Quiche** - With an almond crust.
- **Stuffed Avocado** - With Latin cauliflower "rice".
- **Corn Tamale** - In a corn husk with carrots, kale and pumpkin chili sauce.

Additional choices upon request

Fresh Beverages- (unpasteurized)

- **Ginger Tumeric** - Sweetened with dates.
- **Raspberry or Strawberry Lemonade**
- **Hibiscus Fruit Punch**
- **Mint Lemon Zinger**
- **Smoothies and Power Shakes**
- **Fresh Pressed Juices**
- **Herbal Chai** - With coconut "melk" and coconut sugar.
- **Yerba Matte Latte** - With coconut "melk" and coconut sugar.
- **Assorted Herbal Teas**

Additional choices upon request

Desserts



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Cooked

- **Chocolate Chip Zucchini Cookies** - An all-time favorite!
- **Oatmeal Cookies**
- **Brown Rice Brownies-**
- **Carrot Cake** - With cashew & lemon frosting.
- **Chocolate Cake** - With cashew piping.
- **Dessert platter** - With assorted delicacies and fruit.
- **Apple Cobbler** - With walnuts and cinnamon.

Raw

- **Raw Fruit "Cheez" Cake** - Options: Single-servings or large "Heart", "Rose" or "Sunflower" shapes.
- **Seasonal Raw Fruit Pies** - With an almond date crust.
- **Raw Brownies** - With walnuts, and sweetened with figs.
- **Raw Chocolate Volcanoes** - Mint or raspberry.
- **Coconut Almond Macaroons**
- **Green Power Balls** - Sprouted seeds and nuts with our super food mix, and sweetened with raisins and dates.
- **Pecan Pie**
- **Chocolate Pecan Pie**
- **Apple cinnamon Pie**
- **Pumpkin "cheez" cake**
- **Pumpkin Pie**

Additional choices upon request

Cakes

- [Click Here to View Our Cake Menu](#)