

NOSH STARTERS

A great way to start your meal

Falafel Platter

4 falafel balls, mozzarella stick, zucchini sticks, hummus, israeli salad, & pita bread.

7.49

Mozzarella Sticks

Breaded mozzarella cheese. Deep fried. Served with marinara sauce.

4.99

NEW Veggie Chicken Poppers

Breaded veggie chicken nuggets. Served with barbecue sauce.

4.99

Focaccia

Fresh oven baked pizza dough. Served with our homemade marinara sauce.

4.99

Fried Zucchini

Breaded zucchini. Deep fried. Served with ranch dressing.

4.99

Egg rolls

Our homemade veggie egg rolls. Deep fried. Served with sweet & sour sauce.

4.99

SOUPS

All of our soups are made fresh daily

Four Bean Chili

Veggie ground beef, pinto beans, kidney beans, black beans, & white beans. Slow roasted in a tomato chili sauce.

3.99

Add Cheese .50

Soup of the Day

Chef's choice for the day

3.99

SALADS

All of our salads are made fresh to order

Julie Salad

Romaine lettuce, tomato, red onion, green pepper, mushroom, egg, veggie chicken, & mozzarella.

Tossed with a creamy italian dressing.

8.99

Tuna Salad

Iceberg lettuce, tomato, & black olives. Topped with a scoop of our homemade tuna.

6.99

NEW BBQ Veggie Chicken Salad

Romaine lettuce, tomato, red onion, corn, fresh cilantro, & tortilla strips. Topped with bbq veggie chicken.

8.99

Caesar Salad

Romaine lettuce, homemade croutons, & parmesan cheese.

5.99

Add Veggie Chicken 1.49

Greek Salad

Iceberg lettuce, tomato, cucumber, red onion, black olives.

Topped with feta cheese.

6.99

Add Falafel 1.49

House Salad

Iceberg lettuce, tomato, cucumber, & black olives. Served with your choice of our vinaigrette or ranch dressing.

4.99

Italian Salad

Iceberg lettuce, tomato, black olives, marinated vegetables, & egg. Topped with mozzarella cheese.

6.99

SIDE ORDERS & DESSERT

Garlic Bread 1.49

Cheese Bread 1.99

Veggie Meatballs (6) 4.99

Tuna Salad (8oz.) 3.99

Hummus (8oz.) 2.99

French Fries 1.99

Falafel .50

Pita Bread .59

Cheesecake Slice 3.99

Cinnamon Puffs 1.99

PIZZA

	10" Small	14" Large	16" X-Large	18" Jumbo
Cheese	5.99	10.99	12.99	14.99
#1 Vegetarian Tomato, onion, mushroom, green pepper, & black olives.	8.99	14.99	16.99	18.99
#2 Brooklyn Sauteed mushroom, eggplant, & garlic.	7.99	14.99	16.99	17.99
#3 BBQ Veggie Chicken BBQ sauce, red onion, veggie chicken, & cilantro.	7.99	14.99	16.99	17.99
#4 White Ricotta cheese, tomato, & garlic.	8.99	14.99	16.99	18.99
#5 Spinach Lover Ricotta cheese, spinach, & onion.	8.99	14.99	16.99	18.99
#6 Vegan Combo Mushroom, green pepper, broccoli, tomato, & black olives (no cheese).	7.99	14.99	16.99	17.99
#7 Margarita Tomato, fresh basil, & garlic.	7.99	14.99	16.99	17.99
#8 Mexican Refried beans, tomato, onion, & jalapenos.	7.99	14.99	16.99	17.99
#9 Hawaiian Veggieroni & pineapple.	6.99	12.99	14.99	16.99
#10 Mediterranean Spinach, red onion, black olives, & feta cheese.	8.99	14.99	16.99	18.99
Additional Toppings	.75	1.35	1.45	1.65

TOPPINGS

- Tomatoes • Garlic • Spinach • Onion • Green Pepper • Mushroom • Broccoli • Eggplant • Zucchini •
- Black Olives • Fresh Basil • Fresh Cilantro • Jalapenos • Pineapple • Corn • Capers •
- Veggie Meatball • Veggie Chicken • Veggieroni •

CALZONES

Additional toppings .75

Cheese Calzone

Pizza dough folded and stuffed with ricotta cheese & mozzarella cheese. Oven baked.
Served with marinara sauce.
5.99

Veggie Calzone

Pizza dough folded and stuffed with ricotta cheese, mozzarella cheese, tomato, mushroom, peppers, onion, & black olives. Oven baked. Served with marinara sauce.
7.99

Spinach Calzone

Pizza dough folded and stuffed with ricotta cheese, mozzarella cheese, spinach, & garlic. Oven baked.
Served with marinara sauce.
6.99

NEW

BBQ Veggie Chicken Calzone

Pizza dough folded and stuffed with ricotta cheese, mozzarella cheese, bbq veggie chicken, red onion, & cilantro. Oven baked. Served with marinara sauce.
7.99

PASTAS

Add our homemade garlic bread 1.49
Additional toppings .50

Fetuccinni Alfredo

Fetuccinni pasta with our homemade creamy alfredo sauce.
Topped with parmesan cheese.
7.99

Pasta Primavera

Penne pasta sauteed with olive oil, garlic, tomato, onion, mushroom,
green pepper, black olives, & broccoli.
7.99

Baked Mostacioli

Penne pasta topped with marinara sauce & mozzarella cheese.
Oven baked.
6.99

Veggie Lo Mein

Egg noodles sauteed in our homemade teriyaki sauce with onion,
mushroom green pepper, broccoli, and veggie chicken.
7.99

Pasta Checca

Spaghetti pasta sauteed with olive oil, garlic,
tomato, & fresh basil.
6.99

Baked Ravioli

Cheese ravioli topped with marinara sauce & mozzarella cheese.
Oven baked.
8.99

Eggplant Parmesan

Breaded slices of eggplant topped with marinara sauce &
mozzarella cheese. Oven baked.
7.99

Baked Lasagna

Homemade lasagna layered with ricotta, mozzarella, &
our own blend of herbs and spices. Topped with marinara
sauce & mozzarella cheese. Oven baked.
8.99

Eggplant Rotinni

Spinach wrapped in breaded slices of eggplant. Topped with
marinara sauce & mozzarella cheese. Oven baked.
8.99

Spaghetti Marinara

Spaghetti pasta topped with our
homemade marinara sauce.
6.99
Add Veggie Meatballs (4) 1.99

SANDWICHES

Add a side of fries for just .99

NEW

Veggie Chicken Parmesan

Veggie Chicken, mozzarella cheese, & marinara sauce.
Oven toasted on a french roll.
7.99

Eggplant Parmesan

Homemade breaded slices of eggplant, mozzarella cheese,
& marinara sauce. Oven toasted on a french roll.
7.99

Tuna

Homemade tuna, sliced tomato, lettuce, & red onion.
Served on a french roll.
7.99

NEW

Veggie Chicken Caesar Pita

Romaine lettuce, veggie chicken, & parmesan cheese. Tossed in our
home made caesar dressing and stuffed in a pita.
6.99

Italian Veggie Meatball

Veggie Meatballs, mozzarella cheese, & marinara sauce.
Oven toasted on a french roll.
6.99

Falafel Pita

Homemade falafel balls, israeli salad, & hummus.
Stuffed in a pita. Served with tahini sauce.
4.99

Veggie Chicken Sandwich

Veggie chicken patty, lettuce, sliced tomato, red onion, ketchup,
mustard, & mayo. Served on a bun.
4.99
Add cheese .50

Burrito

Homemade refried beans, spanish rice, & cheddar cheese.
Wrapped in a flour tortilla.
4.99
Add meat .99

Veggie Burger

Veggie burger, lettuce, sliced tomato, red onion, ketchup,
mustard, & mayo. Served on a bun.
4.99
Add cheese .50