

**APPETIZERS**

LUNCH

DINNER

***HUMMUS AND CROSTINI BREAD***

\$ 6.00

\$ 6.00

***BRUSCHETTA***

\$ 8.00

\$ .00

FRESH TOMATO, ONIONS, GARLIC, BASIL OLIVE OIL  
SERVED WITH TOASTED BREAD AND PARMESAN  
CHEESE

***EGGPLANT TOWER***

\$ 9.00

\$ 9.00

FRESH TOMATO, PORTOBELLO, ROASTED PEPPERS,  
GRILLED EGGPLANT, FRESH MOZZARELLA CHEESE,  
ALL STACKED DRIZZLED WITH OLIVE OIL AND  
BALSAMIC REDUCTION

***STUFFED EGGPLANT***

\$ 8.00

\$ 8.00

EGGPLANT SLICES FILLED WITH RICOTTA CHEESE AND  
SPINACH FILLING BAKED WITH TOMATO SAUCE

***ROASTED PEPPERS AND BURRATA***

\$ 9.00

\$ 9.00

ROASTED RED PEPPERS, SEASONED WITH OLIVE OIL  
SERVED WITH FRESH TOMATOES, BURRATA  
MOZZARELLA AND BALSAMIC GLAZE

***PORTOBELLO AND POLENTA***

\$ 9.00

\$ 9.00

PORTOBELLO SAUTEED WITH GARLIC, FRESH  
ROSEMARY, OLIVE OIL, SUN DRIED TOMATOES WITH  
POLENTA CROSTINI

***FALAFEL SERVED WITH HUMMUS AND BRUSCHETTA***

\$ 10.00

\$ 11.00

A COMBINATION OF FALAFEL, HUMMUS AND  
BRUSCHETTA WITH CROSTINI BREAD

***TRUFFLE PARMESAN FRIES***

\$ 6.00

\$ 6.00

SEASONED FRENCH FRIES WITH TRUFFLE OIL AND  
PARMESAN CHEESE

## *SOUPS*

*PASTA FAGIOLI* SMALL \$ 3.50

*CHEESE TORTELLINI ONIONS SOUP* SMALL \$ 3.50

## **SALADS**

*Kale caesar salad* \$ 6.00 \$ .50

*Add*

*tofu* \$ 6.00 \$ 6.00

*crispy tofu* \$ 6.00 \$ 6.00

*falafel* \$ 6.00 \$ 6.00

*ahi tuna* \$ 9.00 \$ 9.00

*chicken* \$ 8.00 \$ 8.00

*blackened chicken* \$ 8.00 \$ 8.00

*chicken breaded* \$ 8.00 \$ 8.00

*vegan sausage* \$ 8.00 \$ 8.00

*Caesar salad* \$ 6.00 \$ 6.50

*add*

*tofu* \$ 6.00 \$ 6.00

*crispy tofu* \$ 6.00 \$ 6.00

*falafel* \$ 6.00 \$ 6.00

*ahi tuna* \$ 9.00 \$ 9.00

*chicken* \$ 8.00 \$ 8.00

*blackened chicken* \$ 8.00 \$ 8.00

*chicken breaded* \$ 8.00 \$ 8.00

*vegan sausage* \$ 8.00 \$ 8.00

*TUSCAN QUINOA* \$ 10.00 \$ 11.00

ARRUGULA, TOMATOES, ONIONS, WHITE BEANS,  
QUINOA, WITH BALSAMIC VINEGRETTE

*add*

*tofu* \$ 6.00 \$ 6.00

*crispy tofu* \$ 6.00 \$ 6.00

*falafel* \$ 6.00 \$ 6.00

*ahi tuna* \$ 9.00 \$ 9.00

|                          |         |         |
|--------------------------|---------|---------|
| <i>chicken</i>           | \$ 8.00 | \$ 8.00 |
| <i>blackened chicken</i> | \$ 8.00 | \$ 8.00 |
| <i>chicken breaded</i>   | \$ 8.00 | \$ 8.00 |
| <i>vegan sausage</i>     | \$ 8.00 | \$ 8.00 |

***ALPINE SALAD*** \$ 12.00

SPRING MIX, TOMATOES, ONIONS, PORTOBELLO MUSHROOM,  
GRILLED POLENTA, GORGONZOLA CHEESE DRESSING

## PASTAS

DINNER

***BISTRO PASTA*** \$ 13.00 \$ 16.00

SAUTEED VEGETABLES, ONIONS, RED PEPPERS, AND BROCCOLI  
WITH SEASAME OIL AND SOY SAUCE

## MAIN DISHES

***TOFU MILANESE*** \$ 14.00 \$ 17.00

CRISPY TOFU, SERVED OVER MIXED GREENS, TOPPED  
WITH BRUSHETTA, FRESH MOZZARELLA CHEESE AND  
A BALSAMIC REDUCTION

***TOFU LIVORNESE*** \$ 14.00 \$ 17.00

SIMMERED TOFU WITH ONIONS, OLIVES, CAPERS,  
LIGHT TOMATO SAUCE  
SERVED WITH CHOICE: RICE OR LINGUINE

***TOFU ETOUFFE*** \$ 15.00 \$ 18.00

SAUTEED BLACKENED TOFU WITH ONIONS, AND  
GARLIC IN A CREAMY WINE SAUCE  
SERVED WITH CHOICE: RICE OR LINGUINE

***EGGPLANT PARMESAN*** \$ 14.00 \$ 17.00

EGGPLANT SLICES GENTLY BATTERED, LAYERED WITH  
TOMATO SAUCE AND MOZZARELLA CHEESE  
SERVED WITH CHOICE: RICE OR LINGUINE

***PORTOBELLO BRUNELLO*** \$ 15.00 \$ 18.00

Portobello breaded layered with grilled eggplant,  
roasted peppers, fresh mozzarella, baked

SERVED WITH CHOICE: RICE OR LINGUINE

***PORTOBELLO SICILIANO***

BREADED PORTOBELLO, AND EGGPLANT FILLED WITH  
RICOTTA BAKED IN TOMATO SAUCE AND  
MOZZARELLA CHEESE

\$ 15.00

\$ 18.00

SERVED WITH CHOICE: RICE OR LINGUINE

***PORTOBELLO RIPIENO***

BREADED PORTOBELLO STACKED WITH RICOTTA AND  
SPINACH FILLING BAKED IN A CREAMY MUSHROOMS,  
SPINACH PARMESAN CHEESE SAUCE

\$ 15.00

\$ 18.00

SERVED WITH CHOICE: RICE OR LINGUINE