



SALADS 7

Mixed Green Salad \$10.49

Romaine Lettuce, Organic Spinach, Red Cabbage, Carrot, Tomato, Onion, Cucumber & Housemade Ranch OR Balsamic Dressing.

Greek Salad \$11.49

Romaine Lettuce, Organic Spinach, Tomato, Onion, Olives, Feta (Feta Cheese is Optional), Cucumber & Housemade Greek Dressing.

Spinach Salad \$11.49

Organic Spinach, Tomato, Cranberry, Orange, Walnut, Feta (Feta Cheese is Optional) & Housemade Balsamic Dressing.

Love Salad \$12.49

Romaine Lettuce, Organic Spinach, Red Cabbage, Feta (Feta Cheese is Optional), Cranberry, Walnut, Cherry Tomato, Bacon Bits & Housemade Greek Dressing.

Gyro Salad \$15.99

Romaine Lettuce, Organic Spinach, Tomato, Onion, Kalamata Olives, Feta (Feta Cheese is Optional), Cucumber, Greek Style Lamb & Beef Meat, Pita & Housemade Tzatziki Dressing.

Boring Salad \$11.49

Romaine Lettuce, Organic Spinach, Orange, Walnut, Tomato, Goat Cheese & Housemade Balsamic Dressing.

Ecstasy Salad \$15.99

Romaine Lettuce, Organic Spinach, Hummus, Kalamata Olives, Shredded Carrots, Goat Cheese, Avocado, Tomato, Cucumber and Housemade Lemon & Olive Oil Dressing.

SOUPS 1

Homemade Soup of the Day AVAILABLE OPTIONS

100% Natural Soup! We serve wheat-free & vegan soups daily

Cup: \$6.29

Pint: \$8.89

KIDS MENU 7

Grilled Cheddar Cheese \$4.49

PB & J \$4.49

Grilled Turkey & Cheddar Cheese \$4.49

Grilled Chicken & Cheddar Cheese \$4.49

Scrambled Eggs & Toast \$4.49

Bagel & Cream Cheese	\$4.49
Grilled Ham & Cheddar Cheese	\$4.49
JAVAS & MORE 19	
Low Acid House Coffee	\$3.49
Available Iced.	
Decaf Coffee	\$3.49
Available Iced.	
Espresso	\$3.29
Americano	\$3.49
Available Iced.	
Cappuccino	\$4.49
Mocha	\$4.99
Available Iced.	
Caffe Breve	\$4.49
Available Iced.	
Latte	\$4.49
Available Iced.	
Hazelnut Latte	\$4.99
Available Iced.	
Toasted Almond Mocha Latte	\$4.99
Available Iced.	
Caramel Latte	\$4.99
Available Iced.	
Vanilla Latte	AVAILABLE OPTIONS
Available Iced.	\$4.99
	Sugar-Free: \$4.99
Cardamom Latte	AVAILABLE OPTIONS
	\$4.99
	Add Shot Of Espresso: \$1.49
Turmeric Latte	AVAILABLE OPTIONS
	\$4.99
	Add Shot Of Espresso: \$1.49
Chai Latte	\$4.99
Available Iced.	

White Mocha	\$4.99
Available Iced.	
Macchiato	AVAILABLE OPTIONS
	\$4.49
	Caramel: \$4.99
Hot Chocolate	\$4.49
Organic Tea	\$3.29

ADD-ONS JAVAS & MORE 5

Oat Milk
Espresso Shot
Syrup
Soy Milk
Half & Half

SMOOTHIES 5

Banana Strawberry	\$6.49
Peach	\$6.49
Mango	\$6.49
Berry	\$6.49
Green Tea	\$6.49

THIRST QUENCHERS 8

Soft Drinks	
Snapple	
San Pellegrino Soda	
Bottled Water	
Zevia	
Zero-Calorie Soda.	
Fresh Squeezed Orange Juice	AVAILABLE OPTIONS
Organic if available.	12 Oz: \$4.99
	16 Oz: \$6.59
Organic Unsweetened Iced Tea	\$3.29

BAKERY 23

Wedding Cakes

Cakes

Turnovers

Coffee Cakes

Bars

Tarts

Cookies

Napoleons

Cream Puffs

Horns

Cannolis

Artisan Breads

Bagels

Baklava

Eclairs

Muffins

Cupcakes

Croissants

Danishes

Pies

Scones

Cake Pops

Catering

BAGELS & MORNING WRAPS 10

Breakfast Ham Bagel	AVAILABLE OPTIONS
Ham, Tomato & Swiss Cheese.	\$7.49
	Add One EggScrambled:
	\$1.99
Wake Up Bagel	AVAILABLE OPTIONS
Cream Cheese, Tomato & Avocado.	\$7.49
	Add One EggScrambled:
	\$1.99
Good Morning Bagel	\$7.49
Scrambled Eggs, Bacon & Swiss Cheese.	
Veggie Bagel	\$7.49
Scrambled Eggs, Tomato, Red Onion & Swiss Cheese.	
Lox Bagel	\$11.49
Smoked Salmon,Tomato,Organic Spinach,Cream Cheese	
Mediterranean Wrap	AVAILABLE OPTIONS
Feta Cheese, Tomato, Cucumber & Avocado wrapped in Pita with Lemon Juice &Olive Oil.	\$8.49
	Add One EggScrambled:
	\$1.99
LA Special Wrap	\$9.79
Scrambled Eggs, Bacon, Cheddar Cheese, Organic Spinach, Roasted Bell Pepper, Onion with Sundried Pesto Sauce.	
Chorizo Wrap	\$9.49
Scrambled Eggs, Chorizo, Mozzarella, Avocado.	
Breakfast Burrito	\$8.99
Scrambled Eggs, Choice of Bacon or Ham,Sausage Or No Meat, Shredded Cheddar & Jack Cheeses, Roasted Bell Pepper wrapped in Tortilla.	
Quiches	
OMELETS 8	
Denver	\$12.99
Eggs, Ham, Cheddar Cheese, Onion & Roasted Red Bell Peppers.	
Greek	\$12.99
Eggs, Sautéed Onion, Feta, Organic Spinach, Kalamata Olives & Mozzarella.	
Southern	\$12.99
Eggs, Bacon, Roasted Red Bell Peppers, Avocado, Mozzarella.	
Chorizo	\$13.99
Eggs, Mexican Chorizo, Roasted Bellpepper, Onion, Cheddar & Jack Cheese,Chipotle Sauce and Sour Cream.	

Cheese	\$12.99
Eggs, Goat Cheese, Mozzarella, Cheddar & Jack Cheeses & Feta	
Veggie	\$12.99
Eggs,Organic Spinach,Tomato,Onion,Mushroom,Cheddar Cheese	
Sausage	\$12.99
Eggs,Sausage,Roasted Bell pepper,Gouda Cheese	
Oceano	\$15.49
Eggs,Smoked Salmon,Organic Spinach,Onion,Cream Cheese,Jalapenos	

COLD SANDWICHES 6

*Tasty Tuna	\$10.49
100% Albacore Tuna-Mayo-Dill Pickle Mix, Lettuce & Tomato.	
*Turkey Delight	\$10.49
Gourmet Turkey Breast, House Cranberry Walnut Sauce, Swiss Cheese, Lettuce & Tomato.	
*Roast Beef	\$11.49
Roast Beef, Lettuce, Tomato, Swiss Cheese, Garlic Mayo Spread.	
*Veggie Sandwich	\$9.99
Creamy Dill Sauce, Lettuce, Tomato, Onion, Cucumber, Avocado & Swiss Cheese.	
Club Sandwich	\$13.99
Turkey, Ham, Swiss Cheese, Lettuce, Tomato, Avocado & Honey Mustard.	
LA BLTA	\$11.49
Bacon,Mayo,Cream Cheese.Tomato,Lettuce,Avocado	

HOT SANDWICHES 4

*Chicken Santa Fe	\$10.99
Grilled Chicken, Lettuce & Roasted Red Bell Pepper with House Chipotle Aioli Dressing.	
*Pastrami	\$10.99
Hot Beef Pastrami, Swiss cheese, and Dill Pickle & Yellow Mustard.	
Bondi Sandwich	\$12.49
Grilled Chicken, Smoked Gouda, Avocado, Tomato, Lettuce & Sun Dried Tomato Pesto on Ciabatta Roll.	
Carson Ham Lover	\$10.99
Ham,Swiss Cheese,Caramelized Onion,Mayo,Yellow Mustard,Lettuce,Dill Pickles,Avocado On Ciabatta Roll	

PANINIS 5

*Gourmet Grilled Cheese	\$10.49
Panini Cheddar, Gouda & Swiss Cheeses with Pesto Aioli.	

*Turkey Melt	\$10.49
Panini Style Turkey, Pesto Aioli, Cheddar Cheese, Tomato.	
Tuna Melt	\$10.49
Panini Style TunaMayoDill Pickle Mix, Cheddar Cheese, Tomato.	
Lily's Melt	\$10.49
Bacon,Jalapeños,Swiss Cheese,Blackberry Jam	
Salmon Melt	\$13.99
Smiked Salmon,Dill Sauce,Gouda Cheese,Organic Spinach,Avocado,Cucumber,Onions	

COMBOS 3

1/2 Sandwich & 1/2 Green Salad	\$10.49
Choose 1/2 Sandwich Only from * Item.	
1/2 Sandwich & Cup of Soup	\$10.49
Choose 1/2 Sandwich Only from * Item.	
1/2 Green Salad & Cup of Soup	\$10.49

WRAPS 7

Falafel Pita Wrap	AVAILABLE OPTIONS
Falafel, Hummus, Feta (Feta Cheese is Optional), Lettuce & Tomato with Lemon & Olive Oil in a Pita Wrap.	
	\$10.49
	Add Tzatziki Sauce:
	\$0.89
Chicken Pita Wrap	\$10.49
Grilled Chicken, Hummus, Roasted Red Pepper, Feta (Feta Cheese is Optional) & Lettuce in a Pita Wrap.	
Gyro Pita Wrap	\$10.49
Greek Style Lamb & Beef Meat, Onion, Tomato &Tzatziki Sauce in a Pita Wrap.	
Pastrami Wrap	\$12.99
Hot Pastrami, Mayo, Mustard, Swiss Cheese, Roasted Bell Pepper, Lettuce & Grilled Onion in a Tortilla Wrap.	
California Grilled Veggie Wrap	AVAILABLE OPTIONS
Grilled Zucchini, Grilled Onion, Roasted Bell Pepper, Avocado, Feta (Feta Cheese is Optional) & Chipotle in a Tortilla	
Wrap.	\$11.49
	Add Chicken: \$4.99
Philly Cheese Steak Wrap	\$14.49
Philly Steak, Heart Healthy Mayo, Swiss Cheese, Lettuce, Tomato, Grilled Onion in a Tortilla Wrap.	
Louisiana Wrap	\$14.99
Grilled Chicken,Bacon,Mayo,Mustard,Avocado,Roasted Bell peppers,Swiss Cheese in a Tortilla Wrap	

BURGERS 4

Cheese Burger	\$12.49
Locally Raised Grass-Fed Beef Patty, Cheddar Cheese, Heart Healthy Mayo, Lettuce, Tomato, Onion & Dill Pickle on a Burger Bun.	
Goat Cheese Burger	\$12.49
Locally Raised Grass-Fed Beef Patty, Goat Cheese, Chipotle Aioli, Lettuce, Tomato, Onion & Dill Pickle on a Burger Bun.	
Mushroom Burger	\$12.49
Locally Raised Grass-Fed Beef Patty,Grilled Mushroom,Swiss Cheese,Mayo,Lettuce,Tomato,Onion on a burger Bun	
Spicy Houston Burger	\$12.49
Locally Raised Grass-Fed Beef Patty,Pepper Jack Cheese,Jalapeños,Lettuce,Tomato,Chipotle Sauce On a Burger Bun	

GOURMET PLATES 3

All Veggie Plate	\$14.49
Falafel, Hummus, Greek Salad & Pita.	
Spiritual Plate	\$15.49
Sautéed Organic Spinach, Broccoli, Avocado, Cucumber, Tomato, Hummus,Goat Cheese, Lemon & Olive Oil Dressing & Pita.	
Buddhist Plate Plus Chicken	\$16.99
Grilled Zucchini,Grilled onion,Grilled Mushroom,Roasted Bell Peppers,Grilled Chicken,Goat Cheese,Avocado,Hummus,Our Lemon Olive Oil Dressing,Pita Bread	

SIDE & EXTRAS 5

1/2 Green Salad	\$6.49
Extra Condiments Cheese,Sauce,Condiments	\$0.99
Cheese,Sauce,Condiments	
Avocado	\$1.99
French Fries	AVAILABLE OPTIONS
	\$4.99
	Add Parmesan: \$0.69
Hummus & Pita	\$6.99

PANCAKES 4

Buttermilk	\$10.49
Flap Jacks(3)	
Butter Milk	\$9.49
Short Stack(2)	
Gluten Free	\$11.49
Flap Jacks(3)	

SWEET 2

Baklava (9 Pieces)

Baklava (15 Pieces)

BROWNIES 2

Brownies - Sugar Free (dozen)

Brownies - Wheat Free (dozen)

COOKIES 8

Chocolate Chip Cookies - Sugar Free (dozen)

Cranberry Cookies (dozen)

Double Chocolate Chip Cookies (1/2 dozen)

Ginger Molasses Cookies (1/2 dozen)

Gourmet Royal Cookies (1/2 dozen)

Pecan Oatmeal Cookies - Sugar Free (dozen)

Shaped Cookies (dozen)

Walnut Cookies (dozen)

EUROPEAN STYLE CAKES 7

6" Round (Serves 6-8)

8" Round (Serves 10-12)

10" Round (Serves 12-16)

12" Round (Serves 20-25)

1/4 Sheet (Serves 16-20)

1/2 Sheet (Serves 30-40)

Full Sheet (Serves 50-80)

REGULAR STYLE CAKES 7

6" Round (Serves 6-8)

8" Round (Serves 10-12)

10" Round (Serves 12-16)

12" Round (Serves 20-25)

1/4 Sheet (Serves 16-20)

1/2 Sheet (Serves 30-40)

Full Sheet (Serves 50-80)

BREAKFAST 11

Breakfast Casserole

Bacon, Onion, Bell Pepper, Cheddar Cheese, Eggs, Potatoes, Milk Made as Casserole, Toast, Juice, Fruit Yogurt

Quiche Breakfast

8" Quiche sof your choice (Greek, Bacon n Cheese, Broccoli n Cheese, Pesto Chicken), Fruit yogurt, Butter Croissant, Jam, Butter, Cookies

Omelet Breakfast

Scramble Egg, Chorizo or Bacon, House Potato, Toast, Juice, Fruit Yogurt

The Continental

Assortment of Fresh Baked Muffin, Scones, Bagels, Butter Croissants, Macaroon, Cream Cheese, Butter, Jam, Juice

Assorted French Platter

Assortment of Cheese Pockets, Strawberry Cream Cheese Croissant, Bear Claw, Galletes, Butter Croissant, Jam, Butter

Muffin & Bagels

Assortment of Fresh Baked Muffins, Bagels, Cream Cheese, Butter, Jam

Baker's Breakfast Platter

Assortment of Butter Croissant, Scones, Cookies, Butter, Jam

GlutenFree Breakfast

Assortment of Gluten Free Scones, Gluten Free Muffins, Gluten Free Cookies, Gluten Free Brownies

Coffee Or Tea - Serves 8-10 People

Fresh Brewed low acid coffee or Decaf with Cups and Condiments Or Fresh Brewed Organic Teas with Cups and Condiments

Fruit Platter - Serves 8-10 People

Assortment of Fresh Seasonal Fruits

Quiches

Individual assorted Quiches Greek, Bacon n Cheese, Broccoli n Cheese, Pesto Chicken

LUNCH 3

Lunch On The Go

Whole Sandwich (Choose from Deli Items) includes cookie, Canned Soda

Half Way On The Go

Half Sandwich (Choose from Deli Items) includes cookie, Canned Soda

Lunch For Crowd

Tray Of Assorted Sandwiches

DELI ITEMS 6

Turkey Delight

Gourmet Turkey Breast, House Cranberry Walnut Sauce, Swiss Cheese, Lettuce & Tomato

Pastrami

Hot Beef Pastrami, Swiss Cheese, Dill Pickle & Mustard

Chicken Santa Fe

Chicken Breast, Lettuce & Roasted Red Pepper with House Chipotle Aioli Dressing

Roast Beef

Roast Beef, Lettuce, Tomato, Swiss Cheese, Heart Healthy Garlic Mayo Spread

Veggie Sandwich

Creamy Dill Sauce, Lettuce, Tomato, Onion, Cucumber, Avocado & Swiss Cheese

Tasty Tuna

100% Albacore Tuna-Mayo-Dill Pickle Mix, Lettuce & Tomato

SALAD BOWLS 4

Mixed Green Salad

Romaine Lettuce, Spinach, Red Cabbage, Carrot, Tomato, Onion & Cucumber - Ranch OR Balsamic Dressing

Greek Salad

Romaine Lettuce, Spinach, Tomato, Onion, Olives, Feta*, Cucumber & Greek Dressing

Spinach Salad

Spinach, Cherry Tomato, Cranberry, Orange, Walnut, Feta* & Balsamic Dressing

Love Salad

Romaine Lettuce, Spinach, Red Cabbage, Feta*, Cranberry, Walnut, Grape Tomato, Bacon Bits & Greek Dressing

OTHERS 4

Chips

Water

Sodas

Snapples

MAIN COURSE 7

Mediterranean Green Herb Stew

Fragrant combination of herbs sautéed with onion, garlic and mixed with kidney beans, beef, and dried lime served with saffron rice

Dolmades

Stuffed grape leaves, bell pepper or tomato with rice, fragrant combination of herbs and beef with barberries

Upside down Saffron Rice & Chicken

Crispy Baked Basmati Rice, Yogurt, Eggs, Chicken, Saffron

Eggplant Beef Stew

Yellow split peas, onion, beef, tomato sauce, eggplant, and dried lime along with Persian spices served with saffron rice

Veggie Frittata

Fragrant combination of herbs, Eggs, Barberries, and Walnut

Russian Olivier Salad

Chicken, Potato, Eggs, Green Peas, Pickle, Mayonnaise

Mediterranean Eggplant Dish

Eggplant, Onion, Tomato, Eggs, Garlic, Spices

APPETIZER 2

Persian Tzatziki

Plain yogurt mixed with persian cucumber, mint, raisin and walnut

Spinach Yogurt

Spinach mixed with garlic topped with plain yogurt

SALAD 2

Shirazi Salad

Diced cucumbers, tomatoes, onions, mint, lemon juice and extra virgin olive oil

Green Salad

Baby romaine, Persian cucumber, tomatoes, carrots with House special extra virgin olive oil and vinaigrette dressing

DESSERT 3

Saffron Pistachio Ice cream

Cream, milk, sugar, pistachio, saffron

Baklava

Wheat flour, corn starch, canola oil, water, salt, sugar, powdered almond, walnut, pistachio, cinnamon

Saffron Pudding

Rice, sugar, unsalted butter, rose water, saffron, almond, cardamom