



Natural Food Restaurant

For Your Family's Good Health



HOMEMADE SOUPS

Fresh Vegetable-Barley or Soup Of The Day

Cup **\$4** Bowl **\$7**

Quart **\$11**

FRESH SALADS

Choice of homemade dressings:

Bleu Cheese, Ranch, Lemon Mustard,
Honey Mustard, Lemon-Dill, 1000 Island,
Vinaigrette, and Balsamic Vinaigrette.

Extra dressing **\$1 each**

Lite Bite Salad\$12

Low-fat Cottage cheese, cucumbers, carrots, tomatoes,
hard boiled cage free egg, with your choice of albacore
tuna salad, free range chicken salad, or Full O' Life
vegeburger patty.

Caesar Salad\$10

Romaine lettuce, tomatoes, cucumbers, whole wheat
croutons, parmesan cheese, served with Caesar dressing.
With grilled marinated free range chicken breast\$13
With grilled fresh organic salmon\$15

Greek Salad.....\$11

Fresh spinach, cucumbers, tomatoes, feta cheese, hard
boiled cage free egg, kalamata olives, served with
lemon-dill dressing.
With grilled marinated free range chicken breast\$14
With grilled fresh organic salmon\$16

Chef's Salad

Mixed greens, tomato, cucumber, hard boiled cage free
egg, and shredded white cheddar cheese.
With avocado\$11
With diced free range turkey breast\$12

Sunshine Salad\$11

Fresh romaine lettuce, spinach, watercress, green onions,
parsley, red cabbage, zucchini, avocado, tomato,
mushrooms, cucumber, celery, cauliflower, topped with
toasted sesame seeds.

Raw Vegetable Salad\$11

Shredded beets, carrots, zucchini, alfalfa sprouts, cole
slaw, tomatoes, and cucumbers.

Dinner Salad\$5

Mixed greens topped with your choice of shredded
carrots, shredded beets, or alfalfa sprouts.

With two toppings\$6

Sunshine Dinner Salad\$6

Sunshine salad mix, cucumber and tomato.

Soup And Salad Combo.....\$9

Cup Of Soup And Dinner Salad.

Combination ½ Cold Sandwich With Cup Of Soup or Dinner Salad.....\$11

COLD SANDWICHES

Served on whole grain, sourdough,
or rye bread with lettuce and mayonnaise or vegenaise
and your choice of fresh carrot slices or
Kettle potato chips.
Gluten free bread **\$1 extra.**

Sliced Free Range Turkey Breast

with Tomatoes\$10

Albacore Tuna Salad\$9

Albacore tuna, black olives, celery, mayo.

Free Range Chicken Salad\$9

Diced free range chicken, celery, mayo, spike seasoning.

Cage Free Egg Salad\$8

Diced eggs, mayo, spike seasoning.

Vegetarian's Delight.....\$9

With cheese or vegan cheese, avocado,
tomato, sprouts, and vegenaise.





BURGERS

All burgers are served on a whole wheat bun with lettuce, tomato, mayonnaise or vegenaïse, and your choice of raw carrot slices or Kettle potato chips.

With Cheeseadd \$1

With Turkey Baconadd \$2

Natural Harmony Farms

Free Range Beef Burger 1/3 lb.\$10

Natural Harmony Farms

Free Range Turkey Burger\$9

Full O' Life Vegebunger.....\$9

Made in our own kitchen with soy protein, cage free eggs, and herbs.

Vegan Garden Burger\$9

Garden Burger brand vegan patty.

HOT SANDWICHES

Tuna Melt\$10

Served on a whole wheat English muffin with albacore tuna salad, alfalfa sprouts, melted Jack cheese, topped with toasted sesame seeds.

Turkey Pastrami Melt\$11

Applegate Farms turkey pastrami, avocado, tomato, melted jack cheese, light mayo, on grilled sourdough bread.

B.L.T.A.....\$10

Applegate natural turkey bacon with lettuce, tomato, avocado, toasted sourdough bread with mayonnaise.

Turkey Reuben\$11

Natural free range turkey breast, sauerkraut, 1000 island dressing, melted swiss cheese, on grilled rye bread.

Fresh Fish SandwichPrice will vary

Grilled fish of the day, lettuce, tomato, whole wheat bun, served with your choice of tartar or dill sauce.

Grilled Marinated Free Range

Chicken Breast Sandwich\$10

Served on a whole wheat bun with lettuce, tomato, and mayo.

Vegetarian Full O' Life Pocket Sandwich.....\$10

Whole wheat pita bread filled with sliced tomatoes, melted jack cheese, mushrooms, avocado, and alfalfa sprouts.

Grilled Barbecue Tofu Sandwich\$10

Marinated Tofu slices, BBQ sauce, grilled onions, lettuce, tomato, melted cheese, served on a whole wheat bun.

Grilled Cheese\$7

Served on your choice of bread with white cheddar, jack, or swiss.

Extras On Sandwiches

Avocado **\$2**

Cheese (White Cheddar,

Jack, Swiss, or Vegan)

Tomato, Alfalfa Sprouts

or Pita bread **\$1 each**

Grilled Mushrooms **\$2**





FULL O' LIFE ENTREES

Sides: Cup of soup, dinner salad, baked potato, baked yam, brown rice, or fresh vegetable of the day.

Grilled Fresh Organic

Salmon Dinner.....Price will vary

Comes with choice of two sides.

Grilled Marinated Free Range

Chicken Breast Dinner\$13

Comes with choice of two sides.

Vegan Garden Burger Casserole.....\$12

Pieces of vegan garden burger topped with fresh salsa, sliced avocado, melted vegan cheese or white cheddar cheese.

Comes with choice of one side.

Wok Stir Fried Vegetables\$13

Fresh carrots, celery, cauliflower, zucchini, broccoli, mushrooms, napa cabbage, onions, stir fried in a wok with gluten free tamari sauce and light oil, served over brown rice.

With grilled marinated free range chicken breast.....\$16

With grilled diced tofu.....\$14

Comes with choice of one side.

SIDE ORDERS

- Baked Potato\$4
- Baked Yam.....\$5
- Brown rice.....\$4
- Grilled Tofu\$4
- Fresh Vegetable of the Day\$4
- Fresh Steamed Vegetable\$5
(Broccoli, Carrots, Cauliflower or Zucchini)
- Grilled Free Range Chicken Breast\$7
- Potato-Cucumber Salad
with red onions and dill\$4
- Cole Slaw\$4
- Low fat Cottage Cheese\$4
- Hard Boiled Egg\$2
- Cold Free Range Turkey Slices (6oz).....\$7
- Scoop Albacore Tuna Salad\$6
- Scoop Free Range Chicken Salad\$6
- Scoop Cage Free Egg Salad.....\$6

COLD BEVERAGES

Juices: Organic Apple, Organic Carrot, Organic Orange, Organic Cranberry, Papaya, or Pineapple

Small.....\$3

Large\$5

Full O' Life Fresh Green Drink

Made in our kitchen with fresh parsley, mint, dandelion, watercress, spinach, and pineapple juice.

Small.....\$4

Large\$6

Ice Cream Shake

Strauss Organic Vanilla Ice Cream

With Juice\$6

Vanilla Shake\$5

Chocolate Shake\$6

Iced Tea\$3

Organic Lemonade\$3

HOT BEVERAGES

Organic Coffee

(Regular Or Decaf)\$3

Herbal Tea (Assorted Flavors).....\$3

HOMEMADE DESSERTS

Varies Daily

Honey Custard.....\$4

Gluten Free Fruit Crunch with

Granola Topping\$5

Fresh Fruit Pie\$6

Cream Pie\$6

Organic Strauss Vanilla Ice Cream.....\$5

Pie Ala Mode\$3

There will be a \$2 charge for split orders.
No substitutions please, side orders are available.
Sales tax will be added to the retail price on all items.
Shirts and shoes are required.

