# NOR-CAL EXPO

# GEARING UP FOR GREATNESS

## BreaKFast

BREAKFAST SIDES

ADDITIONAL $2.99

TURKEY/SHIITAKE BACON Ⓥ

FRESH ORGANIC BERRIES Ⓥ

TOFU RANCHERO Ⓥ 7

Scrambled Tofu, Spicy Seitan Chorizo, Black Bean Salsa, Avocado, Tofu Crema, Whole Wheat Tortilla

PEANUT-CHOCO PROATS 5

Organic Gluten free rolled oats, whey protein, salted peanut butter, pure maple syrup, cacao nibs

## LUNCH

LUNCH SIDES

ADDITIONAL $2.99

STEAMIN’ KALE Ⓥ

GARLIC SWEET POTATO FRIES Ⓥ

PINTO BEAN STEW Ⓥ 7

with roasted corn, onions, red peppers, tomatoes, and russet potatoes

topped with cashew cream and fresh cilantro

GUACAMOLE GREENS SALAD Ⓥ 9

Organic mesclun, avocado, roasted salt and herb chicken, red onion, tomatoes, tortilla chips, fresh lime, cilantro jalapeno vinaigrette

ROASTED PORTABELLO SANDWICH Ⓥ 9

Grilled portabello mushroom, avocado, roma tomatoes, ground mustard, sprouts

GRILLED PESTO CHICKEN SANDWICH 10

Garlic n’ herb Grilled chicken, avocado, tomato, ground mustard, sprouts

SNACKS

WHITE CHEDDAR CHICKPEA PUFFS Ⓥ 3

sponsored by HIPPEAS

CHOCO-MINT-COOKIE Ⓥ 3

sponsored by Lenny & Larry

## DINNER

DINNER SIDES

ADDITIONAL $3.99

ROASTED LEMON PARMESAN GARLIC ASPARAGUS

MAPLE GLAZED CARROTS Ⓥ

CURRIED CAULIFLOWER SOUP Ⓥ 7

with toasted coconut, chilies, and Thai Basil

GARBANZO SALAD Ⓥ 7

Chickpeas, “mayo,” nori, green onion, pinch of cayenne on salad greens

SWEET POTATO QUESADILLA Ⓥ 9

Organic sweet potatoes, black beans, and Hatch green chilies, stuffed into a flour tortilla and topped with tomatillo salsa and guacamole

SIZZLING STEAK PASTA 10

Grilled Salt n’ Pepper rib-eye steak, fresh marinara, grilled red sweet peppers, basil pesto, and fresh mozzarella over steamed spaghetti squash

DESSERT

OATMEAL RAISEN COOKIE SANDWICH with VANILLA MAPLE ICE-CREAM Ⓥ 6

Sponsored by HALOTOP

CHOCOLATE PROTEIN BROWNIE 5

Sponsored by MYPROTEIN

BEVERAGES

BOTTLED WATER 2

GREENS 1 Ⓥ 7

sponsored by Pressed Juicery

OUTRAGEOUS PROGURT PROBIOTIC SHOT Ⓥ 4

\*the world's most powerful probiotic

CALIFORNIA GRAPE KOMBUCHA Ⓥ 4

sponsored by HEALTH-ADE Kombucha

WATERMELON WONDER Ⓥ 4

sponsored by GTS Kombucha

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## BreaKFast

BREAKFAST SIDES

ADDITIONAL $2.99 EACH

HIDDEN GREENS HASH Ⓥ

MULTI-GRAIN SHORT STACK PANCAKES

AB&B TOAST Ⓥ 7

Raw almond butter, banana, pure maple syrup, 7-grain toast

EGG WHITE OMELETTE 7

Pasteurized egg whites, spinach, fresh corn salsa, avocado

## LUNCH

LUNCH sides

ADDITIONAL $2.99

ROASTED BROCCOLI Ⓥ

TUMERIC CAULIFLOWER Ⓥ

TURKEY-SAUSAGE LENTIL SOUP 7

with fresh herbs, roasted tomatoes, Toscano kale, and organic rotini quinoa pasta

MEDITERRANEAN SUPERGREENS SALAD Ⓥ 9

Baby kale, Brussel sprouts, cabbage, broccoli, house-made falafel, hummus, harissa dip, tomato-cucumber salad, lemon vinaigrette, grilled flatbread

XX FIRE ROASTED CHICKEN BURRITO Ⓥ 10

grilled chickin', fire-roasted peppers & onions, cilantro rice, fire-roasted salsa, crema, cheddar 'cheese' on a toasted flour tortilla VG

KOREATOWN TACOS 10

Crispy baked Chicken, gochujang, black beans, avocado, red onions, crema, arugula, cabbage

SNACKS

MAPLE SEA SALT BAR 3

Sponsored by RXBAR

ALMOND CHERRY BAR 3

Sponsored by EVOLVE

DINNER

DINNER SIDES

ADDITIONAL $3.99

CAULI-MASHED POTATOES AND GRAVY Ⓥ

BAKED ZUCCHINI FRIES

ORGANIC SPLIT PEA SOUP Ⓥ 7

with steamed carrots, roasted Russet potatoes, and topped with Shiitake Bacon

TUNA NICOISE SALAD 12

‘MSC certified’ Tuna grilled rare, baby greens, roma tomatoes, Weiser Farms potatoes, string green beans, olives, sherry vinaigrette

SUPER VEGGIE PIZZA 10

zucchini, yellow squash, white corn, broccoli, red bell pepper, cheddar and Monterey Jack cheese on a wheat crust

PESTO MEATBALL PASTA Ⓥ 10

Italian soy meatballs, fresh basil pesto, roasted sweet peppers, cashew mozzarella, and almond parmesan over steamed spaghetti squash

DESSERT

GLAZED DONUT ICECREAM w/ fresh berries 6

Sponsored by ENLIGHTENED

BLACK & WHITE PEANUT BUTTER CUPS Ⓥ 5

Sponsored by SQUAREBAR

BEVERAGES

WATER 2

GREENS 1.5 Ⓥ 7

Celery, cucumber, kale, lemon, parsley, romaine, spinach

Sponsored by PRESSED JUICERY

ANTI-VIRAL IMMUNE HEALTH SHOT Ⓥ 4

lemon, turmeric, ginger, cayenne, essential oil of oregano

MANGO COCONUT KOMBUCHA Ⓥ 4

sponsored by KeVita

ROOT BEER PROBIOTIC SODA Ⓥ 4

Sponsored by LIVE Soda

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## BreaKFast

BREAKFAST SIDES

ADDITIONAL $2.99 EACH

BRAN-BERRY MUFFIN

CACAO CHIA POT Ⓥ

PLANT-GAINS BOWL Ⓥ 7

granola, soy protein powder, banana, apple, blueberries, goji berries, chia seeds, coconut

MUFFINATOR 7

An organic fried egg with a veggie sausage patty and melted cheddar cheese & garlic aioli stacked inside a toasted English muffin

## LUNCH

LUNCH sides

ADDITIONAL $2.99

GRILLED VEGETABLE KABOB Ⓥ

SPICY ZUCCHINI SLAW

CUBAN BLACK BEAN STEW Ⓥ 7

with caramelized onions, roasted sweet green peppers and garlic, and steamed Garnet yams

SHROOMAMI SALAD Ⓥ 9

organic wild rice, shredded kale, cucumbers, basil, spicy sunflower seeds, warm Portobello mix, roasted sesame tofu, miso sesame ginger dressing

THAI CHICKEN BURRITO Ⓥ 10

Organic lettuce, carrots, green onions, bean sprouts, “chicken” (Beyond Meat) with our house-made peanut sauce and a drizzle of Sriracha Sauce wrapped in a warm flour tortilla

SERRANO GRILLED SHRIMP BOWL 12

Selva shrimp, California sprouted rice, autumn squash, poblano chili, cabbage and brussels sprout slaw, cilantro lime crema

SNACKS

BLUEBERRY ALMOND BUTTER BAR Ⓥ 3

Sponsored by CLIF BAR

RAINBOW CARROTS AND EDAMAME DIP Ⓥ 4

Sponsored by Veggico

## DINNER

DINNER SIDES

ADDITIONAL $3.99

BALSAMIC GLAZED ROASTED BEETS Ⓥ

KALE WITH TURKEY BACON

## organic Minestrone soup Ⓥ 7

navy beans, zucchini, carrots, leek, onion, and whole-wheat noodles topped with cashew cheese parmesan

SANTA FE SALAD Ⓥ 9

Organic lettuce tossed with cilantro lime dressing, red cabbage piled high with organic black beans, avocado, roasted corn

THE GUAC BURGER Ⓥ 10

Black-bean quinoa sweet potato patty, corn salsa, onion, guacamole, tortilla strips, chipotle aioli, whole grain bun

THE BRO MEAL 10

Flame grilled chicken, black, red, and long grain rice, slow simmered snap beans

DESSERT

S’MORES FLUFFBUTTER SANDWICH Ⓥ 5

Sponsored by NO COW

STRAWBERRY BANANA MILK SHAKE 5

Sponsored by MUSCLEMILK

BEVERAGES

WATER 2

GREENS 2 Ⓥ 7

sponsored by Pressed Juicery

DIGESTION & GUT HEALTH SHOT Ⓥ 4

fermented probiotic kim chee juice, lemon, ginger

COFFEE BREW Ⓥ 4

Sponsored by REVIVE KOMBUCHA

APPLE JUNIPER Ⓥ 4

Sponsored by MARIN KOMBUCHA