

STARTERS

Hummus

Our freshly made original or daily hummus,
served with grilled pita ~~or~~ chips / 8

Spinach and Artichoke Dip

Creamy dip made with fresh spinach and chunks of artichoke hearts,
garnished with parmesan and served with blue corn tortilla chips / 9

Black Bean Dip

A Mexican spiced dip, topped with diced tomato and fresh avocado, served warm
with blue corn tortilla chips / 9½

Spinach Artichoke Pizza

Whole wheat, or white pita bread topped with homemade spinach and artichoke dip,
roma tomatoes, red onions, and mozzarella cheese / 10

Crab Cakes

Hand picked crab claw meat with onions, celery, and panko bread crumbs
served on a bed of greens with homemade rémoulade / market price

Pita Trio

Freshly made hummus, baba ghanoush,
and tabouli served with grilled pita triangles ~~or~~ chips / 10

SALADS

Add to any salad for an additional charge:

sautéed chicken, tofu, ~~or~~ tempeh / 2¾ chicken salad / 5 grilled blackened chicken / 4½ ahi tuna / 5¾
tuna salad / 7½ roasted turkey breast / 2¾ tofurkey / 2¾ sautéed shrimp / 5½ make it a wrap / 1¾

Caesar Salad

Mixed greens served with our homemade dressing and croutons topped with romano cheese
half / 4½ full / 9

Sunflower Salad

Spring mix, roma tomatoes, chickpeas, cucumbers, green onions, carrots, mixed sprouts
and sunflower seeds with our vegan yogurt Greek dressing

half / 6¼ full / 12½

Salads continued on next page

SALADS

Add to any salad for an additional charge:

sautéed chicken, tofu, ~~or~~ tempeh / 2¾ chicken salad / 5 grilled blackened chicken / 4½ ahi tuna / 5¾
tuna salad / 7¼ roasted turkey breast / 2¾ tofurkey / 2¾ sautéed shrimp / 5½ make it a wrap / 1¾

Taco Salad

Mixed greens, tomatoes, green onions, blue corn chips and black bean dip with our homemade cilantro lime dressing
half / 6 full / 12

Thai Peanut Salad

Gluten-free ponzu noodles, tomatoes, peanuts and green onions, all atop a bed of mixed greens with our homemade Thai peanut dressing
half / 5½ full / 11

Mandarin Salad

Mandarin oranges, roma tomatoes, red onions, and candied almonds on a bed of mixed greens with our house orange pepper vinaigrette
half / 6 full / 12

Greek Salad

Mixed greens, tomatoes, pepperoncini peppers, olive tapenade, red onions, grilled veggies, and feta cheese with a homemade vegan Greek yogurt dressing
half / 7¼ full / 14½

Soups

Daily soups made from scratch with the finest organic ingredients
Cup / 5 Bowl / 7

Soup And Salad Combo

Choose a smaller version of any salad and a cup of our made from scratch soups / 11

WRAPS

All wraps served with your choice of any two sides

Jamaican Jerk Wrap

Jerked tofu, tempeh, ~~or~~ free-range chicken, spring mix, tomatoes, and a smokey pineapple sauce rolled into a grilled spinach wrap / 15

Falafel Wrap

Our traditional Middle Eastern chickpea patty in a warm wrap topped with lettuce, tomato, and homemade cucumber tzatziki sauce / 13

Turkey Club Wrap

Free-range turkey, turkey bacon, lettuce, tomato, vegenaïse, spicy mustard, and mozzarella cheese rolled into a grilled wrap / 15

Wraps continued on next page

WRAPS

All wraps served with your choice of any two sides

Thai Wrap

Ponzu tofu, tempeh, ~~or~~ free-range chicken, spring mix, green onions, roma tomatoes, and spicy peanut sauce rolled into a grilled wrap / 14¾

Greek Veggie Wrap

Grilled marinated veggies, feta cheese, baba ghanoush, olive tapenade, lettuce, and tomatoes, topped with a Greek vinaigrette rolled into a grilled spinach wrap / 15

Mediterranean Turkey Wrap

Free-range turkey ~~or~~ tofurkey, hummus, feta cheese, olive tapenade, spring mix, and Greek vinaigrette rolled into a grilled wrap / 15½

Chipotle Black Bean Burrito

Chipotle aioli, black beans, fiesta rice, sautéed onions bell peppers, mixed greens, and tomatoes all wrapped into a pan-fried spinach wrap / 12

SANDWICHES

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

Cranberry-Apple Turkey Sandwich

Granny Smith apples, free-range turkey, ~~or~~ tofurkey, cranberry mayo, and lettuce served on our fresh homemade foccacia bread / 10

Chicken Salad Sandwich

Freshly made chicken salad with lettuce and roma tomatoes served on our made-from-scratch foccacia bread / 13

Reuben

Free-range turkey, tofurkey, ~~or~~ tempeh, Swiss cheese, homemade thousand island dressing, and "Bubbies" sauerkraut on freshly made foccacia bread / 12½

Turkey Avocado Melt

A hot sandwich with free-range turkey ~~or~~ tofurkey, pesto aioli, tomatoes, sprouts, avocado, and Swiss cheese on our freshly baked bread / 14¼

Tuna Salad Sandwich

Dolphin-friendly yellowfin tuna with toasted walnuts, green onions, celery, and capers, served on our freshly made foccacia bread / 15¼

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 dressing of the day

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

Tabouli

Parsley salad with quinoa, tomatoes, green onions, and cucumber

Baba Ghanoush

A traditional Middle Eastern roasted eggplant dip
Served with pita *-or-* chips

Hummus

A traditional chickpea dip
Served with pita *-or-* chips

Hummus of the Day

Our unique spin on our traditional garbanzo bean dip
Served with pita *-or-* chips

Daily Side

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

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
Substitute rice for zero carb kelp noodles / 3

Lemongrass Stir Fry

Seasonal veggies, garlic, ginger, and whole grain brown rice tossed in a homemade sweet heat lemongrass sauce, garnished with cilantro / 12

Thai Curry Stir Fry

Seasonal veggies, whole grain brown rice, ginger, and garlic tossed in our original curry coconut sauce / 12

Sesame Ginger Stir Fry

Seasonal veggies, whole grain brown rice, ginger, and garlic tossed in our own made-from-scratch toasted sesame ginger sauce and sprinkled with sesame seeds / 12

DRINKS

Iced Tea // Green ~~or~~ Daily herbal / 1¾

Hot Tea / 1¾

Blue Sky Soda / 1¾

Virgil's Soda / 2

Coffee / 1¾

Fairhope Roasting Company

Freshly juiced fruit / 6

*only at Mobile location

Wheat grass shot / 5

*only at Mobile location

Beer / see list

Wine / glass / bottle / see list

Mimosa / 6

Organic orange juice splashed into a glass of Sparkling wine made from organic grapes

Wasabi Bloody Mary / 6

A spicy organic twist to the classic bloody mary, served with celery

*only at Fairhope location

Margarita / 6

Organic lime and agave in the perfect combination, served on the rocks

*only at Fairhope location

DESSERTS

Chocolate Gateau  

Our famous made-from-scratch, rich flourless chocolate cake served
drizzled with homemade raspberry sauce / 5¾

Key Lime Pie  

Homemade with 100% Key West lime juice and baked in a
gluten-free crust / 5¾

Daily Desserts

Sometimes vegan, sometimes gluten-free, but always delicious. Ask your server
what our daily desserts are today / 5¾



Please inform your server of any special dietary needs you have, so we can try to help you in your decision.
Many of our dishes can be altered to fit special diets. While we are happy to split a dish for our guests to share,
there will be a / 5 charge added. For parties of 6 or more, there will be a 18% gratuity added to your check.
There will be a / 2 charge added for substitution of gluten-free bread or pizza crust

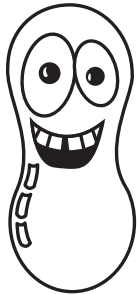
 Vegetarian  Vegan  Lactose-Free option  Gluten-Free Option  Wheat-Free Option
please inform your server about any special dietary needs you may have.

Phone
251.929.0055






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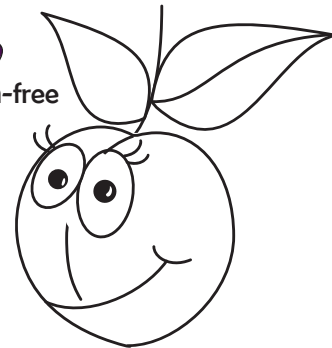
KID'S MENU




Goober Nut

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

6



April Cot

Quesadilla 
Tortilla wrap filled with cheese
served with chips and applesauce

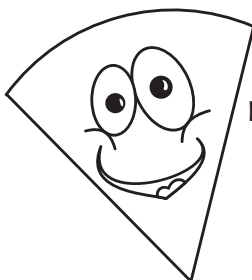
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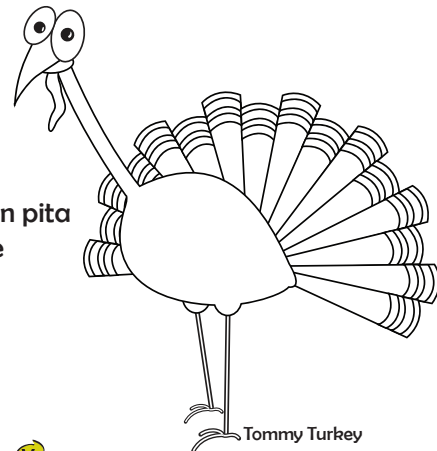
Casey Dilla

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

7



Peter Bread



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