



**rawOne Menu Mon. Nov. 9<sup>th</sup>**  
**Organic Nutritious Enriching**

**Soup \$ 8**

**Vegetable Calcium Soup**

Leafy greens, parsley, garlic, onion, avocado, tomato, yellow bell peppers, dulse, lemon, unpasturized miso, first cold pressed extra virgin olive oil, pumpkin seeds. This hearty, thick soup is an excellent way to introduce minerals and calcium into the diet.

**Salad \$ 12**

**Avocado Kale Salad**

Chopped Kale, tomato, avocado, celery, olives, first cold pressed extra virgin olive oil, lemon juice, sea salt. A nutritional powerhouse, potassium, calcium, magnesium, iron, zinc, selenium, vitamins A, B, C and K

**Entrées \$ 12**

**Falafel, "Pita", Hummus and Lemon Tahini Dressing**

Almonds, walnuts, sesame seeds, parsley, cilantro, garlic, cumin, black pepper, sea salt. Sesame seeds, tahini and lemon juice. Walnuts, yellow squash, golden flaxseed, sesame seed, sea salt. Beneficial omegas, minerals, vitamins, lycopene.

**Gingered Stir-No-Fry with Sprouted Quinoa**

Julienne fresh vegetables, fresh ginger, garlic, first cold pressed extra virgin olive oil, parsley, scallion, nama shoyu. Sprouted quinoa. A cornucopia of minerals and vitamins plus quinoa, a great source of protein. So Good !

**Sweet Treats \$ 6**

**Breadfruit Pie**

Almonds, dates, breadfruit, agave syrup, sea salt, pumpkin pie spice, cinnamon, ginger, ground cloves, nutmeg, orange zest, vanilla extract, cashew cream.

**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, coffee 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.

**G-Raw-Nola \$10**

**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**