



STARTERS

Raw Nori Rolls *vegan, raw*

Cucumber, seasonal sprouts, bell peppers, carrot, celery, zucchini, nori, fresh mint, basil, ginger sesame dipping sauce
large 14, small 8

Pairing: *Saint Hillaire Sparkling Semi-sweet*

Fellowship Dips *vegan*

Zesty Golden hummus and luscious Rawvocado dip with house-made flatbread and marinated veggie sticks 14

Golden Hummus *vegan*

Zesty Lemon-Herb Hummus, with house-made flatbread and marinated veggies 9

Rawvocado Dip *vegan, raw*

A luscious avocado dip made with sunflower seeds & pepitas, served with marinated veggie sticks 10

Soup & Salad *vegan*

Bowl of soup and our Sage Greens salad 13
sub Gaia's Greens 2, sub Vital Force 3

Daily Soup

Vegan artisan creations served with bread; changes daily 8

SALADS

Vital Force Salad *vegan*

Kale, avocado, tomato, red onion, sunflower seeds, vegan "bleu cheese", house-made gluten-free croutons, tossed with honey-lemon-cayenne dressing 15 *add cheese 2*

Pairing: *Martin Ray Chardonnay*

Quinoa Salad *vegan available*

Fresh herbs, cucumber, red onion, carrots, celery, cherry tomatoes, bell pepper, lemon citronette, on a bed of quinoa topped with feta cheese and fresh avocado 15

Pairing: *Les Hautes de Lagarde Sauv Blanc*

Kaleidoscope Salad

Kale, fresh herbs, cucumber, onion, carrots, celery, cherry tomato, bell pepper, pepitas, sunflower seeds, lemon citronette 15

Gaia's Greens *vegan, raw*

Mixed greens, fresh herbs, cucumber, red onion, carrots, celery, cherry tomatoes, bell pepper, lemon citronette 9
add cheese 2, add avocado 2

Pairing: *Roger J'Anoia Cava Brut*

Sage Greens *vegan, raw*

Mixed greens, carrot slaw, tomato, orange citronette 5

100% organic produce, nuts, beans, oils, herbs, & spices
Alert your server of any allergies or dietary restrictions

All suggested wines and further pairing suggestions can be found at Whole Foods Market.

Ask your server for BYOB information.

WRAPS

Served with your choice of soup, salad or quinoa pilaf

Mediterranean Wrap *vegan & gluten free available*

Sun-dried tomato wrap, lemon-herb hummus, kale, mixed greens feta, olives, tomato, red onion, pepitas, fresh herbs, lemon citronette 14

Rawvocado Wrap *spicy, raw, vegan, contains nuts*

Our luscious rawvocado dip, with mixed greens, sprouts, tomatoes, red onion, vegan cheddar cheese, spicy chipotle salsa, wrapped in seasonal leafy green 15

Pairing: *Nobilissima Pinot Grigio*

Cowgirl Wrap *spicy, vegan & gluten free available*

Sun-dried Tomato wrap, mixed greens, jack or vegan cheese, black beans, sunflower seed butter, avocado, tomato, red onion, spicy chipotle salsa 14

Pairing: *Santa Julia Innovacion Tempranillo*

Johnny Apple Wrap *vegan available*

Collard wrap, fresh apples, mixed greens, cranberries, carrot slaw, goat cheese brie, rosemary vinaigrette, sunflower butter 15

Pairing: *Yalumba Riesling*

PIZZA

Crispy Kale Pizza *vegan available, contains nuts*

Creamy pesto alfredo, garlic, tomatoes, mozzarella, Miti Caña goat cheese, basil, crispy kale 16

"Sausage" & Mushroom Pizza

vegan available, contains nuts

House-made white bean "sausage", organic mozzarella, garlic mushrooms, hand-crushed tomato marinara 14

Pairing: *Santa Rita Carmenere*

Build-Your-Own Pizza *vegan available*

Customize your own pizza. Ask your server for order sheet

ENTREES

Roasted Vegetable Enchiladas *vegan available, spicy*

Gluten-free tortilla, fresh zucchini, mushroom, bell pepper, onion, seasonal chile peppers, tomatoes, cashew cream, jack cheese 17, *contains nuts*

Pairing: *Casarena Cabernet Sauvignon*

The Hercules Burrito *vegan available*

A hot, hearty burrito with spicy black bean-sweet potato ragout, fresh avocado, in a sun-dried tomato tortilla, jack cheese, salsa, served with Sage Greens Salad 15

Pairing: *Santa Ema Merlot*

Zucchini-Kale Lasagna *vegan available, contains nuts*

Zucchini medallions, kale, garlic-marinated mushrooms, creamy marinara, basil, mozzarella *baked to order* 13

Pairing: *Arizona 1 Sangiovese*

