

THE ORCHARD

STARTERS

SOUP ^{ov}

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

SMALL SIDE SALAD

choice of homemade dressing 5.00

HUMMUS AND PITA ^{ov}

served with vegetables and homemade flat bread 10.50

FRUIT AND CHEESE PLATE ^o

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 6.00

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 11.00

CRISPY COCONUT SHRIMP

sweet chili sauce 11.00

PAN SEARED MOROCCAN SCALLOPS

cilantro saffron chermoula and flatbread 11.00

SALADS

choice of house made dressings ^g

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

HOUSE SALAD ^v

mixed greens, vegetables and house dressing 8.50

GRILLED CHICKEN HOUSE SALAD

our house salad topped with grilled chicken 11.00

CHICKEN SALAD PLATTER or TUNA SALAD PLATTER

our house salad with chicken salad or tuna salad 11.00

GREEK SALAD

with feta cheese, olives and fresh vegetables 10.00
with grilled chicken 12.00 with grilled salmon 13.50

VEGGIE SALAD ^v

with crispy tofu, hummus, and avocado 11.00

CHEF SALAD

with cheese, egg, avocado and chicken salad 11.50

COBB SALAD

with cheese, egg, avocado and grilled chicken 11.50

SPICY CHICKEN SALAD

spicy crispy chicken tenders / mixed greens /
avocado / red peppers / onions / corn crisps /
creamy garlic dressing 12.50

GRILLED SALMON SALAD

mixed greens, grilled snow peas, red onion, red pepper,
wasabi lime dressing 13.50

GRILLED AHI TUNA SALAD

mixed greens / cherry tomatoes / oranges / avocado
red onion / sesame vinaigrette 13.50

STIR FRY BOWLS

all served with a variety of mixed vegetables

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 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 10.50 w/ grilled chicken 12.00
w/ crispy tofu 11.50 w/ shrimp skewer 13.00
w/ grilled salmon 13.50*

CLASSIC ORCHARD SANDWICHES

ORCHARD VEGGIE SANDWICH

cheese / hummus / lettuce / tomato / cucumber / onion / sprouts / tomato tamari 10.50

FRIED TOFU HUMMUS SANDWICH

crispy tofu / hummus / lettuce / tomato / sprouts / dijon mustard / homemade bread 11.00

HONEY MUSTARD CHEDDAR CHICKEN SANDWICH

crispy chicken / cheddar cheese / honey mustard / lettuce tomato / mayo 11.50

CRISPY SOUTHWEST CHICKEN SANDWICH

crispy chicken / cilantro salsa / avocado / red onion / jack cheese / remoulade / homemade bread 11.50

FRIED SALMON SANDWICH

crispy salmon / lettuce / tomato / horseradish sauce / homemade bread 12.00

CHICKEN SALAD OR TUNA SALAD SANDWICH

lettuce and tomato on homemade bread 10.50

GRILLED SANDWICHES

GRILLED CHEESE AND TOMATO

cheddar cheese / tomato / grilled homemade bread / tomato tamari dip 9.50

GRILLED AVOCADO AND BRIE

avocado / brie / tomato / red onion / dijon mustard / grilled homemade bread / tomato tamari dip 10.50

GRILLED PORTABELLA PESTO SANDWICH

grilled mushroom / tomato / red onion / pesto / brie / grilled homemade bread / creamy garlic dip 10.50

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 10.50

TUNA MELT ◦

tuna salad / tomato / jack cheese / sprouts / tomato tamari dip 11.00

PORTABELLA MUSHROOM MELT ◦

grilled portabella mushroom / tomatoes / onions / jack cheese / sprouts / tomato tamari dip 11.00

GRILLED SOUTHWEST CHICKEN MELT ◦

chicken / tomatoes / cilantro salsa / cheddar cheese / avocado / sprouts / spicy remoulade 11.50

 ENTREES

all served with soup or salad

ZUCCHINI PARMIGIANA

tempura zucchini / tomato basil sauce / provolone / fresh spinach / creamy penne 17.00

HUNAN BEAN CURD ◦v

crispy tofu / sesame seeds / red peppers / broccoli / ginger sauce / organic brown rice 20.00

CRISPY SESAME TOFU v

crispy tofu / sweet and spicy chili sauce / vegetable fried rice 20.00

GRILLED CHICKEN WITH PESTO PENNE

grilled chicken / broccoli / mushrooms / creamy pesto sauce / penne pasta / chopped tomatoes 25.00

CRISPY SESAME CHICKEN

crispy chicken / sweet and spicy chili sauce / vegetable fried rice 25.00

CHICKEN SAUTE WITH BRIE ◦

chicken / mushrooms / sherry / cream / brie / organic brown rice / grilled vegetable 25.00

CHICKEN PARMIGIANA

crispy chicken / tomato basil sauce / provolone / fresh spinach / creamy penne 25.00

CHICKEN RANCHERO

crispy chicken / cilantro salsa / jack cheese / remoulade / organic brown rice w/ vegetables 25.00

PAD THAI g

grilled salmon / tofu / stir-fried vegetables / egg / peanuts / cilantro / rice noodles 26.00

GRILLED AHI TUNA g

grilled tuna / vegetable fried rice / sweet chili sauce 26.00

HONEY MUSTARD SEAFOOD

crispy fish / grilled shrimp and scallops / spicy honey mustard / organic brown rice / grilled vegetable 26.00

GRILLED SEAFOOD SATAY ◦

salmon / shrimp / scallops / peanut soba noodles / peppers / onions / mushrooms 26.00

JAMBALAYA g

chicken / shrimp / salmon / scallops / spicy creole sauce / organic brown rice 26.00