



**rawOne Menu Mon. Nov. 16<sup>th</sup>**  
**Organic Nutritious Enriching**

**Soups \$ 8**

**Fennel Soup**

Chopped fresh fennel, tomato, lemon, garlic, oregano, avocado, cucumber, bell peppers, fresh herbs, sea salt  
This beautiful fall vegetable is an excellent source of vitamin C, dietary fiber, potassium, manganese, folate, and molybdenum. In addition, fennel is a good source of niacin as well as the minerals phosphorus, calcium, magnesium, iron, and copper.

**Salads \$ 12**

**Kelp Cucumber Salad**

Chopped Kelp, cucumber, fresh herbs, first cold pressed extra virgin olive oil, citrus juices, Shoyu, sea salt.  
Seaweed and cucumbers are an excellent source of vitamin C, A, manganese, potassium, folate, iodine, and B's.

**Entrées \$ 12**

**Stuffed Portobello Mushrooms with Wild Rice Pilaf**

Portobello caps, almonds, carrots, basil, chives, ginger, sea salt, first cold pressed extra virgin olive oil, Braggs, freshly ground black pepper. Loaded with Potassium, Minerals, Vitamin E and Protein. sprouted wild rice, fresh herbs, bell peppers, first cold pressed extra virgin olive oil, braggs, sea salt, freshly ground black pepper

**Garam Marsala Gobi, Malai Kofta with Wild Rice Pilaf**

Cauliflower, Cashews, first cold pressed extra virgin olive oil, lemon juice, salt, cumin, garam marsla, cilantro; walnuts, squash, celery, lemon juice, ginger, salt, coconut water; sprouted wild rice, fresh herbs, bell peppers, first cold pressed extra virgin olive oil, braggs, sea salt, freshly ground black pepper

**Sweet Treats \$ 6**

**Key Lime Pie**

Walnuts, nutmeg, avocado, coconut water, young coconut meat, agave syrup, sea salt, lemon juice, lime juice, vanilla, psyllium husks. Heart healthy omega-3 fatty acids, electrolytes and amino acids, vitamin C. This pie delivers antioxidants and is a mega immune booster.

**Cherry Pistachio Biscotti**

Fabulous! Our most popular snack. A low glycemic treat. When you try these moist cookies you'll never want to eat any other biscotti! Raw almond flour, dried cherries, pistachios, agave, lemon and spices. A very good source of vitamin E, manganese, magnesium, copper, riboflavin (vitamin B2) and phosphorus.

**Mocha Hazelnut Biscotti**

A definite mouthwatering treat for the dark chocolate lover! Raw almond flour, raw cocoa powder, hazelnuts, agave, orange, caxif and spices. This low glycemic treat provides all the beneficial vitamins and minerals from almonds and hazelnuts and the raw cocoa delivers a boost of antioxidants.

**Raw Food Staples (available every week)**

**Raw Crackers 4 oz. \$8**

Sprouted sunflower seeds, soaked walnuts, sprouted almonds, tomato, onion, flaxseed, cumin, sea salt. An excellent pairing nut pate.

**Onion Bread 4 oz \$8**

Sweet onions, ground flax seeds, ground sunflower seeds, first cold pressed EVOO, organic nama shoyu, organic blue agave syrup.

**Pate 8 oz. \$8**

Smooth and creamy sunflower and pumpkin seed pate provides a massive dose of vitamin E, magnesium and selenium

**Raw Delite Packages**

**Raw Delite #1: 1 soup, 1 salad, 1 entrée, 1 dessert or 5 cookies \$30**

**Raw Delite#2: 2 soups, 2 salads, 2 entrees, 2 desserts or 5 cookies \$55**

**Super Raw Delite: 4 soups, 2 salads, 4 entrees, 4 desserts or 20 cookies \$100**