

TERRA FRESCA

Week of November 23rd, 2009

Housemade Chef's Soup

Greek Lemon Rice or Potato Leek

2.50 Cup 3.75 Bowl

Featured Sides 3.25

*Sweet Potato Fries with Mango Ketchup
or Home Cut Fries*

A Nice Little Mixed Green Salad 4.25

Organic Mixed Greens with choice of Dressings

Bowl of Soup and a Nice Little Green Salad Combo 7.25

Featured Specials

Add "a nice little green salad" or cup of soup for \$1.50

Spaghetti al Funghi ~ roasted garlic, wild mushroom in cream sauce **9.75**

Spinach Red Onion and Chicken Pizza **10.50**

Eggplant Parmigiana~ layers of sliced egg plant, fresh basil, mozzarella cheese and tomato sauce with orzo **11.95**

◇ **Ginger Miso Braised Catfish** ~ with rice noodles and broccoli **12.50**

ENTRÉE SALADS

Baby Spinach Cobb Salad

Grilled diced chicken, peppered bacon, chopped egg, tomatoes, avocado, bleu cheese, balsamic vinaigrette

9.75

Classic Caesar Salad*

Crisp hearts of romaine with house made croutons, Caesar dressing, anchovies and shredded parmesan

7.25

Chinese Style Salad*

Napa, cabbage, baby greens, tossed with peanuts, mandarin oranges, crispy won ton strips and cilantro ginger dressing

7.50

*add chicken or tofu (\$3.00) * add seafood option (\$4.00) additional charge

SANDWICHES

All Sandwiched served with choice of featured side. Substitute "a nice little green salad" or cup of soup for \$1.50

B.L.A.S.T.

Traditional BLT with peppered bacon, smoked turkey, avocado, tomato, leaf lettuce and mayo on toasted multi grain bread

8.50



Bird of Paradise Chicken Sandwich

Grilled mango pineapple marinated chicken breast with sunflower sprouts, fresh sliced mango and chipotle mango spread on a toasted Kaiser roll

8.75

Grilled Chicken Club

Grilled chicken with thick cut bacon, provolone, tomato, leaf lettuce, chipotle ranch dressing on a toasted Kaiser roll

8.75

Classic Kobe Beef Burger

1/2 lb patty on a toasted Kaiser roll with leaf lettuce, sliced onion, tomato and pickle

9.25

Add Ons: grilled onions, mushrooms, cheddar, pt. Reyes bleu, jack, provolone or Swiss .50 ea. Add peppered bacon or avocado 1.00 ea.

Substitute Vegan Teriyaki Patties no extra charge


Fresh. Organic. Healthy. Here you'll find all the best flavors of the Earth cultivated by trusted local growers and transformed into a menu of tastes that will tempt your palate

Any Entrée protein can be substituted with Vegan Teriyaki patties at no additional charge just tell your server

◇ Sustainable Seafood Choice

☺ Vegetarian

 Vegan

 Contains Nuts-May Be Omitted