

ENTREES

Veggie Lasagna \$14.95

Our own layered with homemade tomato sauce, spinach, carrots, squash, tomatoes, ricotta, parmesan & mozzarella cheese (vgt). Add a turkey meatball or lentil ball \$1.50.

Vegan Gluten Free Lasagna \$15.95

Our own layered with gluten free pasta, homemade tomato sauce, spinach, carrots, squash, tomatoes, tofu ricotta and homemade mozzarella cheese. (gf, sveg) add a gf turkey meatball or a lentil ball \$1.50.

Blackened Salmon with Black Bean & Roasted Corn Salsa \$15.95

6 oz Salmon Blackened topped with homemade Black bean roasted corn salsa and served with roasted sweet potatoes, roasted tomatoes and siracha mayo on brown rice. (gf)

Maple Soy Glazed Salmon \$15.95

6 oz Salmon baked in a maple soy sauce on brown rice with broccoli. (gf)

Marinated Salmon \$15.95

6 oz salmon marinated in garlic herb vinaigrette, baked and topped with roasted tomatoes on brown rice with spinach. (gf)

Warm Spinach Salad with Scallops or Shrimp \$15.95

Your choice of large sea scallops or jumbo shrimp sautéed in a lemon garlic herb vinaigrette on your choice of brown rice or pasta with sautéed spinach. (gf with rice, add gf pasta \$1.00)

Shrimp or Scallop Scampi \$15.95

Your choice of large sea scallops or jumbo shrimp in a lemon garlic butter on brown rice or pasta with broccoli and roasted tomatoes. (gf with rice, add gf pasta \$1.00)

Sides: Steamed Broccoli \$3.50 Grilled Veggies \$3.50 Sautéed Spinach \$3.50 Brown Rice 3.95 Side of Spaghetti \$3.95 (add sauce or butter \$1.00). Side of GF Spaghetti \$4.95 (add sauce or butter \$1.00) Homefries 4.25

DESSERTS

Fondue for two \$7.95 Fresh cut apples, strawberries, banana, kiwi, melon & banana oat muffin served with all fruit fudge sauce for dipping. (veg) (sub gf muffin to make gluten free)

Bananamisu \$7.95 Our banana muffin layered with strawberries, bananas, all fruit fudge sauce & whipped topping. (vgt) (sub gf muffin to make gluten free)

Rice Pudding \$4.25 Our own recipe with brown rice, soy milk, succanot (unrefined natural sugar) & pure maple syrup (gf, sveg)

Chocolate Chia Avocado Pudding \$4.95 Our own recipe made with avocado, banana, cocoa, almond milk, vanilla and pure maple syrup. (gf, sveg)

Peach Blueberry Cobbler \$5.50 Peaches and blueberries baked together and topped with a crispy oat topping. (veg)

Veg=Vegan-no meat, fish, dairy or eggs. Sveg= Strictly Vegan + no honey. VGT= Vegetarian– no meat or fish.