

ORGANIC OASIS

WRAPS & BOWLS

*Served in a flour tortilla or have it as a bowl over brown rice or quinoa Served with small soup or chips & salsa, sub small house salad +2
Sub organic chicken for tempeh +3*

Vegan High Protein ♀ 18

Organic tempeh, hummus-olive tapenade, tarragon spirulina dressing, avocado, red onion, tomato, cucumbers, bell peppers, sprouts, house salad mix, and lettuce

Moroccan Hummus ♀ 17

Organic hummus, lemon tahini dressing, tomato, avocado, cucumber, red onion, bell pepper, kale, green leaf, sprouts, and lemon tahini dressing

Thai Tempeh♀ 17

Organic tempeh, brown rice, radish, cilantro, mint, cabbage, carrot, sprouts, cucumbers, red onions, tomatoes, house made Dragon Sauce

Organic Chicken Salad 18

Oasis chicken salad, tomato, cucumbers, red onion, bell pepper, lettuce, buckwheat croutons, sprouts

BBQ Tempeh♀ 18

Brown rice, seasoned organic tempeh, house made bbq sauce, vegan cashew white sauce, marinated kale, red cabbage, shredded, avocado, and cilantro.

Chicken Caesar 18

Grilled Chicken, Kale, Lettuce, tomatoes, red, onions, croutons, Parmesan, Caesar dressing

BURGERS

*Served with cup of soup or chips & salsa, sub small house salad +2
sub GF bread or Lettuce wrap +2*

Beef Burger* 19

add cheese or mushrooms +2
Organic grass fed beef, lettuce, red onion, tomato, , ketchup, mustard, dill pickles

Bacon-Beef-Bleu Burger* 21

Organic grass fed beef, uncured turkey bacon, avocado, bleu cheese, lettuce, red onion, tomato, mayo

Lamb Burger* 20

Australian lamb, lettuce, red onion, tomato, cucumber, Swiss cheese, mayo

BBQ Chicken Burger 21

Organic grilled chicken breast, uncured turkey bacon, gorgonzola cheese, red onion, tomato, lettuce, bbq sauce, mayo

Hula Burger ♀ 17

Organic tempeh, mango salsa, lettuce, sprouts, bell pepper, tomato, onion cucumber, vegan mayo

Vegan Burger ♀ 17

Organic house veggie patty, red onion, cucumber, tomato, sprouts, lettuce, bell pepper, vegan mayo.

HOT PLATES

Served with cup of soup or small house salad

Organic Pesto Pasta 22

Angel hair, vegan house made pistachio vegan pesto, mushrooms, red onion, spinach, Parm an on request

Organic Tapenade Pasta 22

Angel hair, tapenade, mushrooms, red onion, spinach,

Chicken Curry Pasta 26

Organic chicken, Madras style curry, spinach, cream, mushrooms, white wine, red onion, tomato, garlic, Parmesan

High Protein Platter* 24

Choice of organic grilled chicken, organic beef patty or natural lamb patty, organic quinoa, steamed veggies

Buffalo Ribeye* 36

Grilled buffalo ribeye, organic and grass-fed, roasted Brussels sprouts and quinoa

Tempeh Stir Fry 22

Sub organic chicken for tempeh +3
Organic tempeh, steamed vegetables, brown rice, sweet spicy sauce

BEVERAGES

Kombucha 5

Bottled Sodas 3.5

Americano 3

Latte 4.5

Mocha 5

Iced Tea 3.5

Hot Tea 3

Hot Chocolate 3

San Pellegrino 5

♀ vegan ♦ gluten free

*Consuming raw or undercooked meats, eggs, and seafood increases your risk of food borne illness. Please inform your server of any allergies, dietary restrictions, or sensitivities. Regarding safety of these items, written information is available upon request. We will do our best to accommodate your needs but due to shared cooking and food preparation areas, we cannot guarantee our food to be free of any allergens, etc.