

## *sides & take-out sides*

<b>imported black and green olives</b> .....	\$1.00
<b>organic brown rice</b> .....	\$6.95
<b>berlin rice</b> .....	\$7.95
[organic brown rice with organic soy beans and pine nuts]	
<b>quinoa</b> .....	\$7.95
<b>falafel</b> .....	\$3.95
<b>one scoop of tuna salad</b> .....	\$3.95
<b>one scoop of chicken salad</b> .....	\$4.95
<b>tabbouleh</b> .....	\$3.95
<b>feta cheese</b> .....	\$1.50
<b>kosher feta cheese</b> .....	\$2.00
<b>soy cheese</b> .....	\$2.50
<b>monterey jack cheese</b> .....	\$1.50
<b>babaganoush</b> [eggplant salad].....	\$5.95
<b>bagel</b> .....	\$2.50
<b>organic cream cheese</b> .....	\$1.50
<b>sour cream</b> .....	\$1.00
<b>jelly</b> .....	\$1.00
<b>baked organic tofu</b> [marinated in ginger and curry] .....	\$4.95
<b>organic cottage cheese</b> .....	\$1.95
<b>pepperoncini peppers</b> .....	\$1.00
<b>tomatoes</b> .....	\$1.95
<b>avocado</b> .....	\$3.95
<b>steamed veggies</b> .....	\$6.95
<b>portobello mushroom</b> .....	\$5.95
<b>bonita's salmon</b> .....	\$18.95
<b>grilled or poached salmon</b> .....	\$18.95
<b>grilled chicken breast</b> .....	\$8.95
<b>kosher grilled chicken breast</b> .....	\$10.95
<b>black or red beans</b> .....	\$7.95

## *take-out containers*

all fresh ingredients by the pound

<b>tuna salad</b> [white albacore meat] .....	\$14.95
<b>chicken salad</b> .....	\$16.95
<b>98% fat-free sliced smoked turkey breast</b> ....	\$9.95
<b>eggplant salad</b> [babaganoush].....	\$8.95
<b>hummus</b> .....	\$8.95
<b>tahini</b> .....	\$8.95
<b>tabbouleh</b> .....	\$7.95
<b>turkey sauce</b> [special house red sauce] .....	\$8.95
<b>mj's dressing</b> [4OZ].....	\$1.95
[12 OZ].....	\$6.95

our chicken is 100% organic