

THE ORCHARD

STARTERS

SOUP ^{ov}
made fresh daily / cup 5.00 / bowl 6.00 / to go 6.00

SMALL SIDE SALAD
choice of homemade dressing 6.00

HUMMUS AND PITA ^{ov}
served with vegetables and homemade flat bread 11.00

FRUIT AND CHEESE PLATE ^o
strawberries / oranges / grapes / kiwi / cheddar /
monterey jack / brie 12.00

SPICY CHICKEN TENDERS
with house made hot sauce and creamy
garlic dressing 7.00

TEMPURA
chicken strips with honey mustard dip 7.00
zucchini sticks with horseradish dip 6.00
onion rings with tamari ginger dip 6.00
mushrooms with creamy garlic dip 6.50
vegetable tempura with tamari ginger dip 6.50

PORTABELLA MUSHROOMS WITH PITA CRISPS ^o
sautéed with garlic and heavy cream 10.50

SHRIMP AND ASPARAGUS SAUTE ^o
sautéed with butter, garlic and cream 12.00

CRISPY COCONUT SHRIMP
sweet chili sauce 12.00

PAN SEARED MOROCCAN SCALLOPS
cilantro saffron chermoula and flatbread 12.00

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 9.50

GRILLED CHICKEN HOUSE SALAD
our house salad topped with grilled chicken 11.50

CHICKEN SALAD PLATTER or TUNA SALAD PLATTER
our house salad with chicken salad or tuna salad 11.50

GREEK SALAD
with feta cheese, olives and fresh vegetables 11.00
with grilled chicken 12.50 with grilled salmon 14.00

VEGGIE SALAD ^v
with crispy tofu, hummus, and avocado 11.50

CHEF SALAD
with cheese, egg, avocado and chicken salad 12.50

COBB SALAD
with cheese, egg, avocado and grilled chicken 12.50

SPICY CHICKEN SALAD
spicy crispy chicken tenders / mixed greens /
avocado / red peppers / onions / corn crisps /
creamy garlic dressing 13.00

GRILLED SALMON SALAD
mixed greens, grilled snow peas, red onion, red pepper,
wasabi lime dressing 14.00

GRILLED AHI TUNA SALAD
mixed greens / cherry tomatoes / oranges / avocado
red onion / sesame vinaigrette 14.00

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 pasta

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 pasta

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 11.00 w/ grilled chicken 13.00
w/ crispy tofu 12.00 w/ shrimp skewer 14.00
w/ grilled salmon 14.50

CLASSIC ORCHARD SANDWICHES

ORCHARD VEGGIE SANDWICH

cheese / hummus / lettuce / tomato / cucumber / onion / sprouts / tomato tamari 11.00

FRIED TOFU HUMMUS SANDWICH

crispy tofu/ hummus/ lettuce/ tomato/ sprouts/ dijon mustard / homemade bread 12.00

HONEY MUSTARD CHEDDAR CHICKEN SANDWICH

crispy chicken / cheddar cheese / honey mustard / lettuce tomato / mayo 12.50

CRISPY SOUTHWEST CHICKEN SANDWICH

crispy chicken /cilantro salsa /avocado / red onion/ jack cheese /remoulade / homemade bread 12.50

FRIED SALMON SANDWICH

crispy salmon / lettuce / tomato / horseradish sauce / homemade bread 14.00

CHICKEN SALAD OR TUNA SALAD SANDWICH

lettuce and tomato on homemade bread 11.00

GRILLED SANDWICHES

GRILLED CHEESE AND TOMATO

cheddar cheese / tomato / grilled homemade bread / tomato tamari dip 10.00

GRILLED AVOCADO AND BRIE

avocado / brie / tomato / red onion / dijon mustard / grilled homemade bread / tomato tamari dip 11.50

GRILLED PORTABELLA PESTO SANDWICH

grilled mushroom / tomato / red onion / pesto / brie / grilled homemade bread / creamy garlic dip 11.50

FLAT BREADS

GRILLED SESAME CHICKEN SANDWICH ◦

open-faced with lettuce / tomato / onion / feta / sesame vinaigrette on pita 11.00

VEGGIE MELT ◦

avocado / tomato/ peppers / onions / jack cheese / sprouts / tomato tamari dip 11.00

TUNA MELT ◦

tuna salad / tomato / jack cheese / sprouts / tomato tamari dip 12.00

PORTABELLA MUSHROOM MELT ◦

grilled portabella mushroom / tomatoes / onions / jack cheese / sprouts / tomato tamari dip 12.00

GRILLED SOUTHWEST CHICKEN MELT ◦

chicken / tomatoes / cilantro salsa / cheddar cheese / avocado /sprouts / spicy remoulade 13.00

ENTREES

all served with soup or salad

ZUCCHINI PARMIGIANA

tempura zucchini / tomato basil sauce / provolone / fresh spinach /creamy pasta 18.00

CRISPY SESAME TOFU ▽

crispy tofu / sweet and spicy chili sauce / vegetable fried rice 21.00

GRILLED CHICKEN WITH PESTO PASTA

grilled chicken / broccoli / mushrooms / creamy pesto sauce/ pasta /chopped tomatoes 26.00

CRISPY SESAME CHICKEN

crispy chicken / sweet and spicy chili sauce / vegetable fried rice 26.00

CHICKEN SAUTE WITH BRIE ◦

chicken / mushrooms / sherry / cream / brie / organic brown rice / grilled vegetable 26.00

CHICKEN PARMIGIANA

crispy chicken / tomato basil sauce / provolone / fresh spinach/ creamy pasta 26.00

CHICKEN RANCHERO

crispy chicken / cilantro salsa / jack cheese / remoulade / organic brown rice w/ vegetables 26.00

PAD THAI ^g

grilled salmon / tofu / stir-fried vegetables / egg / peanuts / cilantro / rice noodles 27.00

GRILLED AHI TUNA ^g

grilled tuna / vegetable fried rice / sweet chili sauce 27.00

HONEY MUSTARD SEAFOOD

crispy fish/grilled shrimp and scallops /spicy honey mustard/organic brown rice/ grilled vegetable 27.00

GRILLED SEAFOOD SATAY ◦

salmon / shrimp / scallops / peanut soba noodles /peppers / onions / mushrooms 27.00

JAMBALAYA ^g

chicken / shrimp / salmon / scallops / spicy creole sauce / organic brown rice 27.00