

# APPETIZERS

## SEVEN WONDERS 4

House made root slaw consisting of shredded daikon, broccoli, carrots, ginger, green and red cabbage.

## EDAMAME 4

Steamed soy beans in the shell.

## BLUE CORN NACHOS 8

Toasted blue corn chips topped with black bean sauce, melted soy cheese, cilantro, and scallions. Add avocado, turkey or veggie chili \$2.00

## MUSHROOM 8

Walnut mushroom pate w/ toasted ezeikel bread

## CHEESE 7

Grilled halloumi with lime chili marinade.

## TWO TACOS 6

Two yellow corn tortillas stuffed with turkey or veggie chili, shredded carrots and soy cheese. Served with root slaw and Mexican salsa.

## GARLIC BITS 7

Seitan, chicken or godofu pieces, simmering in a generous blend of onions, garlic paprika and vegetable stock. Served with whole wheat chapatti.

## Mediterranean Collection

Served with wheat pita.

## HUMMUS 5

Garbanzo, tahini and garlic.

## TABOULI 5

Parsley, tomato, scallion, herbs and burgul.

## BABA GANOUIJ 5

Baked eggplant, tomato, scallion and burgul.

## TRIO PLATTER 10

Hummus, Tabouli and Baba Ganouj served with wheat pita.

## QUESADILLAS 7

Grilled low-carb whole wheat chapatti

## PIZZADILLA

Tomato, basil, marinara and soy cheese.

## SPINACH

Spinach, feta and soy cheese.

## SAMOSA

Curry potato, turnips, peas and soy cheese.

## MUSHU

Chicken, mushrooms, cabbage and carrots.

## VOT CHILI 6

Veggie or Turkey Hearty combination of veggies, beans and mild spices. Served with crispy wheat pita.

## SOUP DU JOUR 5

Vegetable or Grain base Choice of two changes daily. Dairy and oil free. Served with crispy wheat pita.

## SALADS

### BEET SALAD 11

Roasted beets, arugula, pine nuts, feta cheese and apple cider vinaigrette.

### SPINACH SALAD 11

Fresh baby spinach, caramelized walnuts, roasted red bell pepper, onions and tomato, tossed with balsamic vinaigrette with crumbled feta cheese.

### SANTE SALAD 12

Butter lettuce, cucumber, broccoli, bell peppers and chicken with a citrus vinaigrette.

### HEARTS OF PALM SALAD 12

Your choice of the catch of the day, fresh hearts of palm, cucumbers, tomato, romaine hearts, and Caesar dressing.

### THE GREEK 10

Kalamata olives, cucumber, red onion, tomato and feta cheese tossed with lemon vinaigrette.

### HOUSE SALAD 8

Crispy romaine, tomato, cucumber, shredder carrots, alfalfa sprouts, hummus, brown rice pilaf and wheat crisps with your choice of dressing. (Tahini, balsamic, cucumber mint, or cilantro lime.)

### TOFU STEAK 9 • CHICKEN 11

### SALMON FILET 14 • AHI TUNA 14

# BEVERAGES & DESSERTS

## COFFEE

Organic Coffee/ Decaf 2

Chai Latte 3

Café Au Lait 3

## HOT TEAS 2

Peppermint

Lemon Ginger

Chamomile

Wild Raspberry

Bancha

Yerba Mate

Earl Grey

English Breakfast

Orange Spice

Green Tea

Jasmine Blossom

## ICED TEAS 2

Iced Passion Tea

Iced Bancha Tea

Iced Mate Tea

Iced Chamomile Tea

## SODAS 2

Coke

Diet Coke

Sprite

Lemonade (Agave)

Arnold Palmer

Lemerlot (3.95)

## ELIXR 4.25

Mind Over Muddle

Power Plant

Liquid Yoga

Virtual Buddha

Depth Recharger

Tame the Elements

Arthurs Special

## BOTTLED BEVERAGES

Juice Squeezes 2

Cranberry Black Cherry

Blackberry Pomegranate

Passionfruit Mango

Ruby Grapefruit

Wild Berry

Source Sparkling/Still Water (11oz) 3 (25oz) 5

## VEGAN DESSERTS

Chocolate Oatmeal Banana

Cookies 1

Cherry Ginger Chocolate Chip

Cookies 2

Apple Cobbler 6

Flourless Chocolate Cake 6

Chocolate Peanut Butter Pie 6

Chocolate Peanut Butter Banana Crème Pie 6

Carob Banana Tart (Raw) 7

Pineapple Cheesecake (Raw) 7

Mixed Berry Cheesecake (Raw) 7

THE ORIGINAL ALTERNATIVE CUISINE

# SANTE

WE CATER TO YOUR LIFESTYLE  
THE WORLD IS AT YOUR BUDS,  
BE FREE TO INDULGE IN LIMITLESS POSSIBILITIES  
SOUGHT AFTER TO HELP KEEP YOU YOUNGER...LONGER.



## CLASSIC ENTREES

**CHX STIR-FRY VEGETABLES 12** - Chicken snow peas, shiitake mushrooms, broccoli, Napa cabbage, daikon root, carrots and zucchini all sautéed in our ginger tamari sauce and served over brown rice quinoa pilaf.

**BAJA SUPREME 10** - Chicken black beans, brown rice quinoa pilaf, soy cheese, vegan sour cream, salsa and mixed greens.  
**TOSTADA** with alfalfa sprouts and drizzled with tahini sauce.  
**BURRITO** with carrot salsa and Bravada sauce.

**SPINACH ENCHILADA 12** - Two yellow corn tortillas stuffed with garlic spinach and topped creamy spinach tofu sauce and melted soy cheese. Served with black beans, brown rice quinoa pilaf and topped with mixed greens tossed with cilantro lime dressing.

**DRAGONTAIL 14** - Tofu, hijiki, broccolli, snow peas, zucchini, daikon root and carrots sautéed in a ginger tamari sauce over brown rice quinoa pilaf, and black beans, served with tahini sauce.

**OMEGA III SPECIAL 18** - Grilled salmon, ahi or catch of the day grilled garden fresh veggies, brown rice quinoa pilaf. Served with your choice of soup or salad.

**THE FILET PLATTER** - A filet of your choice, pan seared with mushrooms, red onion and ginger tamari wine tofu sauce. Served with steamed veggies and ginger pilaf.  
**TOFU 10 • CHICKEN 13 • SALMON 15 • AHI TUNA 15**

## SANDWICHES

All sandwiches, burgers and wraps are served with root slaw and grilled rosemary potatoes.

**PATTY MELT 10** - Veggie or turkey patty, grilled onions and melted soy cheese on toasted sourdough or what bread.  
*Substitute with tempeh or tuna salad add \$2.00. Add avocado or garlic spinach \$2.00*

**SANTES CHICKEN SANDWICH 10** - Grilled breast of chicken marinated in tofu-Dijon-dill sauce, grilled onions, tomato and dijonaise on your choice of bread.  
*Ahi tuna fillet add \$2.00 • Add avocado or grilled spinach \$2.00*

**BURGERS 10** - Grilled veggies or turkey patty, wrapped in butter lettuce topped with soy cheese, grilled onions, tomato, romaine and dijonaise spread over your choice of bread.

## PASTA ENTREES

**THE BOLOGNESE 11** - Veggie or turkey chili, mushrooms, green peas, onions and fresh herbs over spaghetti.

**PASTA PRIMAVERA 11** - Broccoli, cauliflower, zucchini, daikon root and carrots cooked with tomato basil sauce over penne.

**EGGPLANT PENNE 11** - Eggplant, sun-dried tomato, roasted red bell pepper and green peas sautéed with tomato basil sauce and topped with feta.

**SANTE ALFREDO 11** - Chicken, baby spinach, red bell peppers, mushrooms and onions cooked in our non dairy tofu sauce over our choice of pasta.

## PIZZA

**RUSTICA 10** - Fresh tomato, kalamata olives and aromatic herb olive oil over our zesty pizza sauce. Topped with provolone cheese and fresh basil.

**GRILLED VEGGIES** - Grilled zucchini, broccoli, eggplant, onion and red bell pepper over a zesty pizza sauce. Topped with provolone cheese and fresh basil.

**BBQ CHX 12** - Grilled chicken tenders or godofu and red onions smothered in a tangy BBQ sauce. Topped with provolone cheese and fresh cilantro.

**GARDEN CRUMBLE 12** - Turkey or vegan garden crumble, green bell peppers, onions and garlic over marinara sauce. Topped with provolone or soy cheese and fresh basil.

# All Time Favorites - Made *YOUR* Way

All dishes are served with brown rice quinoa pilaf.

## **SOUTHWESTERN 11**

Grilled red and green bell peppers, black beans, corn, tomato, onions and cilantro with mild fajita sauce  
**salad - wrap**



## **GARDENERS PICKS VEGGIES 12**

Grilled broccoli, cauliflower, zucchini, carrots, roasted red bell peppers, grilled eggplant and onion. Served with hummus.  
**salad - wrap**



## **MEDITERRANEAN TUNA 11**

White albacore tuna, diced celery, onion, roasted red bell pepper, lemon juice, tomato, alfalfa sprouts and tabouli.  
**salad - wrap - sandwich**



## **BLACKENED SALMON 12**

Mild blackened salmon tenders, roasted red pepper, grilled corn, tomato.  
**salad - wrap**



## **ROSEMARY CHICKEN 11**

Chicken sautéed in a rosemary tofu wine sauce, garlic spinach, mushrooms and onions with cilantro.  
**wrap - risotto**

## **THE FALAFEL 11**

Ground chick peas, fresh herbs and special spices made into a patty and lightly grilled. With avocado, hummus, tabouli, tomato, mixed greens and tahini sauce.  
**entree - wrap - pita**



**\*VEGAN Alternative**  
our menu turns totally vegan by substituting chx with tofu or UnChicken ( Add \$2 )

## **CURRY CHX 13**

Chicken, broccoli crowns, mushrooms, zucchini, red bell pepper, carrots and peas cooked in mild curry white wine sauce.  
**entree- wrap**



## **SPINACH ZUCCHINI 13**

Chicken, garlic spinach, zucchini, red bell pepper, mushrooms and onions in a creamy spinach tofu sauce topped with toasted pine nuts.  
**risotto - wrap**



## **SIZZILING FAJITA PLATTER 14**

Chicken, onions, red and green bell peppers grilled with fajita sauce. Served with black beans, corn tortillas, vegan sour cream, salsa and guacamole.  
**entree- wrap**



## **ASPARAGUS CHX 14**

Chicken, wild mushrooms, red bell peppers and onions, sautéed with a ginger, tamar tofu sauce.  
**entree - risotto**



## **THE MACRO 13**

Tofu, hijiki broccoli, zucchini, daikon root, carrots and onions sautéed in a tahini ginger sauce. Served with black beans, tahini dressing and root slaw.  
**entree - wrap**



## **CHICKEN AND ARTICHOKE 12**

Grilled breast of chicken, artichoke hearts, green peas, red bell peppers, mushrooms, creamy artichoke sauce.

*\*Vegan option: substitute chix with tofu or unchicken*