



THE ORCHARD



STARTERS

SOUP ^{ov}

made fresh daily cup 3.50 bowl 4.50

HUMMUS AND PITA ^{ov}

served with vegetables and homemade flat bread 9.50

FRUIT AND CHEESE PLATE ^o

strawberries / oranges / grapes / kiwi / cheddar / monterey jack / brie 10.00

SPICY CHICKEN TENDERS

with house made hot sauce and creamy garlic dressing 6.50

TEMPURA

chicken strips with honey mustard dip 6.50
zucchini sticks with horseradish dip 5.50
onion rings with tamari ginger dip 5.50
mushrooms with creamy garlic dip 6.00
vegetable tempura with tamari ginger dip 6.00

PORTABELLA MUSHROOMS WITH PITA CRISPS ^o

sautéed with garlic and heavy cream 9.50

SHRIMP AND ASPARAGUS SAUTE ^o

sautéed with butter, garlic and cream 10.50

PAN SEARED MOROCCAN SCALLOPS ^o

cilantro saffron chermoula and flatbread 11.00

CRISPY COCONUT SHRIMP

sweet chili sauce 10.50



SALADS

choice of house made dressings ^g

tomato tamari, creamy garlic, sesame vinaigrette ^v
served with homemade bread ^o

HOUSE SALAD ^v

fresh mixed greens, vegetables and house made dressing small 4.50 large 7.50
with chicken salad or tuna salad 10.00

GRILLED CHICKEN HOUSE SALAD

our house salad topped with grilled chicken 10.00

GREEK SALAD

with feta cheese, olives and fresh vegetables 9.50
with grilled chicken 11.00

VEGGIE SALAD ^v

with crispy tofu, hummus, and avocado 10.00

CHEF SALAD

with cheese, egg, avocado and chicken salad 10.50

COBB SALAD

with cheese, egg, avocado and grilled chicken 10.50

GRILLED SALMON SALAD

mixed greens, grilled snow peas, red onion, red pepper, wasabi lime dressing 12.00



STIR FRIES

JAPANESE STIR FRY ^{ov}

with tamari and sesame oil and tossed with organic brown rice, organic soba noodles or rice noodles

CHINESE STIR FRY ^{gv}

with a brown ginger sauce over organic brown rice

MEDITERRANEAN STIR FRY ^{ov}

with olive oil, white wine and tomato sauce served with organic brown rice or penne

THAI STIR FRY ^g

with lime and fish sauce served with rice noodles and chopped peanuts

INDIAN STIR FRY ^g

with a tomato curry sauce over organic brown rice

CREOLE STIR FRY ^{gv}

with a zesty tomato and black olive sauce tossed with organic brown rice

INDONESIAN STIR FRY ^o

with a tangy peanut lime sauce over organic brown rice, organic soba noodles or rice noodles

PRIMAVERA STIR FRY

with a tomato cream sauce tossed with penne

POLYNESIAN STIR FRY ^{gv}

with ginger sauce and fresh pineapple over organic brown rice

SZECHUAN STIR FRY ^{gv}

with spicy ginger pepper sauce over organic brown rice

CURRIED STIR FRY ^g

with a creamy curry sauce over organic brown rice

***vegetables only 10.00 served with chicken 11.50
served with tofu 11.00 served with shrimp 12.50
served with salmon 12.50***



SANDWICHES

CLASSIC ORCHARD SANDWICHES

ORCHARD VEGGIE SANDWICH

cheese / hummus / lettuce / tomato / cucumber / onion / sprouts / tomato tamari 10.00

FRIED TOFU HUMMUS SANDWICH

crispy tofu/ hummus/ lettuce/ tomato/ sprouts/ dijon mustard / homemade bread 10.00

HONEY MUSTARD CHEDDAR CHICKEN SANDWICH

crispy chicken / cheddar cheese / honey mustard / lettuce tomato / mayo 10.50

CRISPY SOUTHWEST CHICKEN SANDWICH

crispy chicken /cilantro salsa /avocado / red onion/ jack cheese /sour cream / homemade bread 10.50

FRIED FISH SANDWICH

crispy fish / lettuce / tomato / mayonnaise on homemade bread 10.50

CHICKEN SALAD OR TUNA SALAD SANDWICH

lettuce and tomato on homemade bread 10.00

PANINI GRILLED SANDWICHES

GRILLED CHEESE AND TOMATO

cheddar cheese / tomato / grilled homemade bread / tomato tamari dip 8.50

GRILLED AVOCADO AND BRIE

avocado / brie / tomato / red onion / dijon mustard / grilled homemade bread / tomato tamari dip 10.00

GRILLED PORTABELLA PESTO SANDWICH

grilled mushroom / tomato / red onion / pesto / brie grilled homemade bread / creamy garlic dip 10.00

FLAT BREAD SANDWICHES

GRILLED SESAME CHICKEN SANDWICH

open-faced with lettuce / tomato / onion / feta / sesame vinaigrette on pita 10.00

VEGGIE MELT o

avocado / tomato/ peppers / onions / jack cheese / micro greens / tomato tamari dip 9.50

TUNA MELT o

tuna salad / tomato / jack cheese / micro greens / tomato tamari dip 10.00

PORTABELLA MUSHROOM MELT o

grilled portabella mushroom / tomatoes / onions / jack cheese / micro greens / tomato tamari dip 10.00

GRILLED SOUTHWEST CHICKEN MELT o

chicken / tomatoes / cilantro salsa / cheddar cheese / avocado / micro greens / sour cream 10.50



ENTREES

all served with soup or salad

ZUCCHINI PARMIGIANA

tempura zucchini / tomato basil sauce / provolone / fresh spinach /creamy penne 14.00

HUNAN BEAN CURD ov

organic tofu / sesame seeds / red peppers / broccoli/ ginger sauce / organic brown rice 18.00

GRILLED CHICKEN WITH PESTO PENNE

grilled chicken / creamy pesto sauce / penne pasta / chopped tomatoes 23.00

CRISPY SESAME CHICKEN v

crispy chicken / sweet and spicy chili sauce / vegetable fried rice 23.00

CHICKEN SAUTE WITH BRIE o

chicken / mushrooms / sherry / cream / brie / organic brown rice / grilled vegetable 23.00

CHICKEN PARMIGIANA

chicken / tomato basil sauce / provolone / fresh spinach/ creamy penne 23.00

CHICKEN RANCHERO

chicken / cilantro salsa / jack cheese / sour cream / organic brown rice w/ vegetables /corn bread 23.00

PAD THAI g

grilled salmon / tofu / stir-fried vegetables / egg / peanuts / micro cilantro / rice noodles 24.00

COCONUT SHRIMP WITH MANGO CURRY gv

crispy coconut shrimp / stir fried vegetables / coconut mango curry sauce/organic brown rice 24.00

HONEY MUSTARD SEAFOOD

crispy fish/grilled shrimp and scallops/spicy honey mustard/organic brown rice/ grilled vegetable 24.00

GRILLED SEAFOOD SATAY o

salmon / shrimp / scallops / peanut soba noodles peppers / onions / mushrooms 24.00

JAMBALAYA o

chicken / shrimp / salmon / scallops / spicy creole sauce / organic brown rice / corn bread 24.00