

# ORGANIC OASIS RESTAURANT & JUICE BAR

## APPETIZERS

♥ Vegan ♦ Gluten Free

- ♥ **Hummus and Pita Plate** *Organic* house-made hummus & warm pita with garlic olive oil 10
- Greek Platter** *Organic* Hummus, cucumber, tomato, feta, red onion, pepperocini, turkey pepperoni, kalamata olives, warm pita, rye wafer, & garlic olive oil 15
- ♦ **Nachos** *Organic* blue corn chips, black beans, tomatoes, green onions, & mozzarella/cheddar blend of cheeses with sour cream, red salsa, & mango salsa 12
- Add **Organic Chicken** 5    Add **Avocado** 4
- Cheese Quesadilla** Flour tortilla with mozzarella/cheddar blend of cheeses served with sour cream, red salsa, & mango salsa 10
- Add **organic Chicken or AK Salmon, with tomato, & onion** 5
- Veggie Quesadilla** Avocado, tomato, onion, kalamata olives, bell peppers, mushrooms, & cheeses served with sour cream, red salsa, & mango salsa 15

## SOUPS & SALADS

- ♦ **Caesar Salad** Fresh *organic* romaine, *organic* parmesan, *organic* house made GF croutons, & vegan caesar style dressing. small 10 large 15  
Add **organic chicken** for 6
- ♥ ♦ **House Greens Salad** small 8 large 12  
cabbage, carrot, radish, kale, arugula, broccoli, sunnies & house grown Clover Sprout Mix
- ♦ **Chicken Salad** *Organic* chicken salad (chicken, celery, onion, sunflower mayo, & spice) on house greens with tomato, cucumber, & green bell pepper 17
- ♦ **Grilled Chicken Salad** - Grilled *organic* chicken breast on house greens with tomato, cucumbers, and green bell pepper 17
- ♥ ♦ **Tofu Salad** *Organic* tofu over our house greens with cucumber, tomato, & bells 14
- ♥ ♦ **Avocado Salad** House greens with avocado, cucumber, tomato, bells 15
- Soup & House Salad** (cup of soup & small house salad) 13
- Soup of the Day** (Served with *organic* tahini & *organic* bread) cup 6 bowl 8
- ♥ ♦ **Miso Soup with Brewer's Yeast** 6
- ♥ ♦ **Cole Slaw** *Organic* cabbage, carrot, celery with a vegenaïse dressing 6
- ♥ ♦ **Tabouleh Salad** small 6 large 9  
*Organic* black quinoa, herbs, tomato, fresh mint & parsley, green onions, lemon juice, & olive oil

### HOUSE DRESSINGS

- ♥ ♦ **Yam Vinaigrette**  
jeweled yams, apple cider vinegar, herbs & spices
- ♥ ♦ **Vinegar & Oil**  
aged balsamic vinegar & virgin olive oil
- ♦ **Tarragon Spirulina**  
olive oil, tarragon, lemon juice, garlic honey & spirulina
- ♥ ♦ **Caesar Style**  
olive oil, lemon juice, mustard, garlic & herbs
- ♥ ♦ **Lemon Tahini**  
tahini, lemon juice, bell pepper, celery, green onion & Bragg's Liquid Aminos
- ♥ ♦ **1000 Island**  
vegenaïse, ketchup, celery, onion, pickles, lemon juice & herbs

## SMALL PLATES

- ♥ **Organic Peanut Butter & Strawberry Jam Sandwich** 7
- Organic Grilled Cheese Sandwich** 8
- Pita Pepperoni Pizza or Pita Cheese Pizza with *organic* marinara** 8
- ♦ **Macaroni & Cheese** (*organic* GF rice, potato, & soy elbow pasta) 10
- Organic Angel Hair & Butter with a side of parmesan** 7
- ♥ **Organic Spaghetti with Vegan Meatballs** 11
- ♦ **Organic Beef or *organic* Chicken with *organic* Brown Rice** 12
- Organic Beef Burger** (ketchup & mustard) 12

## PIZZAS - organic dough

- Cheese** *Organic* marinara, and mozzarella/cheddar blend 13
- Turkey Pepperoni** *Organic* marinara, turkey pepperoni, & mozzarella/cheddar blend 15
- Vegetarian** *Organic* marinara, red onion, bell pepper, tomato, cilantro, mushroom, kalamata olives, spinach, mozzarella/cheddar blend & topped with sprouts 16
- Islander** *Organic* marinara, pineapple, red onion, natural turkey bacon, & mozzarella/cheddar blend 15
- Greek** Vegan macadamia nut pesto sauce, fresh tomatoes, kalamata olives, spinach & feta 16
- ♥ **Vegan Greek** Vegan macadamia nut pesto sauce, fresh tomatoes, kalamata olives, spinach & tofu 16

## WRAPS or BOWLS

Served in a flour tortilla or as a bowl over your choice of brown rice or quinoa  
Comes with either small soup, tabouleh, or chips & salsa (cole slaw or house salad add 2)

♦ **Gluten Free Wrap Upgrade** 3

- ♥ **Vegan High Protein** Oasis hummus, kalamata olives, parsley, garlic, olive oil, sun dried tomatoes & vegenaïse, spirulina, *organic* tempeh marinated in low sodium wheat free tamari, red onion, tomato, sprouts & kale/green leaf 15
- ♥ **Moroccan Hummus** *Organic* hummus, tomato, red onion, bell pepper, cucumber, kale/green leaf, sprouts & lemon tahini 15
- Caesar** *Organic* Chicken or ♥ Tofu, house made caesar style dressing, onion, tomato, & green leaf 16
- Thai** *Organic* Chicken or ♥ Tofu, radish, cilantro, mint, cabbage, carrot & sprouts, with a side of Sweet Thai Chile Sauce 16
- Alaska Red Salmon** Wild AK salmon, tomato, onion, kale/green leaf, & mango salsa 16

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## SANDWICHES

♥ Vegan ♦ Gluten Free

Comes with either small soup, tabouleh, or chips & salsa (cole slaw or house salad add 2)  
Served on House-made Vegan Whole Wheat Bread

♦Gluten Free Bread or ♦Lettuce Wrap upgrade 2

♥ Avocado	Avocado, green leaf, tomato, sprouts, red onion, cucumber, bell pepper, vegenaise	half 11	whole 16
	Add Tapenade (sun-dried tomatoes, parsley, garlic, olive oil, & kalamata olives)		2
♥ Veggie Sandwich	Kalamata olives, sprouts, tomato, hummus, cucumber, red onion, pickles, & vegenaise	half 11	whole 16
Chicken Salad	Organic chicken salad (chicken, celery, red onion, sunflower mayo, & spice) on green leaf, sprouts, tomato, & cucumber	half 11	whole 17
Turkey BLT	Natural turkey bacon (no nitrites), green leaf, tomato & vegenaise	half 11	whole 16
Royal Turkey	Roasted breast of turkey, mustard, cucumber, bell pepper, vegenaise green leaf, tomato, sprouts, red onion, swiss cheese, & pickles	half 11	whole 16
Chicken Avo	Organic grilled lemon pepper chicken, green leaf, tomato, avocado, red onion & vegenaise		whole 18
♥ Veggie Reuben	Toasted Reuben with organic house made sauerkraut, organic tempeh, red onion, pickles, & roasted red bell pepper aioli		whole 16

## BURGERS

Comes with either small soup, tabouleh, or chips & salsa (cole slaw or house salad add 2)  
Served on House-made Vegan Whole Wheat Bun

♦Gluten Free Bread or ♦Lettuce Wrap upgrade 2

Beef Burger		16
	Organic grass fed beef, ketchup, mustard, green leaf, red onion, tomato, & dill pickles	
	Add cheddar, swiss, or mushrooms	1
3B Burger	Bacon, Beef & Bleu cheese	18
	Organic grass fed beef with uncured turkey bacon, bleu cheese, avocado, green leaf, red onion, tomato & vegenaise	
Lamb Burger	(and yes, it's organic)	16
	Organic New Zealand lamb, green leaf, red onion, tomato, swiss cheese, & vegenaise	
	Served with a side of tzatziki (cucumber yogurt dill sauce)	
BBQ Chicken Burger	Organic grilled chicken breast with uncured turkey bacon, gorgonzola, red onion, tomato, lettuce, BBQ sauce, & vegenaise	18
♥ Hula Burger	Organic multi-grain marinated tempeh, home made mango salsa, green leaf, sprouts, bell pepper, red onion, tomato & vegenaise	15
♥ Vegan Burger	house-made complete protein veggie patty, red onion, tomato, sprouts, green leaf, green peppers, & vegenaise	15

## ENTREES

Comes with either small soup, salad, tabouleh, cole slaw or chips & salsa

♦Gluten Free Rice Pasta or ♦Quinoa upgrade 3

♥ Lime Basil Pesto Pasta	Vegan house-made macadamia nut pesto tossed with organic angel hair pasta, mushrooms, red onions, & spinach	20
♥ Italian Pasta	Tapenade (kalamata olives, sun-dried tomatoes, garlic, and parsley) tossed with organic angel hair pasta, mushrooms, red onions, & spinach	20
Chicken Curry Pasta	(please be advised---this dish is a bit spicy) Organic chicken with pasta, oasis madras style curry, spinach, cream, mushrooms, red onions, tomatoes, parmesan & garlic	26
♦ Grilled Organic Buffalo Ribeye	10 ounce cut of organic grass fed buffalo ribeye grilled to your preference with chef's choice of seasonal vegetables	32
♦ Portobello Stuffed Chicken Breast	Organic chicken breast stuffed with fresh mushroom, roasted sweet red pepper, mozzarella, parmesan & fresh basil drizzled with white truffle oil served on a bed of organic quinoa with chef's choice of seasonal vegetables	26
Garlic Scallops & Organic Angel Hair	Pan seared wild caught USA scallops tossed with fresh garlic, unsalted butter, mushrooms, red onions & organic angel hair with a side of parmesan	23
♥ ♦ Teriyaki Tofu Stir Fry	Teriyaki vegetables & organic tofu sautéed with steamed brown rice	20
	Sub organic chicken	5
♥ ♦ Macrobiotic Platter	Organic brown rice, baked organic tofu, steamed veggies	20
♦ High Protein Platter	Organic flame grilled chicken breast or organic grass fed beef patty served with organic quinoa & steamed veggies	22

## SIDE ORDERS

♥ ♦ Organic Firm Tofu or Tempeh	6	♥ ♦ Fresh Sliced Avocado	5
♥ ♦ Organic Rice or Beans	5	♥ ♦ Organic Rice & Beans	8
♥ ♦ Organic Steamed Quinoa	6	♥ ♦ Organic Blue Corn Chips & Salsa	5
♥ Side of Pita Bread	4	♦ Grilled organic Chicken Breast	7
♥ ♦ Organic side of Hummus	5	♦ Turkey Bacon (no nitrites) 2 slices	3
♦ 2 slices of Gluten Free Bread	3	♦ Grilled organic NZ Lamb Patty	7
♥ ♦ Steamed Fresh Vegetables	6	♦ Grilled organic Beef Patty	7

\*\*\*Parties of 6 or more will be charged 20% Gratuity\*\*\*