

FULL O' LIFE SPECIAL ENTREES

The Entrees Below Include Two Of The Following:
Dinner Salad, Cup Of Soup, Baked Potato, Baked Yam,
Brown Rice, Or Vegetable Of The Day.

Grilled Fresh Salmon.....Fair Market Value
Served With Tartar Or Dill Sauce.

Grilled Halibut Steak.....Fair Market Value
Served With Tartar Sauce.

Grilled Natural Chicken Breast\$12.95
Natural Chicken Breast From Shelton Farms.

Natural Ground Chicken Steak\$11.95
Naturally Grown Ground Chicken From Harmony Farms.

Vegetarian California Style
Garden Burger Casserole\$11.95
Pieces Of Garden Burger Topped With Fresh Salsa,
Sliced Avocado, And Melted Cheese. Can Also Be
Prepared Vegan Style With Vegan Garden Burger
And Vegan Cheese.

*The Following Entrees Are Served With Your Choice Of
Cup Of Soup Or Dinner Salad.*

Wok Stir Fried Vegetables\$11.95
Fresh Vegetables Stir Fried In A Wok With Tamari Sauce
And Served Over Brown Rice.
A La Carte**\$9.95**
With Grilled Natural Shelton Farms Chicken Breast
Add**\$4.50**
With Grilled Diced Tofu Add.....**\$2.75**

Steamed Vegetables With Melted Cheese.....\$11.95
Fresh Broccoli, Cauliflower, Zucchini And Carrots,
Lightly Steamed And Topped With Melted
White Cheddar Cheese.
A La Carte**\$9.95**

SIDE ORDERS

Baked Potato**\$3.75**
Baked Yam**\$4.25**
Brown Rice.....**\$2.95**
Vegetable Of The Day**\$3.75**
Steamed Fresh Vegetable**\$4.75**
Grilled Shelton Chicken Breast.....**\$6.75**
Grilled Mushrooms**\$3.75**
Grilled Tofu**\$3.25**
Cole Slaw**\$3.25**
Shredded Beets Or Carrots**\$3.25**
Cottage Cheese**\$3.25**
One-Half Avocado**\$3.75**
Sliced Tomatoes.....**\$3.25**
Sliced Cucumbers**\$3.25**
Black Olives**\$2.75**
Kettle Potato Chips**\$1.50**
Hard Boiled Egg**\$1.95**
Cold Shelton Turkey Slices**\$6.75**
Scoop Tuna Salad.....**\$5.95**
Scoop Chicken Salad**\$5.95**
Scoop Egg Salad.....**\$4.95**
Sliced Fresh Pineapple Or Papaya**\$4.75**
Banana Bread**\$1.95**

Cold Beverages

Juices : Apple, Carrot, Papaya, Pineapple, Orange,
Or Cranberry
Small.....**\$2.75**
Large**\$3.95**

Full O' Life Fresh Green Drink

Made In Our Own Kitchen With Parsley, Mint, Dande-
lion, Watercress, Spinach, Chard, And Pineapple Juice.
Small.....**\$3.95**
Large**\$5.75**

Full O' Life's Protein Drink

Our Own Brand Of Protein Powder Blended In Your
Choice Of Juice Or Milk.
Juice\$4.95
Milk.....\$3.95

Ice Cream Shake

Alta Dena Vanilla Ice Cream, Blended With
Your Choice Of:
Juice\$5.25
Milk.....\$4.50
With Protein Powder Add\$1.75

Milk

Regular, Low-Fat, Or Non-Fat
Small.....**\$2.25**
Large**\$2.95**

Lipton Iced Tea\$2.25

Lemonade\$2.50

HOT BEVERAGES

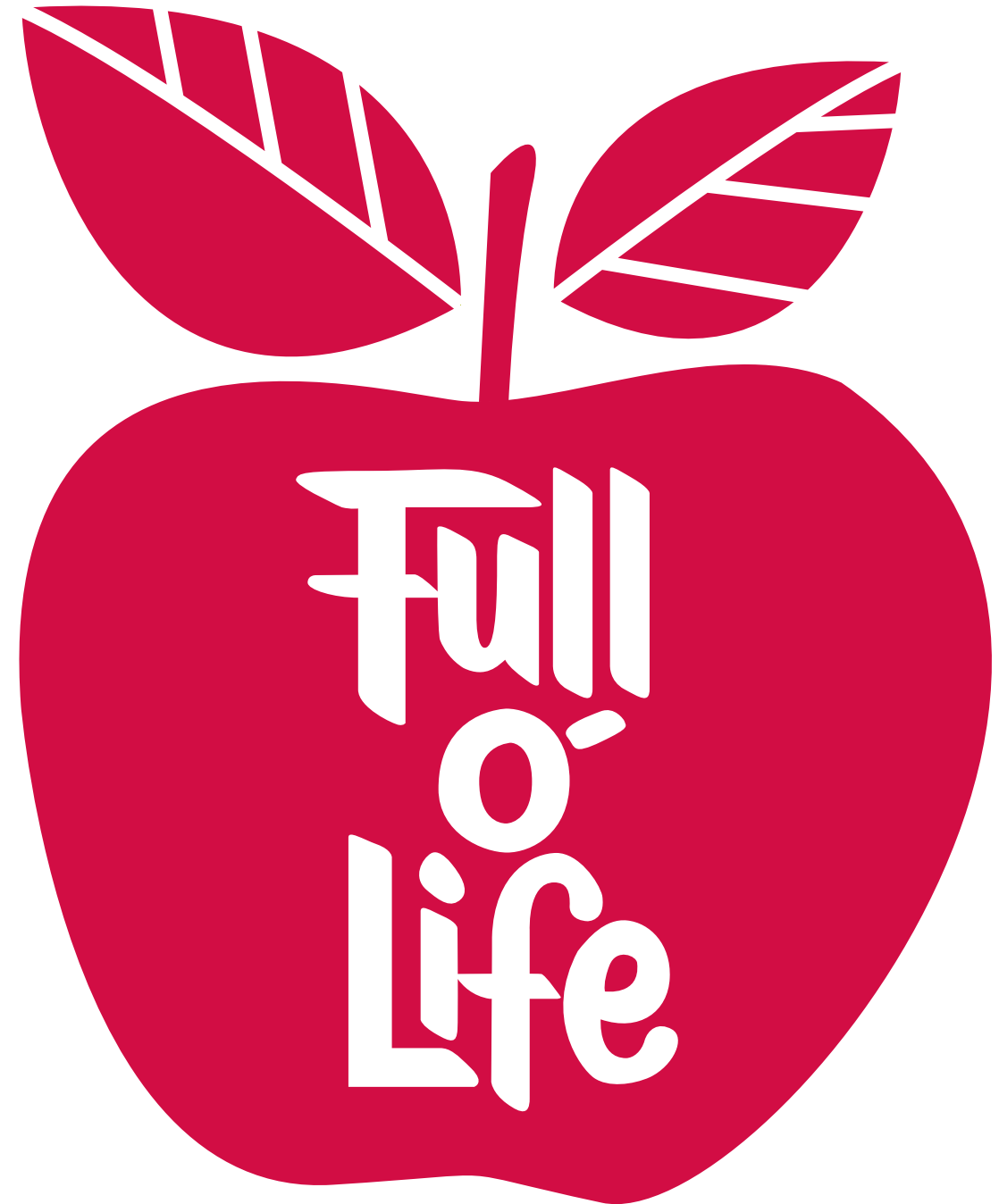
Organic Coffee
(Regular Or Decaffeinated).....\$2.50
Lipton Tea\$2.25
Herbal Tea: Peppermint, Camomile,
Raspberry, Cranberry, Orange And Lemon.....**\$2.50**

HOMEMADE DESSERTS

Varies Daily.

Cream Pie, Cheesecake,
Or Fresh Fruit Tarte\$4.75
Fresh Fruit Pie\$4.50
French Crust Pie\$4.25
Fruit Crunch With Granola Topping.....\$4.25
Pie A La ModeAdd \$2.75
Vanilla Ice Cream.....\$3.75

*We Are Not Responsible For Lost Or Stolen Articles.
Sales Tax Will Be Added To The Retail Price On All Items.
There Will Be A 10% Charge On All To-Go Orders. No Substitutions
Please, Side Orders Are Available.
Shirts And Shoes Are Required.*



Natural Food Restaurant

For Your Family's Good Health

HOMEMADE SOUPS

Fresh Vegetable Or Soup Of The Day
Cup **\$3.95** Bowl **\$5.50**
Pint **\$5.75** Quart **\$8.75**

FRESH SALADS

Choice Of Homemade Dressings: Vinaigrette,
Bleu Cheese, Ranch, Thousand Island, Lemon Mustard,
And Balsamic-Vinaigrette.

Lite Bite Salad\$9.95
Cottage Cheese, Cucumbers, Carrots, Tomatoes, Hard
Boiled Egg, With Your Choice Of Tuna Salad, Chicken
Salad, Or Vegeburger Patty.

Caesar Salad
With Grilled Natural Chicken Breast
From Shelton Farms**\$10.95**
Or Grilled Fresh Salmon**\$12.95**
Romaine Lettuce, Tomatoes, Cucumbers,
Whole Wheat Croutons, Parmesan Cheese,
Served With Caesar Dressing.

Greek Salad With Grilled Chicken.....\$12.95
Natural Chicken Breast From Shelton Farms, Fresh
Spinach, Cucumbers, Tomatoes, Feta Cheese, Hard
Boiled Egg, Kalamata Olives, Served With
Lemon-Dill Dressing.

Chef's Salad
With Sliced Avocado And Cheese**\$9.95**
Or Natural Diced Turkey
From Shelton Farms And Cheese.....**\$9.95**
Mixed Greens, Tomato, Cucumber, Hard Boiled Egg,
And Shredded White Cheddar Cheese.

Raw Vegetable Salad\$9.75
Shredded Beets, Carrots, Zucchini, Alfalfa Sprouts,
Cole Slaw, Tomatoes, And Cucumbers.

Sunshine Salad\$9.75
Fresh Romaine Lettuce, Spinach, Watercress, Green
Onions, Parsley, Red Cabbage, Italian Squash, Avocado,
Tomato, Mushrooms, Cucumber, Topped With Sesame
Seeds.

Fresh Tropical Fruit Plate
With Cottage Cheese\$9.95
Sliced Pineapple, Papaya, Banana And Oranges,
Served With Banana Bread And Yogurt Dressing.

Fresh Fruit Salad
Fresh Seasonal Fruit, Served With Banana Bread
And Yogurt Dressing. Cup **\$4.25** Bowl **\$6.50**

Combination Plate.....\$9.95
Sliced Fresh Papaya, Pineapple, Cottage Cheese,
Sliced Tomato, With Your Choice Of Turkey, Chicken,
Or Vegeburger Patty.

Dinner Salad\$4.50
Mixed Greens, Topped With Your Choice Of Shredded
Carrots, Shredded Beets, Or Alfalfa Sprouts.
With Two Toppings**\$4.95**

Sunshine Dinner Salad\$4.95
With Sunshine Salad Mix, Cucumber and Tomato.

Soup And Salad Combo.....\$8.25
Cup Of Soup And Dinner Salad.

Combination ½ Sandwich With Cup Of Soup
Or Dinner Salad\$8.95
Your Choice Of Any Cold Sandwich.

COLD SANDWICHES

Served On Your Choice Of Whole Grain, Rye, Sour-
dough, Honey Wheat Croissant, Or Gluten-Free Bread
With Lettuce And Mayonnaise. Comes With Your Choice
Of Fresh Carrot Slices Or Kettle Potato Chips.

Sliced Natural Shelton Farms Turkey Breast
With Tomatoes\$8.75

Harmony Farms Cold Roast Beef With Tomatoes
and Horseradish Mayonnaise.....\$8.75

Albacore Tuna Salad\$7.25

Chicken Salad\$7.25

Egg Salad\$6.50

Avocado And Egg Salad\$7.25

Avocado And Tomato\$7.00

Cheese, Tomato, And Sprouts\$7.00
Choice Of White Cheddar, Swiss, Jack,
Or Vegan Cheese.

Vegan's Delight With Vegan Cheese, Avocado,
Tomato, Sprouts, And Vegenaise\$7.75

BURGERS

All Burgers Served On A Whole Wheat Bun With Lettuce,
Tomato, And Mayonnaise. Comes With Your Choice
Of Raw Carrot Slices Or Kettle Potato Chips.
Cheeses: White Cheddar, Swiss, Jack, Or Vegan.
With Turkey Bacon: Add **\$1.95**

Natural Harmony Farms Turkey Burger....\$7.00
With Cheese**\$7.75**

Natural Harmony Farms Beef Burger\$7.00
With Cheese**\$7.75**

Natural Harmony Farms Chicken Burger ..\$7.00
With Cheese**\$7.75**

Vegeburger.....\$7.00
Made In Our Own Kitchen With Soy Protein,
Eggs, And Herbs.
With Cheese**\$7.75**

Garden Burger.....\$7.00
Made With Grains, Vegetables, And Cheese.
With Cheese**\$7.75**

Vegan Garden Burger\$7.00
With Vegan Cheese**\$7.75**

HOT SANDWICHES

Tuna Melt.....\$8.75
Served On A Whole Wheat English Muffin With Alfalfa
Sprouts, Melted Jack Cheese, Topped With Sesame
Seeds.

Grilled Turkey And Cheese With Tomatoes \$8.75
Natural Sliced Turkey Breast From Shelton Farms Served
On Your Choice Of Bread With White Cheddar, Swiss,
Or Jack Cheese.

Turkey Pastrami Melt\$8.95
Harmony Farms Turkey Pastrami, Avocado, Tomato,
Melted Jack Cheese, Light Mayonnaise, On Grilled Sour-
dough Bread.

Honey Wheat Croissant With Tuna Or Natural
Shelton Farms Turkey Breast\$8.75
With Melted Cheddar Cheese And Tomatoes.

B.L.T.A.....\$8.75
Turkey Bacon With Lettuce, Tomato, And Avocado Served
On Toasted Sourdough Bread With Mayonnaise.

Turkey Reuben\$8.75
Natural Turkey Breast From Shelton Farms, Sauerkraut,
Thousand Island Dressing, Melted Swiss Cheese, On
Grilled Rye Bread.

Fresh Fish Sandwich.....\$ Fair Market Value
Grilled Fish Of The Day, Lettuce, Tomato, Whole Wheat
Bun, Served With Your Choice Of Homemade Dill Or Tar-
tar Sauce.

Grilled Chicken Breast\$8.95
Marinated Natural Chicken Breast From Shelton Farms,
Served On A Whole Wheat Bun With Lettuce, Tomato,
And Mayonnaise.

Full O' Life Pocket\$7.50
Whole Wheat Pita Bread Filled With Sliced Tomatoes,
Melted Jack Cheese, Mushrooms, And Alfalfa Sprouts.
With Avocado**\$8.50**

Patty Melt\$8.75
Natural Beef Patty From Harmony Farms With Melted
Swiss Cheese And Grilled Onions, On Grilled Rye Bread.

Grilled Cheese.....\$6.25
Served On Your Choice Of Bread With Jack, Swiss,
Or White Cheddar Cheese.
With Tomatoes**\$7.00**

Grilled Barbecue Tofu Sandwich\$7.75
Baked Marinated Tofu Slices, BBQ Sauce, Grilled Onions,
Lettuce And Tomato, Served On A Whole Wheat Bun.
With Cheese**\$8.50**

Organic Hot Dog\$4.50
Applegate Farms Organic, Grass-Fed, All Beef Hot Dog
Served On A Organic Wheat Bun. Ask For The Fixin's!
With Cheese Or Sauerkraut**Add \$.95**

Extras On Sandwiches

Avocado **\$1.50**

Tomato **\$.95**

Cheese (White Cheddar, Jack, Swiss, Or Vegan) **\$.95**

Alfalfa Sprouts **\$.95**

Pickle Spears **\$.95**

Grilled Mushrooms **\$1.95**

Whole Wheat Pita Bread **\$.95**