

# THE ORCHARD

## STARTERS

**SOUP** <sup>ov</sup>  
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** <sup>ov</sup>  
served with vegetables and homemade flat bread 11.00

**FRUIT AND CHEESE PLATE** <sup>o</sup>  
strawberries / oranges / grapes / kiwi / cheddar /  
monterey jack / brie / pita 12.50

**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** <sup>o</sup>  
sautéed with garlic and heavy cream 11.00

**SHRIMP AND ASPARAGUS SAUTE** <sup>o</sup>  
sautéed with butter, garlic and cream 12.50

**CRISPY COCONUT SHRIMP**  
sweet chili sauce 12.50

**PAN SEARED MOROCCAN SCALLOPS**  
cilantro saffron chermoula and flatbread 12.50

## SALADS

choice 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 10.00

**GRILLED CHICKEN HOUSE SALAD**  
our house salad topped with grilled chicken 12.00

**CHICKEN SALAD PLATTER or TUNA SALAD PLATTER**  
our house salad with chicken salad or tuna salad 12.00

**GREEK SALAD**  
with feta cheese, olives and fresh vegetables 11.00  
with grilled chicken 13.00 with grilled salmon 14.50

**VEGGIE SALAD** <sup>v</sup>  
with crispy tofu, hummus, and avocado 12.00

**CHEF SALAD**  
with cheese, egg, avocado and chicken salad 13.00

**COBB SALAD**  
with cheese, egg, avocado and grilled chicken 13.00

**SPICY CHICKEN SALAD**  
spicy crispy chicken tenders / mixed greens /  
avocado / red peppers / onions / corn crisps /  
corn flat bread / creamy garlic dressing 13.50

**GRILLED SALMON SALAD**  
mixed greens/grilled snow peas / red onion/red pepper,  
tomatoes / cucumber / wasabi lime dressing 14.50

**GRILLED AHI TUNA SALAD**  
mixed greens / cherry tomatoes / oranges / avocado  
red onion / sesame vinaigrette 14.50

## 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 pasta

**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 pasta

**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 11.50 w/ grilled chicken 13.50*  
*w/ crispy tofu 12.50 w/ shrimp skewer 14.50*  
*w/ grilled salmon 15.00*

## CLASSIC ORCHARD SANDWICHES

### ORCHARD VEGGIE SANDWICH

cheese / hummus / lettuce / tomato / cucumber / onion / carrots / sprouts / tomato tamari 11.50

### 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 13.00

### CRISPY SOUTHWEST CHICKEN SANDWICH

crispy chicken /cilantro salsa /avocado / red onion/ jack cheese /remoulade / homemade bread 13.00

### FRIED SALMON SANDWICH

crispy salmon / lettuce / tomato / mayo/ horseradish sauce / homemade bread 14.50

### CHICKEN SALAD OR TUNA SALAD SANDWICH

lettuce and tomato on homemade bread 11.50

## 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 12.00

### GRILLED PORTABELLA PESTO SANDWICH

grilled mushroom / tomato / red onion / pesto / brie / grilled homemade bread / creamy garlic dip 12.00

## FLAT BREADS

### GRILLED SESAME CHICKEN SANDWICH o

open-faced with lettuce / tomato / onion / feta / sesame vinaigrette on pita 11.50

### VEGGIE MELT o

avocado / tomato/ peppers / onions / jack cheese / sprouts / tomato tamari dip 11.50

### TUNA MELT o

tuna salad / tomato / jack cheese / sprouts / tomato tamari dip 12.50

### PORTABELLA MUSHROOM MELT o

grilled portabella mushroom / tomatoes / onions / jack cheese / sprouts / tomato tamari dip 12.50

### GRILLED SOUTHWEST CHICKEN MELT g

chicken / tomatoes / cilantro salsa / cheddar cheese / avocado/sprouts / spicy remoulade /corn flat bread 13.50

 ENTREES

*all served with soup or salad*

### ZUCCHINI PARMIGIANA

tempura zucchini / tomato basil sauce / provolone / fresh spinach /creamy pasta 19.00

### CRISPY SESAME TOFU v

crispy tofu / sweet and spicy chili sauce / vegetable fried rice 22.00

### GRILLED CHICKEN WITH PESTO PASTA

grilled chicken / broccoli / mushrooms / creamy pesto sauce/ pasta /chopped tomatoes 27.00

### CRISPY SESAME CHICKEN

crispy chicken / sweet and spicy chili sauce / vegetable fried rice 27.00

### CHICKEN SAUTE WITH BRIE o

chicken / mushrooms / sherry / cream / brie / organic brown rice / grilled vegetable 27.00

### CHICKEN PARMIGIANA

crispy chicken / tomato basil sauce / provolone / fresh spinach/ creamy pasta 27.00

### CHICKEN RANCHERO

crispy chicken / cilantro salsa / jack cheese / remoulade / organic brown rice w/ vegetables 27.00

### PAD THAI g

grilled salmon / tofu / stir-fried vegetables / egg / peanuts / cilantro / rice noodles 28.00

### GRILLED AHI TUNA g

grilled tuna / vegetable fried rice / sweet chili sauce 28.00

### HONEY MUSTARD SEAFOOD

crispy fish/grilled shrimp and scallops /spicy honey mustard/organic brown rice/ grilled vegetable 28.00

### GRILLED SEAFOOD SATAY o

salmon / shrimp / scallops / peanut soba noodles /peppers / onions / mushrooms 28.00

### JAMBALAYA g

chicken / shrimp / salmon / scallops / olives / spicy creole sauce / organic brown rice 28.00