

 STARTERSSOUP <sup>ov</sup>

made fresh daily / cup 4.00 / bowl 5.00 / to go 4.50

## SMALL SIDE SALAD

choice of homemade dressing 4.50

HUMMUS AND PITA <sup>ov</sup>

served with vegetables and homemade flat bread 10.00

FRUIT AND CHEESE PLATE <sup>o</sup>

strawberries / oranges / grapes / kiwi / cheddar / monterey jack / brie 11.00

## 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 6.00PORTABELLA MUSHROOMS WITH PITA CRISPS <sup>o</sup>

sautéed with garlic and heavy cream 9.50

SHRIMP AND ASPARAGUS SAUTE <sup>o</sup>

sautéed with butter, garlic and cream 11.00

## CRISPY COCONUT SHRIMP

sweet chili sauce 11.00

## PAN SEARED MOROCCAN SCALLOPS

cilantro saffron chermoula and flatbread 11.00

 SALADSchoice of house made dressings <sup>g</sup>tomato tamari, creamy garlic, sesame vinaigrette <sup>v</sup>  
served with a slice of homemade bread <sup>o</sup>HOUSE SALAD <sup>v</sup>

mixed greens, vegetables and house dressing 8.00

## GRILLED CHICKEN HOUSE SALAD

our house salad topped with grilled chicken 10.50

## CHICKEN SALAD or TUNA SALAD

our house salad with chicken salad or tuna salad 10.00

## GREEK SALAD

with feta cheese, olives and fresh vegetables 9.50  
with grilled chicken 11.50 with grilled salmon 13.00VEGGIE SALAD <sup>v</sup>

with crispy tofu, hummus, and avocado 10.50

## CHEF SALAD

with cheese, egg, avocado and chicken salad 11.00

## COBB SALAD

with cheese, egg, avocado and grilled chicken 11.00

## SPICY CHICKEN SALAD

spicy crispy chicken tenders / mixed greens / avocado / red peppers / onions / corn crisps / creamy garlic dressing 12.00

## GRILLED SALMON SALAD

mixed greens, grilled snow peas, red onion, red pepper, wasabi lime dressing 13.00

## GRILLED AHI TUNA SALAD

mixed greens / cherry tomatoes / oranges / avocado red onion / sesame vinaigrette 13.00



## STIR FRY BOWLS

*all served with a variety of mixed vegetables*JAPANESE STIR FRY <sup>ov</sup>

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

CHINESE STIR FRY <sup>gv</sup>

with brown ginger sauce over organic brown rice

MEDITERRANEAN STIR FRY <sup>ov</sup>

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

THAI STIR FRY <sup>g</sup>

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

INDIAN STIR FRY <sup>g</sup>

with a tomato curry sauce over organic brown rice

CREOLE STIR FRY <sup>gv</sup>

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

INDONESIAN STIR FRY <sup>o</sup>

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 <sup>gv</sup>

with ginger sauce and fresh pineapple over organic brown rice

SZECHUAN STIR FRY <sup>gv</sup>

with spicy ginger pepper sauce over organic brown rice

CURRIED STIR FRY <sup>g</sup>

with a creamy curry sauce over organic brown rice

*vegetables only 10.00 w/ grilled chicken 11.50*  
*w/ crispy tofu 11.00 w/ shrimp skewer 12.50*  
*w/ grilled salmon 13.00*

# 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 10.50

### HONEY MUSTARD CHEDDAR CHICKEN SANDWICH

crispy chicken / cheddar cheese / honey mustard / lettuce tomato / mayo 11.00

### CRISPY SOUTHWEST CHICKEN SANDWICH

crispy chicken / cilantro salsa / avocado / red onion / jack cheese / remoulade / homemade bread 11.00

### FRIED SALMON SANDWICH

crispy salmon / lettuce / tomato / horseradish sauce / homemade bread 11.00

### CHICKEN SALAD OR TUNA SALAD SANDWICH

lettuce and tomato on homemade bread 10.00

## GRILLED SANDWICHES

### GRILLED CHEESE AND TOMATO

cheddar cheese / tomato / grilled homemade bread / tomato tamari dip 9.00

### 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 BREADS

### GRILLED SESAME CHICKEN SANDWICH ◦

open-faced with lettuce / tomato / onion / feta / sesame vinaigrette on pita 10.50

### VEGGIE MELT ◦

avocado / tomato / peppers / onions / jack cheese / sprouts / tomato tamari dip 10.00

### TUNA MELT ◦

tuna salad / tomato / jack cheese / sprouts / tomato tamari dip 10.50

### PORTABELLA MUSHROOM MELT ◦

grilled portabella mushroom / tomatoes / onions / jack cheese / sprouts / tomato tamari dip 10.50

### GRILLED SOUTHWEST CHICKEN MELT ◦

chicken / tomatoes / cilantro salsa / cheddar cheese / avocado / sprouts / spicy remoulade 11.00

## ENTREES

*all served with soup or salad*

### ZUCCHINI PARMIGIANA

tempura zucchini / tomato basil sauce / provolone / fresh spinach / creamy penne 16.00

### HUNAN BEAN CURD ◦v

crispy tofu / sesame seeds / red peppers / broccoli / ginger sauce / organic brown rice 19.00

### CRISPY SESAME TOFU v

crispy tofu / sweet and spicy chili sauce / vegetable fried rice 19.00

### GRILLED CHICKEN WITH PESTO PENNE

grilled chicken / broccoli / mushrooms / creamy pesto sauce / penne pasta / chopped tomatoes 24.00

### CRISPY SESAME CHICKEN

crispy chicken / sweet and spicy chili sauce / vegetable fried rice 24.00

### CHICKEN SAUTE WITH BRIE ◦

chicken / mushrooms / sherry / cream / brie / organic brown rice / grilled vegetable 24.00

### CHICKEN PARMIGIANA

crispy chicken / tomato basil sauce / provolone / fresh spinach / creamy penne 24.00

### CHICKEN RANCHERO

crispy chicken / cilantro salsa / jack cheese / remoulade / organic brown rice w/ vegetables 24.00

### PAD THAI g

grilled salmon / tofu / stir-fried vegetables / egg / peanuts / cilantro / rice noodles 25.00

### GRILLED AHI TUNA g

grilled tuna / vegetable fried rice / sweet chili sauce 25.00

### HONEY MUSTARD SEAFOOD

crispy fish / grilled shrimp and scallops / spicy honey mustard / organic brown rice / grilled vegetable 25.00

### GRILLED SEAFOOD SATAY ◦

salmon / shrimp / scallops / peanut soba noodles / peppers / onions / mushrooms 25.00

### JAMBALAYA g

chicken / shrimp / salmon / scallops / spicy creole sauce / organic brown rice 25.00

g – gluten free ◦ – gluten free option v – vegan or vegan option



# CHILDRENS MENU



(12 and under, please)

## **Grilled Cheese Sandwich**

*cheddar cheese on whole wheat bread* 4.00

## **Fruit and Cheese Plate**

*strawberries, oranges, grapes and cheddar cheese* 5.00

## **Scrambled Eggs**

*with whole wheat bread and fresh fruit* 4.00

## **Penne with Tomato Sauce**

*penne pasta with our marinara sauce* 4.50

## **Fried Tofu “Friends”**

*served with salad and fruit* 4.50

## **Fried Chicken Strips**

*served with salad and fruit* 5.00

## **Fried Shrimp**

*served with salad and fruit* 5.00

## **Pita Pizza**

*marinara sauce and provolone cheese* 4.50



## BEVERAGES

<b>Natural Brew Soda</b>	
<i>Root Beer, Vanilla Cream, Ginger Ale</i>	3.50
<b>Wild Kombucha</b>	
<i>Variety of Flavors Baltimore, MD</i>	6.50
<b>San Benedetto Sparkling Water</b>	3.50
<b>Dublin Roasters Orchard Blend Coffee</b>	3.00
<b>Hot Tea</b>	3.00
<b>Iced Tea / Iced Herbal Tea</b>	3.00
<b>Apple Cider</b>	3.00
<b>Fresh Lemonade</b>	3.00



## BEER ON TAP

*Ask your server for today's draft beer selection*



## BEER CANS AND BOTTLES

<b>Omission Ultimate Light Golden Ale</b>		
<i>Portland, Oregon GF</i>	<i>ABV 4.2%</i>	<i>5.50</i>
<b>Graft Farm Flor Hard Cider</b>		
<i>Newburgh, NY</i>	<i>ABV 6.9%</i>	<i>6.50</i>

**Other Local Beers Available. Ask for selection**



## WINES

**We offer the following wine varietals. The labels change. Ask about current selection.**

<b>Cabernet</b>	<b>Chardonnay</b>	<b>Rose</b>
<b>Malbec</b>	<b>Pinot Grigio</b>	<b>Prosecco</b>
<b>Pinot Noir</b>	<b>Sauvignon Blanc</b>	

<b>Glass</b>	<b>8.00</b>	<b>Bottle</b>	<b>24.00</b>	<b>Some Splits Available</b>
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