

Everything Wellness

118 S. Cayuga Street, Ithaca, NY

607-254-6074

Our Menu is ALL ORGANIC

Taco Salad - Enjoy organic walnuts (soaked in filtered water) seasoned with organic chili powder and other spices, with a tomato salsa, avocado, cashew cream on a bed of fresh organic lettuce. Our delicious living flax and cumin seed taco "shells" are made in our kitchen. Living food choice.

\$6.99, \$9.99 with small soup, \$12.99 with small soup and dessert choice.

Pizza, "Personal Plate" size - Start with a fresh and living organic tomato marinara sauce made in our kitchen, on a buckwheat flax crust, with spinach, yellow squash, chopped red pepper, marinated mushrooms, olives, basil and cashew cheese Living food choice \$6.99, \$9.99 with a small soup, \$12.99 with small soup and dessert choice

Falafels - Experience organic almond and sunflower seed falafels, wrapped in a buckwheat flax wrap, seasoned with curry and cilantro, with lettuce, and a special sauce. Living food choice \$6.99, \$9.99 with small soup, \$12.99 with small soup and dessert choice.

Soups (Live and delicious for you)

Green Energy Soup - Our all organic Green Energy Soup helps lift you to your healthiest, with fresh organic Spinach, perfectly ripened Avocados, and crisp Apples.

Carrot Ginger Soup - All organic carrots and spices of ginger and cilantro blended to soup perfection

Soup Prices: Small - \$3.75 Medium - 5.00 Large - \$6.25

KFS - - Kathy's Favorite Sandwich (KFS) is a blend of fresh organic spinach, basil, sundried tomatoes, and nut pate.' \$6.99, \$9.99 with a small soup, \$12.99 with small soup and dessert.

Tempeh Roll - Local Organic tempeh served with pickles, red pepper, onions, organic vegetarian poultry seasoning on a spelt tortilla roll. \$6.99, \$9.99 with a small soup, \$12.99 with small soup and dessert.