



# ALL-DAY LUNCH

## SOUPS & SALADS

- DAILY SOUP**.....cup 4.5 / bowl with toast 7.5 / bowl with salad 11  
*ask your server*
- RAW VEGAN CREAMY SALAD**.....half 10 / full 15  
romaine lettuce tossed in a creamy garlic and almond dressing with red onion and avocado, served with dehydrated cashew parmesan
- COLD SMOKED TUNA SALAD**.....15  
lightly pan-seared albacore tuna with julienne red pepper, apple, local pea shoots, daikon and fresh cilantro on an artisan mix green salad with an asian-inspired dressing and poppy seeds
- PRO VITA MEAL**.....half 11 / full 14  
artisan green salad with lemon tahini dressing, organic sprouts and cottage cheese, served with an organic tofu stir fry, sautéed in chili, basil and garlic with spinach, onions, peppers and fresh tomato
- MO:LÉ FREE RANGE CHICKEN TACO SALAD**.....half 13 / full 16  
roasted local free range chicken sautéed with spiced julienne peppers & onions, two house-made corn tortillas, house special black & pinto beans, artisan mix greens, local pea shoots, shredded carrots, house-made salsa, avocado and feta

## MO:LÉ CLASSICS

- JO'S YAM WRAP**.....13  
roasted yams, herb goat cheese, avocado, fresh basil, organic alfalfa sprouts, grated carrot, drizzled in lemon tahini dressing and wrapped in a whole wheat tortilla, served with green salad, pesto potatoes or soup
- COCONUT CURRY**.....13  
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  
.....*add free-range roasted chicken 5*
- MO:LÉ MACARONI AND CHEESE**.....13  
bacon, tomato, spinach and garlic sautéed in a white wine cheese sauce on macaroni, topped with havarti cheese

## BURGERS & SANDWICHES

- served with green salad, or pesto hash browns, or soup*
- B.B.L.T. SANDWICH**.....13  
lean european back bacon, french brie cheese, sliced tomato and greens with house aioli on sourdough
- MAPLE BALSAMIC GRILLED VEGGIE SANDWICH**.....13  
pure maple syrup and balsamic roasted zucchini, red peppers, onions and eggplant together with pesto and herbed goat cheese on multigrain and toasted to perfection
- FISH TACOS**.....13  
cajun spiced pacific cod, served on 2 house-made corn tortillas, topped with red cabbage coleslaw, fresh fruit salsa, and lime
- MACHO MAN ANDY SANDWICH**.....15  
spicy roasted free range chicken sautéed with peppers and onions covered with melted havarti and cilantro on a ciabatta or whole wheat kaiser bun with aioli, greens and fresh tomato
- MO:LÉ MUSHROOM BURGER**.....15  
house-made mushroom and herb patty, brie cheese, roasted red pepper, tomato and greens on a toasted ciabatta or whole wheat kaiser bun with house aioli
- ORGANIC BEEF BURGER**.....15  
6 oz. organic beef patty topped with sautéed mushrooms and onions, fresh tomato, greens and aioli on toasted ciabatta or whole wheat kaiser bun.....*add havarti and house bacon 3*

*(almost) everything can be made vegetarian, vegan or gluten-free – just ask!*