

 **Peasant Mushrooms** 11.75

Mushrooms stuffed with a vegetable medley of zucchini, bell pepper and carrots. Served on a bed of brown rice. Topped with cheese and broiled to perfection. Served with cheese bread.

 **Veggie Mu Shu Medley\*** 11.25

Asian inspired veggies - water chestnuts, broccoli, carrots, snow peas and mushrooms - atop a bed of brown rice, then topped with slivered almonds, crunchy noodles and Mu Shu Sauce.

 **The Veggie Surprise** 11.25

A combo of fresh veggies and melted cheeses on top of a mound of brown rice. Served hot and with a side of salsa.

 **Stew You\*** 10.25

Loads of fresh veggies in a simple tomato sauce. Topped with melted cheese and sunflower seeds. Served with a slice of squaw bread.

 **Mexican Casserole\*** 10.50

A Mexican style casserole with brown rice, zucchini, olives, cilantro and mushrooms. Topped with cheese, onion and tomato. Served with a whole wheat tortilla on the side.

 **The Taste-Bud-Tickl'n** 11.25

**Tostada \***

A toasted, flat whole wheat tortilla layered with brown rice and your choice of either Black Bean or Killer Chili. Topped with lettuce, cheese, avocado and tomato.



**HOU  
FAVOR**

 **Veggie Burrito\*** 11.95

All our fresh veggies - carrots, celery, mushrooms, broccoli, zucchini & cauliflower - mixed with brown rice and salsa, served in a whole wheat tortilla. Topped with melted cheddar cheese and avocado.

 **The Chili Burrito\*** 11.95

Our meat free killer chili and brown rice stuffed into a whole wheat tortilla, then smothered with cheddar cheese.

 **Black Bean Burrito\*** 11.95

Black bean chili and brown rice stuffed in a whole wheat tortilla, then topped with melted jack cheese & avocado.

**Gringo Burrito** 11.95

Chicken, brown rice and broccoli stuffed in a whole wheat tortilla and topped with melted jack cheese.

 **Mu Shu Burrito\*** 11.95

Snow peas, carrots, broccoli, brown rice and almonds wrapped in a wheat tortilla and smothered in our wonderful Mu Shu sauce.

**\* Add Chicken or Shrimp for \$2.50 extra**

# SE ITLS

**NOW  
FEATURING  
GLUTEN FREE  
LINGUINI!**

**Ask your server  
about a  
substitution!**

 **Veggie Twocos** **10.95**  
Two soft corn tortillas filled with black beans, jack cheese, lettuce, tomato, onion, cilantro and avocado.

**Chicken Twocos** **11.95**  
Two soft corn tortillas with chicken, cheddar cheese, lettuce, tomato, onion, cilantro and avocado.

 **Veggie Enchiladas** **11.95**  
A veggie blend of corn, carrots, zucchini, potato and tomato, stuffed in 2 corn tortillas and covered with cheese and a mild red sauce. Topped with avocado and served with brown rice, beans & chips.

**Chicken Enchiladas Verde** **12.95**  
Chicken, cheese, olives and onions stuffed in 2 corn tortillas and covered with cheese and green sauce. Topped with avocado and served with brown rice, beans & chips.

**Seafood Enchiladas** **13.95**  
Two corn tortillas stuffed with shrimp, corn, carrots, zucchini, potato and tomato, covered with cheese and a mild red sauce. Topped with avocado and served with brown rice, beans & chips.

 **Veggie Lasagna** **10.95**  
Made with three cheeses, spinach and marinara sauce. Served with garlic pita bread.

 **Pasta Marinara** **10.95**  
Penne pasta in marinara sauce. Topped with mozzarella, parmesan, and tomato. Served with garlic bread.

**Chicken Cacciatore** **12.95**  
Chunks of white meat chicken served on top of penne pasta, then covered with our marinara sauce, mozzarella cheese, parmesan and tomato. Served with garlic bread.

**Pasta Con Pollo** **12.95**  
Penne pasta and chunked chicken breast in a white alfredo sauce. Topped with mozzarella, parmesan and tomato. Served with garlic bread.

**Garlic Chicken Pasta** **12.95**  
Penne pasta with garlic chicken, feta cheese, sun dried tomatoes and pine nuts in a white alfredo sauce. Served with garlic bread.

**Shrimp Alfredo** **13.95**  
Tender shrimp with penne pasta in a white alfredo sauce. Topped with mozzarella, parmesan and tomato. Served with garlic pita bread.

 Vegetarian Items