

STARTERS

Mozzarella Sticks 5.95

with tomato basil sauce

Vegetable Kibbeh 5.95 (now baked or fried)

Bulgur and whole wheat fritters stuffed with vegetables, soy and onions. Served with tahini dressing

Vegetarian Eggrolls 4.95

Filled with oriental vegetable

Vegetable Empanadas 5.95

Stuffed with our special blend of mushrooms and vegetables

Potato filled Israeli Cigars 3.95

a slightly spicy potato filled in a crispy dough

Yukon Gold Potato Fries with Sea Salt 5.95

Baked or Fried Julienne Yukon Gold potatoes with sea salt

Potato Skins 5.95

Pan sautéed potato wedges baked with tomato sauce and low fat cheese

Hummus Plate 4.95

served with crisp pita chips

Blintzes 5.95

Choose from cheese, apple & blueberry (served with apple sauce & sour cream)

Black Bean Chili 4.95

Soup of the Day

Cup 3.75

Bowl 4.50

SALADS

Dressings - Balsamic Vinaigrette (0 carbs - 0 sugar), Tahini, Thousand Island (low fat), Creamy Italian (low fat), Carrot Ginger, Honey Mustard (low fat)

Market Salad 6.95

lettuce, tomato, cucumber, carrot, pepper, red onion chickpeas, avocado, kidney beans, scallion, olives

Back To Nature Salad 6.50

lettuce, shredded carrot, beet, daikon and sprouts

West Coast Salad 6.50

lettuce, shredded carrot, tomato, cucumber, mushrooms, avocado and sprouts

Caesar Salad 7.50

Greek Salad 7.95

lettuce, feta cheese, red onion, peppers, greek olives, cucumber, tomato and oregano

Tofu/Vegetable Salad 8.95

a warm salad of soy marinated tofu over assorted steamed vegetables

Salad Nicoise with Grilled Tuna 14.95

lettuce, tomato, red onion, greek olives, steamed potatoes, green beans, anchovies, egg and capers topped with freshly grilled tuna

Add to any salad:

Grilled or Cajun Blackened Tuna 6.00

Grilled or Blackened 8oz. Salmon 7.50

Veggie Burger Pattie 3.95

Individual tuna in water 3.00

Scoop of tuna salad 3.00

Back to Nature

SANDWICHES ~ WRAPS ~ PANINIS

Served with a salad garnish on your choice of seven grain sliced loaf, whole wheat pita bread, Whole wheat wrap, or any of our freshly baked on premises breads:

French baguettes, or Seven-grain baguette

Veggie Burger 6.95

our house-made grain and vegetable burger served on a whole-wheat bun with tahini dressing on the side

Grilled Tuna Sandwich 12.95

Served on a bun with wasabi mayonnaise, lettuce, and tomato on the side

Warm Grilled Portabella Sandwich 8.95

With roasted peppers and arugula on focaccia, mozzarella cheese optional

Tuna Salad 5.95

Fresh Mozzarella with Tomato & Basil 6.95

Avocado with Fresh Mozzarella 6.95

Grilled Tuna Wrap 8.95

With wasabi mayonnaise, lettuce, & tomato

PASTAS

Angel Hair with Tomato Basil Sauce 12.95

Penne alla Vodka 16.95

A tomato cream and parmesan cheese sauce

Spaghetti Olio e Aglio 10.95

Virgin olive oil & fresh garlic

Gnocchi 14.95

Served with our home made tomato cream sauce

Spinach Fettuccine Alfredo 15.95

Cheese Ravioli with Tomato Basil Sauce 15.95

Angel Hair with Stuffed Mushrooms 14.95

With a sauce of olive oil, garlic, sliced mushrooms and olives

Penne Primavera with Tomato Basil Sauce 14.95

Penne with Pesto 13.95

Soba Stir-fry 16.95

Japanese buckwheat noodles & vegetables stir-fried with our asian sauce

Please ask about our daily pasta specials

PIZZA

Available on whole wheat crust

Cheese Pizza 6.95

Tomatoe basil sauce topped with Low fat mozzarella cheese

Vegetable Pizza 7.95

tomatoe sauce, broccoli, onions, mushrooms, peppers, black olives

Hummus Pizza 10.95

This pizza uses hummus instead of the usual red sauce, topped with broccoli florets, bell peppers & low fat mozzarella cheese

Black Bean Chili Pizza 9.95

A wonderful combination of our famous chili topped with low fat Mozzarella cheese on our homemade regular or whole wheat dough, try it with some spicy hot sauce if you dare

Pizza with Sundried Tomatoes 9.95

Tomatoe sauce, fresh diced tomatoes, parmesan cheese, mozzarella, & sundried tomatoes

Now try
our new

Pan Pizza for any of the above pizzas, absolutely delicious, with a crunchy and at the same time soft crust *please add 1.00*



FISH

Grilled Tuna with Wasabi Butter 21.95

served with steamed vegetables, rice pilaf and black beans

Grilled Tuna with Avocado & Roasted Corn Salsa 21.95

Served with rice pilaf and black beans

Grilled Salmon with Honey Mustard Glaze 19.95

Served with steamed vegetables, rice pilaf and black beans

Salmon Teriyaki 19.95

served with steamed vegetables and brown rice

Cajun Blackened Salmon 19.95

served with steamed vegetables, rice pilaf and black beans

Walnut Coated Tilapia with Lemon Sherry Sauce 20.95

Served with roasted fennel and string beans over a bed of rice

Sole Primavera 19.95

A large filet wrapped around assorted julienne of vegetables (baked)

Served with rice pilaf and black beans.

Pan-Fried Tilapia 19.95

A large filet of our fresh tilapia gently breaded with a

Japanese breadcrumb, then pan fried in canola oil & serve

with rice pilaf & steamed veggies

Please ask about our daily fish specials

ENTRÉES

Jumbo Baked Potato 6.95

With Broccoli and Cheese * With Mushrooms and Cheese * With Spinach and Cheese

Veggie Burger Deluxe 9.95

Served with lettuce, tomato, sprouts and your choice of

Roasted vegetables or brown rice and black beans

Vegetable Stir fry with Crisp Tempeh 13.95

Steamed Vegetable Platter 9.95

Served with brown rice, black beans

and a side of tahini dressing.

Macro Bowl 13.95

Organic brown rice, black beans, tofu, steamed vegetables & a garnish of sea vegetable

OVEN BAKED OMELETS

All our omelets are available whole egg or egg whites

*** All omelets are served with a side salad and whole wheat pita**

Spinach and Feta Cheese Omelet 8.95

The perfect combination of spinach and feta cheese

Very Veggie Omelet Platter 7.95

A hearty omelet filled with peppers, mushrooms, broccoli, onion, & black olives

Spanish Omelet 8.50

A special blend of our tomato Spanish sauce mixed into this omelet with a variety of fresh vegetables

Chili Bean Cheese Omelet 9.95

Our famous chili now comes to you in this hearty omelet topped with low fat mozzarella cheese

Pizza Omelet 8.95

A pizza without the dough (low carb!)

Spanish Potato Omelet 8.95

A Spanish style omelet, with just lots of hearty goodness from crispy potatoes & onions



Back to Nature



SIDES

Roasted Vegetables 4.95

Sweet potatoes, carrots, new potatoes and garlic cloves

Tofu 3.95

Tempeh 4.95

Organic Brown Rice 3.50

Black Beans 2.95

Sea Vegetable 6.95

Rice Pilaf 3.50

Plain Baked Potato 2.95

BEVERAGES

Sodas, Bottled Juices, Iced Teas 1.50

Vita Water 1.95

Coffee or Tea 1.25

Flavored Hot Coffees 1.50

French vanilla, hazelnut, chocolate raspberry, Irish cream, toasted almond

Iced Coffee 1.75

Espresso 2.50 *(single)* 3.50 *(double)*

Cappuccino 3.00

Flavored Cappuccino – Regular or Decaf 3.35

Hot Cocoa 1.50

Fresh Organic Juices 4.95

Carrot, Celery, Beet, Ginger, Lemon, Apple, Orange

(we can also make any combination of vegetables & or fruit juice)

Milk Shakes 4.95

Chai *(SERVED HOT or COLD)* 2.50

Chai Latte * Green Tea Chai Latte * Sugar Free Chai

Chai Cider * Chai Nog

Lattes 3.00

(add any of our flavored syrups for an exciting experience

plain, raspberry, amaretto, cinnamon, chocolate, banana, Irish crème)

DESSERTS

Please ask your waiter for our daily dessert specials

Hot Toll House Pie *(Served hot with a scoop of ice cream)* 5.95

Freshly Baked Jumbo Muffins 1.85

*98% Fat Free no preservatives all naturally sweetened
or Low Carb 0 Sugar Grams*

Pancakes 5.95

Ice Cream 4.95

Sorbet *(dairy free)* 3.95