



Wraps served w/ soup or side salad

+avocado or cheez 1.50 both 2.50 +caramelized onions 1.00

Spring Rolls * ginger tofu/Asian herbs/veggies/Vietnamese dip/rice wrap	11.95
Indo tempeh/veggies/mint/spring mix/peanut coconut dip/rice wrap	9.95
Avocado avocado/spring mix/red onion/tomato/rice wrap	9.95
Hummus hummus/spring mix/tomato/carrot/tortilla	9.95
Macro grilled seitan/marinated greens/sea veggies/sauerkraut/tortilla	9.95
Burrito black beans/brown rice/salsa/guacamole/tortilla/with chips	9.95
Hip * spicy almond pate/guacamole/spring mix/ carrots/collard green wrap	11.95

Sandwiches served w/ soup or side salad

+avocado or cheez 1.50 both 2.50 caramelized onions 1.00

Burger tempeh patty/lettuce/tomato/onion/whole wheat bun/with chips	9.50
BBQ grilled seitan/bbq sauce/caramelized onions/whole wheat bun/with chips	10.95
Tofu baked ginger tofu/lettuce/tomato/onion/whole wheat bun/with chips	9.25
Reuben grilled seitan/cheez/sauerkraut/1000 island/toasted rye/with chips	10.95
Ray's Reuben * same as reuben above +grilled onions/cucumbers/serrano chile	11.95
Avocado avocado/lettuce/tomato/onion/cucumbers/toasted rye/with chips	9.95
Hoi An Burger * grilled tofu/Asian herbs/grilled peppers+onions/chile garlic sauce/with chips	11.95
Black Bean Quesadilla cheez 'n beans melted in a wheat tortilla/guacamole & salsa	11.95

*all sandwiches and wraps are available in rice wrappers (gf) or collard greens (gf)

*spicy

Salads & Bowls

dressing: tahini poppy seed/miso ginger/cilantro lime

Add tempeh or grilled tofu +2.95

Garden Salad spring mix/carrots & beets/cabbage/red peppers/cucumbers/tomatoes	8.25 S 11.95 L
Garden +cup of soup +bowl of soup	9.25 10.25
Raw Salad spring mix/seed pate/marinated greens/olives/sea veggies/avocado/walnut burger/onion bread	10.95 S 14.95 L
Greens & Grains Salad spinach/spring mix/marinated greens/sea veggies/avocado/brown rice	9.95 S 12.95 L
3 Scoop Salad spring mix/carrots & beets/seed pate/spicy almond pate/hummus/gf crackers	10.95 S 14.95 L
Barbara's Salad spring mix/marinated greens/carrots & beets/avocado/quinoa	9.95 S 12.95 L
Mexican Bowl black beans/brown rice/salsa/guacamole/carrots & beets/spring mix	8.95
Black Bean Bowl quinoa/black beans/carrots/avocado/tomato/green onion & lime/cilantro lime dressing	8.95
Echo Beach Bowl * peanut coconut rice/spring mix/sautéed peppers+onions/grilled tempeh	9.95

Extras

Hummus Plate pita bread/hummus/cucumbers/tomatoes/olives	8.95
Guacamole Chips & Salsa	6.95
Chips & Salsa	4.95
Bean & Rice Burrito black beans/brown rice/with chips Add cheez +1.50	4.95
Cheez Quesadilla cheez melted in a wheat tortilla/with chips	6.95

Drinks add green powder/hemp protein +1.00

Date Shake carob/vanilla/or chocolate raw cacao	5.95 6.95
Fruit Smoothie strawberry/mango/or pineapple	5.95
Fresh Veggie Juice 16oz create your own: carrot/celery/ginger/parsley/apple/spinach/ lemon/cucumber/beet	6.95
Iced Tea	2.95
Chai w/coconut creamer	2.95
Chai or Root Beer Float w/vanilla coconut ice cream	5.95
Hot Tea	2.25
Vietnamese Coffee pour over/with coconut creamer	2.95

Desserts & Specials see board/call 2.50-5.95