

C A F E

meto

Lunch

Hot Bowls

- ROASTED SWEET POTATO HASH (GF, V)** 13
A savory medley of wood roasted sweet potatoes and parsnips combined with sweet organic apple, local farm arugula greens, dried cranberries, fresh herbs and a cider vinaigrette.
- ASIAN BOWL (GF, V)** 13
A flavorful combination of wood-roasted maitake and shiitake mushrooms, locally grown spinach and Asian greens, organic steamed edamame and sprouted brown rice, layered with a delicious house-made green Asian chimichurri sauce.
- MEXICAN BOWL (GF, VEG)** 13
A satisfying combination of nourishing ingredients including zesty roasted corn, black beans, roasted red peppers, fresh cherry tomatoes, spicy roasted green chilies, served over a bed of sprouted brown rice, served with avocado, Mexican oregano, Cotija, and Chef Manny's traditional house-made "molé" vinaigrette.
- Options*
No Cotija cheese makes this dish vegan.

Cold Bowls

- KALE (GF, VEG)** 9
Local organic kale, served with toasted almonds, fresh seasonal fruit, feta cheese and a house-made champagne vinaigrette.
- MEDITERRANEAN (GF, VEG)** 9
Farm greens with teardrop tomatoes, organic baby mozzarella, artichokes, wood-roasted peppers, fresh parsley and basil and drizzled with a house-made olive vinaigrette.
- ROASTED ROOT VEGETABLES (GF, V)** 9
Wood roasted root vegetables served chilled with locally grown arugula and tatsoi, orange wedges, toasted almonds, house-made tahini ginger vinaigrette.

BOWL ADD-INS

4oz Chicken (GF)	5
4oz Steelhead Trout (GF)	7
4oz Organic Tempeh (GF)	5
Two Organic Farm Fresh Eggs* (GF)	4

Salads

- CIVANA CEZAR (GF, VEG)** 8
Our superfoods version of the classic Caesar salad. Locally grown greens mix of organic kale, Asian greens and spinach, topped with Romano cheese and crispy baked chickpeas, served with a house-made egg-free caesar dressing.
- SPINACH (GF, VEGAN)** 8
Local organic seasonal greens, spinach, cherry tomatoes, crunchy chia seeds, toasted almonds, savory olives, served with a smoky Dijon vinaigrette.
- FARMER'S MARKET CHOPPED (GF, V)** 8
Freshest farm vegetables served with a simple vinaigrette.

House-made Dressings
Tahini Ginger, Olive Vinaigrette, Egg-free Caesar, Smoky Dijon, Champagne Vinaigrette

SALAD ADD-INS

4oz Chicken (GF)	5
4oz Steelhead Trout (GF)	7
4oz Organic Tempeh (GF)	5
Two Organic Farm Fresh Eggs* (GF)	4

Wraps

*Wraps are served with your choice of seasonal fruit, simple salad, vegetable quinoa, sweet potato hash.
Gluten free wraps or lettuce wraps available upon request.*

- ROASTED VEGETABLE HUMMUS WRAP (V)** 10
Roasted house-made vegetable hummus, fresh tomato, crispy baked chickpeas, local organic arugula, parsley, cilantro drizzled with Queen Creek Olive Oil salt and pepper, served in a warm whole-wheat flatbread.
- PESTO PROSCIUTTO WRAP** 11
House-made pecan pesto, organic Buffalo mozzarella, roasted red peppers, tomatoes, basil, prosciutto, organic arugula, parsley, basil, drizzled with Queen Creek Olive Oil served in a warm whole-wheat flatbread.

- ARTICHOKE OLIVE WRAP (VEG)** 10
House-made pimento goat cheese spread, chopped artichokes, Kalamata olives, tomatoes and herbs, organic arugula, parsley, basil, drizzled with Queen Creek Olive Oil served in a warm whole-wheat flatbread.

WRAP ADD-INS

4oz shaved Turkey (GF)	5
4oz Chicken (GF)	5
4oz Steelhead Trout (GF)	7

- FAJITA WRAP (VEG)** 11
Fire-roasted Anaheim peppers and red bell peppers, black beans, avocado, cilantro, goat cheese, fresh lime, Chef Manny's mole sauce, arugula, parsley, cilantro drizzled with Queen Creek Olive Oil, served in a warm whole-wheat flatbread.
- Fajita wrap can be made vegan by eliminating the cheese.*

Commitment to quality: we make it our mission to choose organic, local, sustainable, grass-fed and local farms whenever possible. Our menu is full of vibrant color and all food is prepared to maximize digestibility and nutrient density. All of our menu items are non-GMO, contains no hydrogenated fats, hormones or preservatives.

(V) Vegan | (VEG) Vegetarian | (GF) Gluten Free

While we offer gluten free items, we are not a 100% gluten free restaurant and cannot ensure that cross-contamination will not occur.

*These items are served raw or undercooked or contain (may contain) raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness.