

LUNCH

Daily Soup

Ask Your Server

Cup 4~ Bowl 7~ With Salad 10~

Creamy Greek Caesar

Romaine Lettuce Tossed in a Creamy Garlic and Oregano Almond Dressing with Red Onion and Avocado Served with Pine Nut Parmesan

(Raw – Vegan)*

Half 9~ Full 14~

Pro Vita Meal

(Proteins and Greens–Salad and Stir-fry)

Organic Green Salad with House Vinaigrette, Organic Sprouts, Raw Sunflower Seeds and Cottage Cheese Served Beside Organic Tofu Sautéed in Chili, Basil and Garlic with Spinach, Onions, Peppers and Fresh Tomato Served with Fresh Lime (Vegan: Sub Extra Tofu for Cottage Cheese)*

13~

Half order

10~

Mo:Lé Free Range Chicken Taco Salad

Roasted Cowichan Valley Chicken Sautéed with Spiced Julienne Peppers & Onions, Two House-Made Corn Tortillas, Frijoles Piquante Rojo (Spicy Red Beans), Organic Mixed Greens, Shredded Carrots, House-Made Salsa, Avocado, & Goat Feta (Vegan: Sub Tofu for Chicken and Feta) *

16~

Half order

12~

Jo's Yam Wrap

Sage Roasted Yams, Goats Cheese, Avocado, Fresh Basil, Organic Alfalfa Sprouts, Grated Carrot, Drizzled in Lemon Tahini Dressing and Wrapped in a Whole Wheat Tortilla. Served with Organic Green Salad, Pesto Potatoes or Soup (Vegan no Goat Cheese)

12~

*** Wheat Free**

Andy's Sunshine Chicken Bun

Spicy Roasted Free Range Chicken Sautéed with Peppers and Onions covered with Melted Havarti and Cilantro on a Whole Wheat Bun with Aioli, Greens and Fresh Tomato Served with Organic Green Salad, Pesto Potatoes or Soup **14~**

B.B.L.T. Sandwich

European Lean Back Bacon, French Brie Cheese, Sliced Tomato and Organic Greens with House Aioli on Sourdough with Served with Organic Green Salad, Pesto Potatoes or Soup **12~**

Avocado, Crispy Dulse and Sprout Sandwich

Fresh Tomato and Creamy Garlic, Almond Mayonnaise on Multigrain or Sourdough Bread Served with Organic Green Salad, Pesto Potatoes or Soup (Vegan) **11~**

Coconut Curry

Roasted Yams, Mushrooms, Red Onion and Garlic Sautéed with House Curry Spice and Coconut Milk then Tossed with Rice Noodles, Spinach, Cashew Nuts and Cilantro (Vegan) *

12~

Add Free Range Roasted Chicken

5~

Mo:Lé Macaroni and Cheese

Bacon, Diced Fresh Tomato, Spinach and Garlic Sautéed in a White Wine Cheese Sauce on Organic Macaroni Topped with Havarti Cheese **12~**

Add Free Range Roasted Chicken

5~

Mo:Lé Mushroom Burger

House-Made Mushroom and Herb Patty, Brie Cheese, Roasted Red Pepper, Tomato and Organic Greens Served on a Toasted Whole Wheat Bun with House Aioli, Served with Organic Green Salad, Pesto Potatoes or Soup **14~**

Ranchland Organic Beef Burger

6 oz. Organic Beef Patty Topped with Sautéed Mushrooms and Onions, Fresh Tomato, Greens and Aioli on Toasted Whole Wheat Bun Served with Served with Organic Green Salad, Pesto Potatoes or Soup **15~**

15~

Add Havarti and House Bacon

3~

Have a Wonderful Meal and The Best Day Ever! - From Cosmo, Josh, Leah and the Mo:Lé Staff!