

LUNCH

Served Daily until 4:00 pm

Sandwiches/Wraps

Served with choice of one side: cup soup, garden salad,
corn chips, beans & rice, coleslaw

- SUPER VEGGIE SANDWICH** Avocado, Lettuce, Tomatoes, Carrots, Onion, Sprouts, Cucumber and Cheese**7.25 / 9.25**
- TUNA SALAD SANDWICH** Albacore Tuna mixed with Celery, Sunflower Seeds and Mayo served with Lettuce, Tomato and Sprouts.....**7.25 / 9.25**
- CHICKEN SALAD SANDWICH** Jidori Chicken breast mixed with Celery, Walnuts, Apples and Mayo served with Lettuce, Tomato and Sprouts **7.25 / 9.25**
- ROASTED TURKEY BREAST SANDWICH** roasted Turkey served with Lettuce, Tomato and Sprouts..... **7.25 / 9.25**
- GRILLED ROAST BEEF AND CHEDDAR SANDWICH** naturally raised Beef sliced thin on grilled Sour Dough with Cheddar Cheese, Lettuce and Tomato..... **10.95**
- KI'S CLUB SANDWICH** double-decker Turkey, Avocado, Cheese and Turkey Bacon served with Lettuce, Tomato and Sprouts..... **10.95**
- VEGGIE BURGER** a delicious thick Millet Burger baked golden brown served with Cheese, Avocado, Lettuce, Tomato, Onion, and Pickles..... **9.50**
- TURKEY BURGER** served with Cheese, Lettuce, Tomato, Onions and Pickles..... **8.95**
- MARINATED TEMPEH SANDWICH** marinated Tempeh, grilled Onions, Lettuce, Tomato, Avocado and Chipotle Mayo served on a Multi-grain Baguette **9.95**
- GRILLED JIDORI CHICKEN SANDWICH** served with Cheese, Lettuce, Tomato, Avocado, Onion and Pickles on a Whole Wheat Bun **10.25**
- SANTA FE SALMON WRAP** grilled Salmon, Brown Rice, Lettuce, Cabbage, Salsa Fresca, Black Beans and Guacamole with a Lime Yogurt Dressing wrapped in a Whole Wheat Tortilla.....**12.25**
- THAI CHICKEN WRAP** grilled Jidori Chicken, Brown Rice, Lettuce, Asian Slaw made with a Thai Peanut Vinaigrette wrapped in a Whole Wheat Tortilla.....**10.95**
- JAPANESE AHI WRAP** Ahi grilled rare, Brown Rice, Lettuce, Carrots, Cabbage and Avocado with a Wasabi sauce wrapped in a Whole Wheat Tortilla.....**12.25**

Salads

- GARDEN SALAD** Romaine Lettuce, Red Cabbage, Carrots, Cukes, Sprouts, Tomatoes & Sunflower Greens....**5.25/ 7.25**
- CHICKEN CAESAR SALAD** grilled Jidori Chicken, Romaine Lettuce, Croutons and fresh Parmesan.....**10.25**
- KIM'S SALAD** Romaine Lettuce, Red Cabbage, Carrots, Cucumbers, Sprouts, Tomatoes and Sunflower Greens topped with Ki's Millet Burger**8.95**
- SUPER SALAD** Romaine Lettuce, Red Cabbage, Carrots, Cucumbers, Sprouts, Tomatoes and Sunflower Greens topped with Jack Cheese, Avocado and Roasted Turkey**9.75**
- CHOPPED SALAD** chopped Romaine Lettuce, Red Cabbage, Cucumbers and Roma Tomatoes topped with Feta Cheese and Nuts served with a Feta Vinaigrette.....**8.50**
ADD JIDORI CHICKEN.....**9.75**
- BABY SPINACH SALAD** Baby Spinach, Mushrooms, candied Walnuts, Gorgonzola and Craisins served with a Raspberry Vinaigrette **8.95**
- SALMON SALAD** Baby Greens, Roasted Red Peppers, Tomatoes and Cucumbers topped with grilled Salmon fillet served with a Orange Basil Vinaigrette **12.25**
- GREEK CHICKEN SALAD** Romaine Lettuce, Red Onions, Tomatoes, Olives, Artichoke Hearts, Cucumbers, Feta and Jidori Chicken served with an Herb Vinaigrette**10.95**
(Can substitute Tempeh for Chicken)
- SEARED AHI SALAD** Baby Greens, Tomatoes, Cucumbers, Wonton Chips and Avocado topped with a seared Ahi fillet served with a Wasabi Vinaigrette**12.25**

Lunch Entrées

- TOSTADA SUPREMA** baked Wheat Tortilla topped with Beans, Salad, Salsa, Brown Rice and Guacamole, with Sour Cream upon request**9.95**
- BUTTERNUT SQUASH & CORN ENCHILADA** Butternut Squash and Corn rolled in a Wheat Tortilla topped with Enchilada Sauce, Black Olives and Cheese served with Beans, Brown Rice and Guacamole.....**10.50**
- FISH TACOS** grilled Mahi served in soft Corn Tortillas with shredded Cabbage, Lettuce, Jack Cheese and diced Tomatoes Brown Rice, Black Beans and Guacamole on the side**10.95**
- BLACKENED CHICKEN TACOS** blackened Jidori Chicken served in soft Corn Tortillas with shredded Cabbage, Lettuce, Jack Cheese and diced Tomatoes. Brown Rice, Black Beans and Guacamole on the side.....**10.95**
- FAJITAS**
VEGETABLE**10.95**
CHICKEN**11.95**
BEEF, SALMON OR SHRIMP**13.95**
Your choice of the above sautéed with Onions, Peppers and Squash served with Salsa Fresca, Guacamole, Sour Cream, Corn Tortillas, Beans and Rice
- BASIL PASTA** Penne Pasta sautéed with Olive Oil, fresh Garlic and Basil topped with Parmesan Cheese served with Garden Salad and Garlic Toast.....**10.25**
- THAI LINGUINI** Linguini and fresh Seasonal Vegetables sautéed in a spicy Peanut Sauce topped with Jidori Chicken or Tofu served with a Garden Salad and Garlic Toast..**10.95**
- VEGGIE LASAGNA** a blend of Vegetables, Tomato Sauce and Cheese served with Garden Salad and Garlic Toast**10.95**
- SMALL SALMON PLATE** grilled Salmon Fillet served with Brown Rice and fresh steamed Seasonal Vegetables**12.75**
- STIR FRY VEGETABLES** fresh Seasonal Vegetables sautéed in Pineapple Tamari Sauce over Brown Rice topped with Cashews served with Cornbread.
WITH CHICKEN OR TOFU**11.95**
WITH SALMON OR AHI**13.95**

Please consult our menu boards for all we have to offer for beverages:
Fresh Squeezed Juices
All Natural Smoothies
Coffee Drinks and more

