



www.a-fairhopehealthfoods.com

251.479.3200



3055 - A Dauphin Street

Mobile, AL 36606

Open: Monday - Saturday Lunch 10:30-4:00  
Sunday 11:00-2:00

Please ask about our daily soups and specials

## APPETIZERS

### Hummus / 8

Our freshly made regular or hummus of the day served with grilled pita triangles

### Spinach & Artichoke Dip / 9

Creamy dip made of fresh spinach & chunks of artichoke hearts, topped with parmesan & served with tortilla chips

### Crab Cakes / market

Freshly made crab cakes with onions, celery, and panko crumbs. Served on a bed of greens with homemade remoulade

### Spinach Artichoke Pizza / 10

Whole wheat pita bread topped with homemade spinach & artichoke dip, Roma tomatoes, red onions, & mozzarella cheese

### Pita Trio / 10

Freshly made hummus, baba ghanoush, and tabouli served with grilled pita triangles

### Black Bean Dip / 9½

A Mexican spiced dip, topped with diced tomato and fresh avocado, served warm with blue corn tortilla chips

## SALADS

You may add to any salad the following for an additional charge:

sautéed chicken, tofu, -or- tempeh / 2¼ chicken salad / 5 grilled blackened chicken / 4½ ahi tuna / 5¼  
tuna salad / 7¼ roasted turkey breast / 2¼ tofury / 2¼ sautéed shrimp / 5½ make it a wrap / 1

### Sunflower Salad / 12½

Spring mix, Roma tomatoes, chickpeas, cucumbers, green onions, carrots, mixed sprouts & sunflower seeds served with our cilantro lime dressing

### Caesar Salad / 9

Mixed greens tossed in our homemade dressing & croutons topped with romano cheese

### Mandarin Salad / 12

Mandarin oranges, Roma tomatoes, red onions, and candied almonds on a bed of mixed greens, and drizzled with our orange pepper vinaigrette

### Greek Salad / 14½

Mixed greens, tomatoes, pepperoncini peppers, olive tapenade, red onions, grilled veggies, and feta cheese, dressed with a homemade vegan Greek yogurt dressing

### Taco Salad / 12

Mixed greens, tomatoes, green onions, blue corn chips and black bean dip, served with our homemade cilantro lime dressing

### Thai Peanut Salad / 11

Gluten-free ponzu noodles, tomatoes, peanuts and green onions, all on top of a bed of mixed greens, dressed with Thai peanut dressing

### Soups / cup 5 bowl 7

Daily soups made from scratch with the finest organic ingredients

### Soup and Salad Combo / 11

Choose a half size of any salad and one of our made from scratch soups

## WRAPS

All wraps served with your choice of any two sides

### Chipotle Black Bean Burrito / 12

Chipotle aioli, black beans, fiesta rice, onion, bell pepper, mixed greens, and tomatoes rolled into a grilled wrap

### Jamaican Jerk Wrap / 15

Jerked tofu, tempeh, -or- free-range chicken, spring mix, tomatoes, and a smoky pineapple sauce rolled into a grilled spinach wrap

### Thai Wrap / 14¾

Ponzu tofu, tempeh, -or- free-range chicken, spring mix, green onions, Roma tomatoes, & spicy peanut sauce rolled into a grilled wrap

### Turkey Club Wrap / 15

Free-range turkey, turkey bacon, lettuce, tomato, mayonnaise, spicy mustard, & mozzarella cheese rolled into a grilled wrap

### Mediterranean Turkey Wrap / 15½

Free-range turkey, hummus, feta cheese, olive tapenade, & spring mix rolled into a grilled wrap

### Falafel Wrap / 13

Our traditional Middle Eastern chickpea burger in a grilled wrap topped with lettuce, tomato, and homemade cucumber tzatziki sauce

### Greek Veggie Wrap / 15

Grilled marinated veggies, feta cheese, baba ghanoush, olive tapenade, lettuce, & tomatoes, topped with a Greek vinaigrette rolled into a grilled spinach wrap



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## SANDWICHES

All sandwiches served with your choice of any two sides.  
Substitute gluten-free -or- low carb bread / 2

### Reuben / 13½

Free-range turkey, tofurkey, -or- tempeh, Swiss cheese, homemade thousand island dressing, and "Bubbies" sauerkraut on foccacia bread

### Turkey Avocado Melt / 14¼

A hot sandwich with free-range turkey -or- tofurkey, pesto aioli, tomatoes, sprouts, avocado, and Swiss cheese on our freshly baked bread

### Tuna Salad Sandwich / 15¼

Dolphin-friendly yellowfin tuna with toasted walnuts, green onions, celery, and capers, served on our fresh baked bread with lettuce and tomato

### Cran-Apple Turkey Sandwich / 10

Granny Smith apples, free-range turkey, cranberry mayo, lettuce, & served on our fresh foccacia bread

### Chicken Salad Sandwich / 13

Freshly made chicken salad with lettuce & Roma tomatoes served on our foccacia bread

## SIDES

Wraps and sandwiches come with your choice of two sides, or / 2½ per side

### Chips and daily salsa

Non-GMO, organic blue corn tortilla chips served with our salsa of the day

### Side salad with cilantro lime dressing

Mixed local organic greens with carrots and sprouts tossed in our made-from-scratch dressing

### Tabouli

Herbed quinoa with tomatoes, green onions, and cucumber

### Baba Ghanoush

A traditional Middle Eastern roasted eggplant dip, served with pita

### Daily Side

Always fresh, ever changing ask your server what the daily side is today

### Hummus

A traditional chickpea dip served with pita

### Hummus of the Day

A traditional chickpea dip with a twist, served with pita

## STIR FRY

All stir fries have your choice of chicken, tofu, -or- tempeh  
Shrimp may be substituted for an additional / 3  
Served regular -or- spicy add cashews / 1½  
Low carb help noodles / 3

### Thai Curry Stir Fry / 12

Seasonal veggies, whole grain brown rice, ginger, and garlic sauteed in our original curry coconut sauce

### Lemongrass Stir Fry / 12

Seasonal veggies, garlic, ginger, and whole grain brown rice sauteed in a homemade sweet heat lemongrass sauce, garnished with cilantro

### Sesame Ginger Stir Fry / 12

Seasonal veggies, whole grain brown rice, ginger, and garlic sauteed in our own made-from-scratch toasted sesame ginger sauce and sprinkled with sesame seeds

We use only the best organic and, when available, local ingredients in the preparation of our dishes. Many of our dishes can be prepared to fit your special dietary needs. Please let us know if you have any, and we will be glad to help you in your ordering process.

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## KID'S MENU



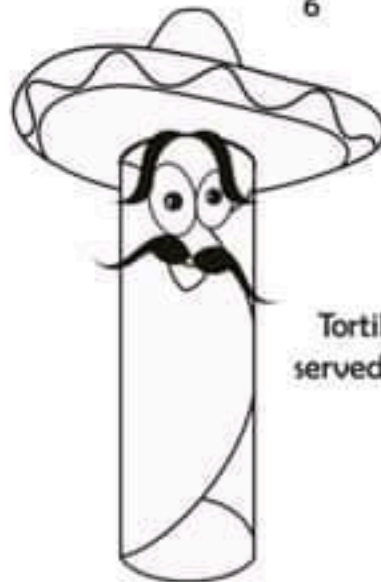
Goober Nut

**Peanut Butter and Jelly**     
Organic peanut butter and jelly on toasted gluten-free  
bread served with chips and applesauce


6



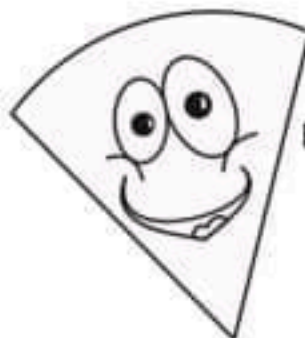
April Cot



Casey Dilla

**Quesadilla**   
Tortilla wrap filled with cheese  
served with chips and applesauce

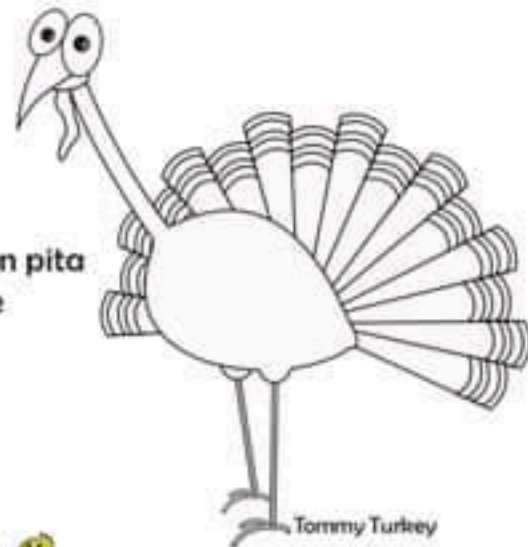
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Peter Bread

**Turkey Pita Sandwich**  
Free-range turkey and pesto mayonnaise on pita  
bread served with chips and applesauce

7



Tommy Turkey

**Hart's Cheese Pizza**   
Full-dairy or vegan cheese pizza on honey wheat pita with marinara base

5

### DRINKS

Milk	2
Bottled water	2
Martinelli's apple juice	2