

The Green Temple

1700 S Catalina Ave 90277-5500 · +13109444525 · Updated: Jan 14, 2026

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APPETIZERS 6

Organic Hummus

\$8.00

garbanzo bean spread tahini, lemon juice, olive oil, garlic, spices served with whole wheat pita bread, organic carrots and organic celery.

Nachos

AVAILABLE OPTIONS

organic baked corn tortilla chips served with organic black or pinto beans, salsa and white cheddar cheese.

Add Garden Mix Vegetables Or One Vegetable From The Green Mix For An Additional:

\$10.00

\$2.00

1/2 Portion: \$8.00

Cornadilla

AVAILABLE OPTIONS

two organic sprouted whole-wheat tortillas filled with soy mozzarella cheese and freshly steamed corn. served with side of salsa and guacamole

\$8.00

1/2 Portion: \$5.50

Veggie Quesadilla

AVAILABLE OPTIONS

two organic sprouted whole-wheat tortillas filled with white cheddar cheese and garden mix vegetables no substitution. served with a side of salsa and guacamole.

\$8.00

1/2 Portion: \$5.50

Quesadilla

AVAILABLE OPTIONS

two organic sprouted whole-wheat tortillas filled with cheese. served with a side of salsa.

\$6.00

1/2 Portion: \$4.00

Garden Quesadilla

AVAILABLE OPTIONS

our two organic sprouted whole-wheat tortillas filled with soy mozarella chees and avocado, organic lettuce, tomatoes, seasoned with spike and served with a side of salsa add red onion for no charge upon request - delicious.

\$8.00

1/2 Portion: \$5.50

SALADS 4

Simple Dinner Salad

\$6.00

organic hand torn green leaf lettuce topped with shredded carrots and beets, seasoned sprouts or micro-greens.

Temple Green Salad

AVAILABLE OPTIONS

organic hand torn green leaf lettuce, shredded beets and carrots, organic mixed greens, cucumbers, tomatoes, avocados and seasonal sprouts.

\$14.00

Jr. Portion: \$10.00

Rice On Greens		AVAILABLE OPTIONS
organic hand torn green leaf lettuce, shredded beets, carrots, cucumbers, tomatoes and sprouts, topped with a handful of organic brown rice. bread served on request.		\$14.00
		Jr. Portion: \$10.00
Sproutada		AVAILABLE OPTIONS
baked organic corn tortilla, organic brown rice, organic black turtle or pinto beans, enchilada sauce, melted soy cheese, topped with a salad made of organic green leaf lettuce, shredded carrots, sprouts, sprouted beans, tomato and salsa. served with tahini dressing, bread served upon request.		\$13.00
		Jr. Portion: \$9.00

DRESSINGS
 4

Herb Vinaigrette

cold pressed safflower oil, organic tofu, organic apple cider vinegar, salsa, maple syrup and organic dried herbs.

Tahini

organic ground sesame seeds, cold pressed safflower oil, bell peppers, onions, organic tamari and lemon juice.

Cold Creamed Tofu Sauce

organic tofu, cold pressed safflower oil, lemon juice, organic tamari, liquid amino, nutritional yeast, garlic granules and other organic spices.

Balsamic Vinegar And Olive Oil.

HEART SOUPS
 2

Bowl Of Soup
 \$6.00

Cup Of Soup
 \$4.50

SANDWICHES
 4

Avocado Sandwich
 \$9.00

made with our whole wheat walnut bread contains honey, tomatoes, lettuce, sprouts, seasoned with spike and served with a side of garden mix vegetables topped with organic tofu sauce.

Avocado Melt
 \$10.00

all of the above plus white cheddar or soy mozzarella cheese.

Burger

AVAILABLE OPTIONS

our veggie burger is made with organic brown rice, organic pinto beans, organic
 \$8.00

walnuts, organic sunflower seeds, organic almonds, soy cheese, tamari, garlic and
 For Avocado, Cheese Or Guacamole Please Add:

onions. served on a whole-wheat bun contains eggs or our whole wheat bread by
 \$1.50

request with organic lettuce, tomato, red onion and a side of garden mix vegetables with organic tofu sauce.

Pita Sandwich
 \$10.00

is served in whole wheat pita bread with organic tempeh or crumbled veggie burger, organic hummus, organic lettuce, carrots, red onions and sprouts.

COMBOS
 7

1/2 Sandwich & A Bowl Of Soup	\$11.00
1/2 Sandwich & A Cup Of Soup	\$9.00
1/2 Sandwich & A Dinner Salad	\$11.00
1/2 Any Quesadilla & A Cup Of Soup	\$9.00
1/2 Any Quesadilla & A Bowl Of Soup Or Dinner Salad	\$11.00
Cup Of Soup & A Dinner Salad	\$9.00
Bowl Of Soup & A Dinner Salad	\$11.00

SMALLER DISHES 5

Broccoli Bowl	AVAILABLE OPTIONS
organic brown rice, organic black or pinto beans, and a choice of two vegetables (broccoli, green beans, corn, or asparagus) topped with organic tofu sauce.	\$8.00 Large Plate Portion - With All 4 Vegetables: \$12.00
Tofu Bowl	AVAILABLE OPTIONS
organic brown rice, organic black or pinto beans, organic tofu, served with organic tofu sauce.	\$8.00 Large Plate Portion: \$11.00
Bowl Of Greens	AVAILABLE OPTIONS
organic brown rice, organic black or pinto beans and mixed mustard and collard greens locally grown or organic topped with organic tofu sauce.	\$8.00 Large Plate Portion - Served With Corn Bread: \$11.00
Beany Bowl	AVAILABLE OPTIONS
our organic rice and beans (black or pinto served with organic tofu sauce.	\$6.00 Large Plate Portion: \$8.00
The 4 Bowl	AVAILABLE OPTIONS
any four items from the following choices topped with tofu sauce: garden mix, broccoli, green breans, corn, asparagus, beans, rice, greens, crumbled veggie burger, tempeh, tofu, avocado, guacamole, salsa, mashed or baked potatoes, hummus.	\$9.00 Large Plate Portion: \$12.00

ENTREES 11

Tofu Steamers	AVAILABLE OPTIONS
lightly steamed garden vegetable mix served over organic brown rice and topped with our seasoned baked organic tofu and organic tofu sauce. no other substitution, please.	\$15.00 Upgrade To The Green Mix Vegetables For: \$2.00 Jr. Portion: \$9.00
Almond Steamers	AVAILABLE OPTIONS
steamed garden mix served over organic brown rice, topped with white cheddar cheese and sprinkled with organic almonds.	\$15.00 Upgrade To The Green Mix Vegetables For: \$2.00 Jr. Portion: \$9.00

Babamut	AVAILABLE OPTIONS
organic spelt pasta topped with steamed broccoli, corn, melted soy mozzarella cheese, and organic tofu sauce. you may change your choice of vegetables - please find your options in the green mix from the side orders.	\$15.00 Jr. Portion: \$9.00

Walnut Loaf	\$15.00
a rich and hearty loaf prepared with organic brown rice, mushrooms, onions, organic walnuts, white cheddar cheese and organic eggs. served with mushroom gravy, mashed potatoes and steamed broccoli.	

White Lasagna	\$15.00
durum semolina spinach fettuccini noodles mixed with garden vegetables, organic tofu, kelp powder, organic eggs, cheddar cheese, served with steamed broccoli and organic tofu sauce.	

Broccoli Pine Nut Casserole	\$15.00
yukon gold potatoes sliced and layered with soy cheese, steamed broccoli, roasted pine nuts and organic tofu sauce, served with organic black beans, green beans and asparagus.	

The Blue Plate	\$15.00
our homemade veggie burger patty topped with sauteed mushrooms and onions and mushroom gravy and served with a side of mashed potatoes and steamed broccoli.	

Savory Gold	AVAILABLE OPTIONS
a baked yukon gold potato, topped with steamed garden mix vegetables and organic tofu sauce.	\$15.00 Upgrade To The Green Mix For: \$2.00 Jr. Portion: \$9.00

Shepard's Gold	AVAILABLE OPTIONS
a baked yukon gold potato, served with garden mix vegetables, crumbled veggie burger and mushroom gravy.	\$15.00 Upgrade To The Green Mix For: \$2.00 Jr. Portion: \$9.00 Add For Tofu Sauce Instead Of Gravy: \$1.50

Peasant's Gold	AVAILABLE OPTIONS
a baked yukon gold potato, topped with organic black turtle beans, soy cheese, enchilada sauce, organic lettuce, carrots, sprouts, tomato and salsa, served with a side of tahini dressing.	\$15.00 Jr. Portion: \$9.00

Tostaditas	\$15.00
two organic baked corn tortillas topped with organic black turtle beans, organic lettuce, tomatoes, avocado and soy or white cheddar cheese, served with a side of organic brown rice with organic tofu sauce.	

TEMPLE MEXICAN 4

Savory Wrapped	AVAILABLE OPTIONS
organic sprouted wheat tortilla filled with organic rice, organic beans black turtle or pinto, garden mix vegetables and salsa. topped with organic tofu sauce.	10: \$11.00 10 Jr. Portion: \$8.50

Garden Wrapped	AVAILABLE OPTIONS
organic sprouted wheat tortilla filled with organic rice, organic beans black turtle or pinto, garden mix vegetables, salsa and white cheddar cheese. topped with enchilada sauce and more cheese.	10: \$11.00 10jr. Portion: \$8.50

Enchiladas	AVAILABLE OPTIONS
two organic corn tortillas filled with vegetables or organic tempeh. served with organic brown rice, organic beans black turtle or pinto, topped with white cheddar cheese.	\$11.00
	Jr. Portion: \$8.50
Tacos	AVAILABLE OPTIONS
soft organic corn tortillas filled with homemade crumbled veggie burger or organic tempeh, organic lettuce, tomatoes and white cheddar cheese. served with organic brown rice, organic beans black turtle or pinto, and a side of salsa.	\$11.00
	Jr. Portion: \$8.50

SIDE ORDERS 13

Garden Mix	AVAILABLE OPTIONS
a medly of steamed carrots, broccoli, cauliflower, cabbage and green beans, with or without organic tofu sauce.	S: \$4.00
	L: \$6.00
Green Mix	AVAILABLE OPTIONS
a medley of steamed broccoli, asparagus, green beans and corn may change by season, with or without organic tofu sauce.	S: \$6.00
	L: \$8.00
Seasoned Organic Tofu Or Tempeh	AVAILABLE OPTIONS
	S: \$3.00
	L: \$5.00
Organic Black Or Pinto Beans	AVAILABLE OPTIONS
	S: \$3.00
	L: \$5.00
Organic Rice	\$3.00
Organic Or Local Mustard Or Collard Greens	AVAILABLE OPTIONS
	S: \$3.00
	L: \$5.00
Mashed Or Baked Potato	AVAILABLE OPTIONS
	S: \$3.00
	L: \$5.00
Organic Corn Or Sprouted Wheat Tortillas	\$2.00
Organic Cornbread	\$2.50
Burger Patty, Side Taco, Or Side Enchilada	\$4.00
All Sauces & Salsas	\$1.50
we sell sauces by ounces in 4oz (\$1.50), 8oz (\$3.00), 12oz (\$4.50), 16oz (\$6.00)	
Avocado Or Guacamole	\$2.00
Side Of Organic Whole-wheat Walnut Bread	\$1.00