



Abundance

ORGANIC KITCHEN

Hot bar 11am - 9pm

Salad bar, soups and chili 10am - 9pm

Grab 'n Go 7am - 11pm

on any given day we may serve any of the following:

Prepared Salads

Asian Peanut Salad
Krazy for Kale Salad
Persian Rice Salad
French Potato Salad

Roasted Yam & Black Bean Salad
Unchicken Salad

All Raw Prepared Salads

Hijiki Yam Salad
Hazelnut Salad
Tomato Florentine Salad
Basil-Dijon Cauliflower Salad
Broccoli & Tomato Salad (with raw
almond mayo)

Salad Dressing & Toppings

Raspberry Poppyseed Dressing
Green Goddess Dressing
Honey Dijon Dressing
Bombay Tempeh
Tempeh Italiano
Sweet & Spicy Tempeh

Soups & Chili

House Chili
Sunflower Bisque
Manhattan Sea Vegetable Chowder

Hot Bar Entrées

Veggie Lasagnas (cheese & vegan)
Sesame Tempeh Stir Fry
Roasted Roots
BBQ Tofu or Tempeh
Spanikopita
Pakoras
Tempeh Cacciatore
Sweet & Sour Tofu
Polenta Casserole
Vegetable Curries

Grab 'n Go

Vegan Tempeh Calzone
Greek Calzone
Super Garlic Hummus
Black Olive Hummus
"My Cousin Rini's Chatzilim"
Red Pepper Vegan Cheez
McKenzie Cashew Vegan Cheez
Bonzobrazil Vegan Cheez
White Sesame Vegan Cheez

Pastries & Cookies

Muffins
Scones
Organic Coconut Macaroon
Coconut Choco Chip Macaroon
Trail Mix Cookie

24th & Hilyard • 343-9142 • open 7am - 11pm