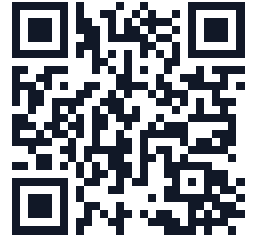


The Raw Truth

2381 E Windmill Ln 89123-2068 · +17024509007 · Updated: Jan 14, 2026

[View online menu](#)



STARTERS 4

Chips, Salsa

\$5.88

house salsa served with flax chips

Chips, Salsa & Guacamole

\$8.88

house salsa and guacamole served with flax chips

Triple Treat

\$11.88

house salsa, guacamole & beans served with flax crax

Pate Platter

AVAILABLE OPTIONS

w/ veggie chips & flax crackers your choice of raw organic hummus, almond pate or spicy-mex pate served with organic carrot & zucchini chips w/ flax crackers & living bread

1 Scoop Plate: \$6.88

2 Scoop Plate: \$9.88

3 Scoop Plate:

\$12.88

SOUPS 3

Cream Of Carrot & Avocado Soup

creamy & elegant soup filled with the flavors of carrot & avocado.

Tomato & Mushroom Soup

delicious tomato, avocado, herb base soup with diced portobello mushrooms.

Vegan Soup Of The Day

ask about todays cooked creation.

SALADS 3

Go Raw House Salad

a mix of any or all of the following organic ingredients: mixed greens, cucumbers, shredded carrots, bell peppers, tomatoes, sprouts, avocado, onion, nuts & seeds.

Kale Salad

organic kale tossed with red bell peppers, onions, cucumbers, & avocado. served with buckwheat brea

Mediterranean Salad

organic spring greens, kale, tomatoes, hummus, olives, tabouleh, and red bell pepper.

ENTREES 6

Gimme The Beet cheese Burger

\$13.88

w/ fries veggie burger made with beets, carrots, sunflower seeds, & parsley. served on living bread w/ hand prepared catsup, mustard, mayo, onion, tomato, lettuce, sprouts, avocado, & almond cheese.

Neat Loaf & fries

\$13.88

a rich savory mushroom, herb, & nut loaf served with our house fries, veggies, & sprouted bread.

salmon Cakes W/ fries & Veggies

\$13.88

our chefs flavorful creation drizzled w/ tartar sauce accompanied by our house fries, veggies, & garlic bread.

Enchiladas Half

AVAILABLE OPTIONS

even better than the real thing our soft tortilla enchiladas topped with salsa, sour cream, guacamole, & spicy red sauce. served with yam rice, beans, guacamole, & flax crackers.

Half: \$8.88

Full: \$13.88

Purple Burrito

\$12.98

purple cabbage filled with mexi pate, veggies, & greens topped with salsa, guacamole, sour cream & yam yum served with a side of flax crackers & salsa

Lasagna

\$13.88

sure to be a favorite, if it isn't already. a delicious combination of zucchini, carrots, spinach, arinara, & nut cheese. served with a side of house veggies and garlic bread stix.

PIZZA 3

Traditional Pizza

topped with almond cheese, a blend of basil pesto, & marinara sauce w/ veggies, & walnut sausage

Mexicali Pizza

topped with mexi cheese, beans, rice, guacamole, salsa, sour cream, & hemp seeds

Mediterranean Pizza

topped with raw organic hummus, sprouted pumpkin seeds, greek olives, mixed greens, diced tomatoes, tabouleh, bell peppers, and sprouts.

HOUSE SPECIALS 5

Blood Transfusion

\$6.88

2 oz. wheatgrass & coconut water

Young Blood

\$6.88

1 oz. wheatgrass, 1 oz. beet juice & coconut water

Vitamineral Cocktail

\$6.88

pi water, vitamineral green, ground flax, udos oil, cayenne

jgb

AVAILABLE OPTIONS

a refreshing beverage with cinnamon, cloves, honey, fruit juice, and ginger of course.

Regular: \$5.28

L: \$6.28

Coconut Kefir

AVAILABLE OPTIONS

fermented coconut water

\$6.88

W/chlorella: \$8.88

