

# THE ORCHARD

## STARTERS

### SOUP <sup>ov</sup>

made fresh daily 6.00

### SMALL SIDE SALAD

choice of homemade dressing 6.00

### HUMMUS AND PITA <sup>ov</sup>

served with vegetables and homemade flat bread 12.00

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

strawberries / oranges / grapes / kiwi / cheddar / monterey jack / brie / pita 13.00

### SPICY CHICKEN TENDERS

with house made hot sauce and creamy garlic dressing 7.50

### TEMPURA

chicken strips with honey mustard dip 7.50  
zucchini sticks with horseradish dip 6.50  
onion rings with tamari ginger 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 12.50

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

sautéed with butter, garlic and cream 13.50

### CRISPY COCONUT SHRIMP

sweet chili sauce 13.50

### PAN SEARED MOROCCAN SCALLOPS

cilantro saffron chermoula and flatbread 13.50

## 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>

### ORCHARD HOUSE SALAD <sup>v</sup>

mixed greens, vegetables and house dressing 11.00  
with grilled chicken 13.50 with grilled salmon 15.00  
with chicken salad 13.50 with tuna salad 13.50

### GREEK SALAD

feta / kalamata olives / sesame vinaigrette 11.50  
with grilled chicken 13.50 with grilled salmon 15.00

### VEGGIE SALAD <sup>v</sup>

with crispy tofu, hummus, and avocado 13.00

### CHEF SALAD

with cheese, egg, avocado and chicken salad 13.50

### COBB SALAD

with cheese, egg, avocado and grilled chicken 13.50

### SPICY CHICKEN SALAD

spicy crispy chicken tenders / mixed greens /  
avocado / red peppers / onions / corn crisps /  
corn flat bread / creamy garlic dressing 14.50

### GRILLED SALMON SALAD

mixed greens/grilled snow peas /red onion/red pepper,  
tomatoes / cucumber /wasabi lime dressing 15.00

### GRILLED AHI TUNA SALAD

mixed greens / cherry tomatoes / oranges / avocado  
red onion / sesame vinaigrette 15.00

## 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

### SZECHUAN STIR FRY <sup>gv</sup>

with spicy ginger pepper sauce over organic brown rice

### THAI STIR FRY <sup>g</sup>

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

### INDONESIAN STIR FRY <sup>o</sup>

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

### POLYNESIAN STIR FRY <sup>gv</sup>

with ginger sauce and fresh pineapple over organic  
brown rice

### CURRIED STIR FRY <sup>gv</sup>

with a creamy curry sauce over organic brown rice

### PRIMAVERA STIR FRY

with a tomato cream sauce tossed with pasta

### MEDITERRANEAN STIR FRY <sup>ov</sup>

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

### CREOLE STIR FRY <sup>gv</sup>

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

*vegetables only 12.00 w/ grilled chicken 14.00*  
*w/ crispy tofu 13.00 w/ shrimp skewer 15.00*  
*w/ grilled salmon 16.00*

## CLASSIC ORCHARD SANDWICHES

### ORCHARD VEGGIE SANDWICH

cheese / hummus / lettuce / tomato / cucumber / onion / carrots / sprouts / tomato tamari 12.00

### FRIED TOFU HUMMUS SANDWICH

crispy tofu/ hummus/ lettuce/ tomato/ sprouts/ dijon mustard / homemade bread 13.00

### HONEY MUSTARD CHEDDAR CHICKEN SANDWICH

crispy chicken / cheddar cheese / honey mustard / lettuce tomato / mayo 13.50

### CRISPY SOUTHWEST CHICKEN SANDWICH

crispy chicken /cilantro salsa /avocado / red onion/ jack cheese /remoulade / homemade bread 13.50

### 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 13.50

## GRILLED SANDWICHES

### GRILLED CHEESE AND TOMATO

cheddar cheese / tomato / grilled homemade bread / tomato tamari dip 10.50

### GRILLED AVOCADO AND BRIE

avocado / brie / tomato / red onion / dijon mustard / grilled homemade bread / tomato tamari dip 12.50

### GRILLED PORTABELLA PESTO SANDWICH

grilled mushroom / tomato / red onion / pesto / brie / grilled homemade bread / creamy garlic dip 12.50

## FLAT BREADS

### GRILLED SESAME CHICKEN SANDWICH <sup>o</sup>

open-faced with lettuce / tomato / onion / feta / sesame vinaigrette on pita 13.50

### VEGGIE MELT <sup>o</sup>

avocado / tomato/ peppers / onions / jack cheese / sprouts / tomato tamari dip 12.00

### TUNA MELT <sup>o</sup>

tuna salad / tomato / jack cheese / sprouts / tomato tamari dip 13.00

### PORTABELLA MUSHROOM MELT <sup>o</sup>

grilled portabella mushroom / tomatoes / onions / jack cheese / sprouts / tomato tamari dip 13.00

### GRILLED SOUTHWEST CHICKEN MELT <sup>g</sup>

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

 TWO COURSE ENTREES

*all served with soup or salad*

### ZUCCHINI PARMIGIANA

tempura zucchini / tomato basil sauce / provolone / fresh spinach /creamy pasta 20.00

### CRISPY SESAME TOFU <sup>v</sup>

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

### GRILLED CHICKEN WITH PESTO PASTA

grilled chicken / broccoli / mushrooms / creamy pesto sauce/ pasta /chopped tomatoes 28.00

### CRISPY SESAME CHICKEN

crispy chicken / sweet and spicy chili sauce / vegetable fried rice 28.00

### CHICKEN SAUTE WITH BRIE <sup>o</sup>

chicken / mushrooms / sherry / cream / brie / organic brown rice / grilled vegetable 28.00

### CHICKEN PARMIGIANA

crispy chicken / tomato basil sauce / provolone / fresh spinach/ creamy pasta 28.00

### CHICKEN RANCHERO

crispy chicken / cilantro salsa / jack cheese / remoulade / organic brown rice w/ vegetables 28.00

### CRISPY THAI SALMON <sup>g</sup>

crispy salmon / coconut / stir-fried vegetables / cilantro / rice noodles 29.00

### PAD THAI <sup>g</sup>

grilled salmon / tofu / stir-fried vegetables / egg / peanuts / cilantro / rice noodles 29.00

### GRILLED AHI TUNA <sup>g</sup>

grilled tuna / vegetable fried rice / sweet chili sauce 29.00

### HONEY MUSTARD SEAFOOD

crispy fish/grilled shrimp and scallops /spicy honey mustard/organic brown rice/ grilled vegetable 29.00

### GRILLED SEAFOOD SATAY <sup>o</sup>

salmon / shrimp / scallops / peanut soba noodles /peppers / onions / mushrooms 29.00

### JAMBALAYA <sup>g</sup>

chicken / shrimp / salmon / scallops / olives / spicy creole sauce / organic brown rice 29.00