

ORGANIC OASIS

SOUPS & SALADS

Soup of the day: cup 6.5 bowl 8.50

Soup & House Salad ♡ 13

Cup of soup & small house salad, choice of dressings

House Salad ♦ sm 8 lg 12

Cabbage, carrot, radish, kale, lettuce, greens, broccoli, sprouts, sunflower seeds

Chicken Salad ♦ 18

A scoop of our house made chicken salad (chopped organic chicken and veggies mixed with mayo), on house greens with tomato, cucumber, bell pepper, sunflower seeds and red onions

- **Balsamic Vinegar & Oil** ♡♦
- **Caesar Style** ♡♦
- **Vegan Ranch** ♡♦

Avocado Salad ♦ 17

Add organic chicken +8, organic tempeh +5, organic curried tofu +5
Avocado on house greens, tomato, cucumber, bell pepper, sunflower seeds, and red onions

Grilled Chicken Salad ♦ 18

Grilled organic chicken breast on house greens, tomato, cucumber, bell pepper, sunflower seeds and red onions

Tempeh Salad ♡ 16

Seasoned house tempeh, house greens, tomato, cucumber, bell pepper, sunflower seeds, and red onion

- **Tarragon Spirulina** ♡♦
- **Lemon Tahini** ♡♦
- **Thousand Island** ♡♦

SANDWICHES

on organic house made bread

Served with small soup or chips and salsa, sub house salad +2
GF Bread or lettuce wrap +2

Avocado Sandwich ♡ half 15 whole 18

Avocado, lettuce, tomato, sprouts, red onion, cucumber, bell pepper, vegan mayo

Veggie Sandwich ♡ half 14 whole 17

Lettuce, tomato, cucumber, red onion, bell pepper, sprouts, vegan mayo, olive tapenade and hummus

Chicken Salad half 15 whole 18

Organic chicken salad, lettuce, tomato, bell pepper, red onions, cucumber, sprouts, mayo

BLT half 14 whole 17

Add organic avocado +4

Uncured turkey bacon, lettuce, tomato, and mayo

Chicken Avocado 20

Organic grilled lemon pepper chicken, lettuce, tomato, avocado, red onion, mayo

Royal Turkey half 15.5 whole 18.5

+avocado and turkey bacon for 5

Organic turkey breast, pickles, red onion, mustard, Swiss cheese, cucumber, bell pepper, lettuce, tomato, sprouts, mayo

Vegan Reuben ♡ 19

Toasted WW bread, vegan cheese, red onion, pickles, house sauerkraut, organic tempeh, organic house 1000 Island Dressing

STARTERS

Greek Platter 17

Organic Hummus, cucumber, tomato, feta, red onion, kalamata olives, warm pita, turkey bacon
garlic olive oil

Nachos ♦ 13

Add organic chicken 8, organic tempeh 4, half avocado 4
Local corn chips, tomato, green onion, vegan cashew white sauce, mozzarella/cheddar, sour cream, red salsa, mango salsa

Cheese Quesadilla 12

Flour tortilla, mozzarella/cheddar with sour cream, red salsa, mango salsa

Chicken Quesadilla 18

Flour tortilla, mozzarella/cheddar, organic chicken tomato & onion, and sour cream, red salsa, mango salsa on the side

Hummus and Pita Plate ♡ 10

Organic house made hummus, warm pita, garlic olive oil

Vegetable Quesadilla 17

Spinach, mushrooms, tomatoes, red onions, bell peppers, avocado, vegan cashew white sauce, cheese with salsa, sour cream, mango salsa

Vegan Quesadilla ♡ 18

Spinach, organic tempeh, mushrooms, tomato, red onion, bell pepper, avocado, vegan cashew white sauce, vegan cheese, red salsa, mango salsa

Roasted Brussels Sprouts ♡ 12

Brussels sprouts roasted with chipotle sauce

Roasted Cauliflower ♡ 12

Cauliflower roasted with curry aioli

♡ 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.