

SOUPS & SALADS

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

HOUSE MADE 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 & Hawaiian spirulina
- ♥ ♦ **Caesar Style**
olive oil, lemon juice, mustard, garlic & herbs
- ♥ ♦ **Lemon Tahini**
tahini, lemon juice, bells, celery, green onion & Bragg's Liquid Aminos
- ♥ ♦ **1000 Island**
veganaise, ketchup, celery, onion, dill pickles, herbs & lemon juice
- ♥ ♦ **Vegan Ranch**
veganaise, onion powder, dill, chives, garlic powder, pepper, parsley, lemon juice & rice milk

SIDE ORDERS

- ♥ ♦ **Organic Tempeh, Quinoa or Veggies** 6
- ♥ ♦ **Sliced Avocado or Hummus** 5
- ♥ ♦ **Organic Rice or Beans** 5
- ♥ ♦ **Organic Rice & Beans** 8
- ♥ ♦ **Organic Blue Corn Chips & Salsa** 5
- ♥ **Side of Pita Bread** 4
- ♦ **Grilled organic Chicken Breast** 7
- ♦ **Turkey Bacon (no nitrites)** 2 slices 3
- ♦ **2 slices of Gluten Free Bread** 3
- ♦ **Grilled organic Beef or organic Lamb Patty** 7

ORGANIC OASIS

RESTAURANT & JUICE BAR

2610 SPENARD ROAD, ANCHORAGE, AK

277-7882 or

USE ONLINE ORDERING
AT ORGANICOASIS.COM or FACEBOOK

CAFE GRILL HOURS

Mon, Tues, Wed, Fri, Sat 11 am to 7 pm

Thursday 11 to 8 * Sunday 12pm to 5 pm

JUICE BAR HOURS

Mon, Sat 11 am to 6 pm * Sunday 12pm to 5 pm

STARTERS

- ♥ **Hummus and Pita Plate** 10
Organic house-made hummus & warm pita with garlic olive oil
- Greek Platter** 15
Organic Hummus, cucumber, tomato, feta, red onion, pepperocini, turkey pepperoni, kalamata olives, warm pita, rye wafer, & garlic olive oil
- ♦ **Nachos** 12
Organic blue corn chips, black beans, tomatoes, green onions, & mozzarella/cheddar blend of cheeses with sour cream, red salsa, & mango salsa Add Organic Chicken 5 Add Avocado 4
- Cheese Quesadilla** 10
Flour tortilla with mozzarella/cheddar blend of cheeses served with sour cream, red salsa, & mango salsa
Add organic
Chicken or Salmon, tomato & onion 5
- Veggie Quesadilla** 15
Avocado, tomato, onion, kalamata olives, bell peppers, mushrooms, cheeses (sour cream, red salsa, & mango salsa)
- ♥ **Vegan Quesadilla** 17
Organic tempeh, spinach, sunflower seeds, roasted sesame seeds Daiya vegan cheese, tahini, tomato, kalamata olives, red onion, bell peppers, mushrooms, & Kale ♦Gluten Free Wrap Upgrade 3

WRAPS & BOWLS

Comes with small soup
Served in a flour tortilla or as a bowl over brown rice (upgrade to organic quinoa add 2)
(cole slaw, house salad or tabouleh add 2)
♦Gluten Free Wrap Upgrade 3

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

PIZZAS -- organic dough (upgrade to Daiya vegan cheese, add 3)

Cheese 13

Organic marinara, and mozzarella/cheddar blend

Turkey Pepperoni 15

Organic house made marinara, turkey pepperoni, mozzarella & cheddar cheese

Vegetarian 16

Organic house made marinara, spinach, cilantro, tomato, red onion, bell pepper, mushroom, kalamata olives, mozzarella & cheddar cheese & topped with sprouts

Greek 16

Organic macadamia nut vegan pesto sauce, spinach tomato, kalamata olives, & feta or ♥ Organic tempeh

♥ Vegan Supreme 18

Organic tempeh, spinach, organic house made marinara, sunflower seeds, roasted sesame seeds, Daiya vegan cheese, tahini, tomato, red onion, bell peppers, mushrooms & sprouts

Islander 18

Organic house made marinara, organic chicken, pineapple, natural turkey bacon, red onion, mozzarella/cheddar blend

BURGERS -----

With small soup or chips & salsa
(cole slaw, tabouleh or house salad add 2)
♦GF Bread or ♦Lettuce Wrap upgrade 2

Beef Burger 16

Organic grass fed beef, ketchup, mustard, green leaf, red onion, tomato, & dill pickles *Add cheese or shrooms 1

3B Burger Bacon, Beef & Bleu cheese 18

Organic grass fed beef with uncured turkey bacon, avocado, bleu cheese, green leaf, red onion, tomato & vegenaize

Lamb Burger (and yes, it's organic) 16

Organic New Zealand lamb, green leaf, red onion, tomato, swiss cheese, & vegenaize. Served with a side of tzatziki (cucumber yogurt dill sauce)

BBQ Chicken Burger 18

Organic grilled chicken breast, uncured turkey bacon, gorgonzola cheese, red onion, tomato, green leaf lettuce, BBQ sauce, & vegenaize

♥ Hula Burger 15

Organic marinated tempeh, home made mango salsa, green leaf, sprouts, bell pepper, red onion, tomato & vegenaize

♥ Vegan Burger 15

Organic house-made high protein veggie patty, red onion, tomato, sprouts, green leaf, green peppers, & vegenaize

Please be advised that any dish with kalamata olives could have a rogue olive pit that slipped by. Be careful.

Parties of 6 or more will be charged 20% Gratuity

VISION: To be more than successful, more than enduring, to be the best in our industry.

MISSION: To provide organic juices, coffees, smoothies, light lunches, meals & quality health products in a clean upscale environment to the people of Anchorage.

SANDWICHES-----

♥Vegan ♦Gluten Free

Comes with small soup
(cole slaw, house salad or tabouleh add 2)
Served on House-made Vegan WW Bread
♦GF Bread or ♦Lettuce Wrap upgrade 2

♥ Avocado half 11 whole 16

Avocado, green leaf, tomato, sprouts, red onion, cucumber, bell pepper, vegenaize Add Tapenade 2

♥ Veggie Sandwich half 11 whole 16

Kalamata olives, sprouts, tomato, hummus, cucumber, red onion, pickles, & vegenaize

Chicken Salad half 11 whole 17

Organic chicken salad (chicken, celery, red onion, tomato, Kensington's sunflower mayo, & spice) on green leaf, sprouts, & cucumber

Turkey BLT half 11 whole 16

Turkey bacon (no nitrites), green leaf, tomato & vegenaize

Royal Turkey half 11 whole 16

Organic turkey breast, mustard, cucumber, bell pepper, sprouts, vegenaize, green leaf, tomato, red onion, swiss cheese, & pickles
add avocado & turkey bacon for 4

Chicken Avo 18 (whole sandwich only)

Organic grilled lemon pepper chicken, green leaf, tomato, avocado, red onion & vegenaize

♥ Veggie Reuben 16 (whole sandwich only)

Toasted WW bread with Daiya vegan cheese, red onion, pickles, organic house made sauerkraut, organic tempeh, & 1000 Island Dressing

HOT PLATES -----

Comes with either small soup OR salad
Upgrade to ♦GF Rice Pasta or ♦Quinoa 3

♥ Organic Angel Hair Pasta 20

Tossed with vegan house-made macadamia nut pesto, mushrooms, red onions, & spinach OR Tapenade (kalamata olives, sun-dried tomatoes, garlic, and parsley), mushrooms, red onions, & spinach

Chicken Curry Pasta (Madras curry is a bit spicy) 26

Organic chicken, oasis madras style curry, spinach, cream, mushrooms, white wine, red onions, tomatoes, parmesan & garlic tossed with organic angel hair pasta

♦Grilled Organic Buffalo Ribeye 29

10 ounce cut of organic grass fed buffalo ribeye grilled to your preference with chef's choice of seasonal vegetables

♥ ♦Teriyaki Tempeh Stir Fry 20

Teriyaki vegetables & organic tempeh sautéed served over steamed brown rice Sub organic chicken 5

♦High Protein Platter 22

Organic flame grilled chicken breast OR organic grass fed beef patty served with organic quinoa & steamed veggies