



BOWLS \$15

DULSE CAESAR

kale base, pea shoots, celery, caperberries, nut "parm", creamy dulse dressing

MEXICAN CHOPPED

kale base, seasoned black beans, bell pepper, tomatoes, cilantro, corn, cabbage, creamy cilantro crema dressing

"IT'S GREEK TO ME"

Romaine base, tomato, cucumber, pepperoncini, cashew oregano feta, tempeh meatballs, olives, red bell pepper, oregano vinaigrette

CHICKPEA NICOISE

mixed greens base, corn, tomatoes, cucumbers, red cabbage, carrots, olives, chickpea "tuna", shallot vinaigrette

ITALIAN CHOPPED

mixed greens base, tomatoes, cucumbers, pepperoncini, caperberries, cashew "ricotta," oregano vinaigrette

THE ASHRAM

kale base, arame seaweed, edamame, tomato, cucumber, avocado, pickled kraut, tempeh meatballs, tamari/sesame vinaigrette



SNACKS \$13

GRAIN-FREE COCONUT GRANOLA

Coconut, Chia Seeds, Hemp Seeds, Ginger, Orange Zest, cinnamon, maple syrup, coconut oil

SIDES \$9

CHICKPEA TUNA

chickpeas, parsley, olive oil, lemon, shallot, dijon, apple cider vinegar, celery, red onion, capers, sea salt & pepper

GREEN PEA SMASH

green peas, mint, olive oil, lemon, avocado, mint garlic, sea salt & black pepper

PINK HUMMUS

chickpeas, tahini, beet, orange, garlic, cumin, olive oil, sea salt

ARAME EDAMAME

aramé, edamame, tamari, sesame seeds, carrots, apple cider vinegar, rice vinegar, sesame oil

MARLEN'S PICO DE GALLO

tomato, onion, cilantro, jalapeno, lime

SPICY GUACAMOLE

avocado, cilantro, lime, jalapeno, onion, sea salt & black pepper

RED PEPPER GAZPACHO

tomato, bell pepper, splash of apple cider vinegar, olive oil

TEMPEH MEATBALLS

tempeh, chickpea flour, onions, spices



DRESSINGS \$10

- Dulse Caesar
- Cilantro Chutney
- Carrot Ginger
- Universal Dressing
- Oregano Vinaigrette