

"Let food be thy medicine."—Hippocrates

Bowls

BUDDHA BOWL

Steamed quinoa, millet and GABA brown rice tossed with slow cooked beans, lemon-marinated kale, shredded carrots, cilantro, avocado, beet spirals, sunflower and sesame seeds and choice of dressing.*
Half **\$8.99**, Whole **\$13.50**

NATURE BOWL

Steamed quinoa, millet or GABA brown rice, lemon-marinated kale, shredded carrot, avocado, beet spirals, sunflower and sesame seeds and choice of dressing.* Half **\$8.99**, Whole **\$13.50**

BEAN & RICE BOWL

Slow cooked beans, GABA brown rice tossed with lemon, olive oil, cilantro and carrot, topped with avocado and choice of dressing.* **\$11.00**

POWER BOWL

No frills energy! GABA brown rice, slow cooked beans, carrots, spinach and avocado tossed with choice of dressing.* **\$11.00**

SEASONAL GREEN SALAD

Organic baby arugula or seasonal Vashon farm greens topped with carrots, avocado, seeds, seasonal veggies and garnishes with choice of dressing.* **\$12.50**

***House-Made Dressing Options**

Lemon Tahini (divine savory goodness)

Sesame Ginger (a tangy kick)

Apple Cider Vinegar or Pressed Lemon & Olive Oil

Soup

HEALING VEGGIE BROTH

Homemade, long-steeped, local organic veggie broth, rich in minerals with no added salt. 8oz. cup **\$4.00**

SOUP DU JOUR

Seasonal soups made from scratch with our own long-steeped, organic veggie stock. Served with homemade, gluten-free, savory herb seed crackers. Ask us what our soup is today.
8oz. cup **\$5.50**, 12oz. bowl **\$8.00**

Juice Bar

100% Organic and Fresh Pressed

MORNING GREENS

Kale, seasonal greens, apple, lemon and ginger. Med **\$8.00**, Lrg **\$9.50**

BUNNIES' BREW

Carrot, apple, lemon and ginger. Med **\$8.00**, Lrg **\$9.50**

VASHON CLEANSER

Seasonal, all vegetable juice. Way better than V8! Med **\$8.00**, Lrg **\$9.50**

ISLAND SUNRISE

Kale, lemon, carrot and apple. Med **\$8.00**, Lrg **\$9.50**

Smoothies

Made with whole food. Seasonal and local ingredients may vary.

DR. GREEN

Avocado, seasonal greens, celery, ice and frozen banana, blended with your choice of filtered H₂O, homemade brown rice milk, or fresh apple juice. One size (Large) **\$9.00**

PACIFIC SUNSET

Peaches, strawberry, pineapple, banana and homemade brown rice milk. One size (Large) **\$9.00**

THE ZINGER

Lemon, celery, kale, ice, frozen banana and raw ginger, blended with fresh apple juice. One size (Large) **\$9.00**

CACAO CONNECTION

Raw cacao, cashews and frozen banana, blended with homemade brown rice milk. One size (Large) **\$9.00**

Shots

WHEATGRASS

Straight grass! A shot of life, Ann Wigmore style. **\$4.00**

GRASSHOPPER

Wheatgrass, apple, lemon and ginger. **\$4.00**

WELLNESS SHOT

Old Vermont folk medicine. Lemon, ginger, garlic and cayenne pepper. **\$4.00**

Sides

ORGANIC STEAMED QUINOA MILLET

One scoop **\$1.75**, Two scoops **\$3.50**

ORGANIC STEAMED BROWN RICE

One scoop **\$1.50**, Two scoops **\$3.00**

SLOW COOKED BLACK BEANS, with local bay leaf

6oz. **\$3.00**, 12oz. **\$5.00**

ORGANIC LEMONY MARINATED KALE

8oz. **\$4.00**

PURE FIRE CHILI PASTE

2oz. **\$2.00**, Just a dab **\$0.50**

Hot Tonics

GINGER BREW

Hot and fiery! Steeped organic ginger root. 12oz. **\$3.50**

COCONUT GINGER LATTE

Spicy ginger brew frothed with coconut oil and homemade brown rice milk. 12oz. **\$3.50**

MASALA CHAI TEAS

By Blue Lotus Teas of Oregon, in three delicious flavors: Rooibos with organic rooibos powder, Golden with turmeric and maca, and Traditional with cinnamon and cloves. All are made with 100% certified organic spices with a base of ginger, cardamom, nutmeg, and black pepper. 12oz. **\$3.50**

Desserts to Live For!

HOMEMADE MUFFINS

Organic, gluten-free, vegan muffins made with seasonal fruits and veggies. Healthy and nourishing! **\$3.75**

VASHON TRAIL COOKIES

Raw and vegan. Certified gluten-free oats, raisins, dates, raw cacao, almond milk, shredded coconut, vanilla and a touch of house-made, dehydrated coconut sweetener. **\$3.50**

SEASONAL DESSERTS

Plant based, gluten-free, no white sugar desserts including baked pies and heavenly coconut "cheeze" cakes. Call to see what's in season today.



Organic Cafe & Juicery

plant based, gluten-free,
mainly organic

9925 SW Bank Rd.
Vashon, WA 98070
(206) 259-3179

