

ON THE LIGHTER SIDE

GROUND BEEF MEATBALLS

Three grass-fed ground beef meatballs made with tri-colored couscous and red quinoa. Served on a bed of gluten-free pasta and topped with marinara sauce and Parmesan cheese \$15

JAPANESE EGGPLANT PARMESAN

Served on a bed of tri-colored couscous and red quinoa. Topped with marinara and mozzarella cheese \$15

KALE & FRUIT SALAD

Sun-dried cranberries, mangos, apples, strawberries and cherry tomatoes tossed in our house orange vinaigrette and topped with crispy wontons \$14

Half-size \$10

Add chicken or flank steak \$5

Add big eye tuna or prawns \$7

CHICKEN BREAST

Free-range Rocky chicken breast sautéed with a lemon pepper rub, topped with a light wine caper sauce. Served over tri-colored couscous and red quinoa. Accompanied by fresh green beans \$15

SPINACH KALE TORTILLA WRAP

Two tortillas filled with red pepper hummus, black bean burger, corn daikon radish sprouts and avocado sauce \$15

GRILLED PORTABELLA MUSHROOM

Filled with grilled vegetables and served on a bed of tri-colored couscous and red quinoa. Topped with a roasted red pepper coulis \$15

VEGGIE PASTA

Campanelle pasta sautéed with seasonal vegetables, white wine, herbs and a touch of Parmesan cheese \$15

gluten-free pasta available

MUSHROOM ENCHILADAS

Two gluten-free tortillas filled with cremini mushrooms, roasted corn and cheese. Topped with our house-made enchilada sauce and cotija cheese \$16

Japanese Eggplant Parmesan



Ground Beef Meatballs



Mushroom Enchiladas

