



# RAWTOPIA

## SUSTAINABLE CUISINE

A Completely **GLUTEN-FREE, DAIRY-FREE,** and **ORGANIC** Menu.

**R** RAW **V** VEGAN \*SOAKED & SPROUTED

### SIGNATURE DRINKS

#### Chocolate Goji **R V** 8oz - \$4 / 16oz - \$8

Cacao, goji berry, coconut, almond\*, maple syrup, coconut sugar, vanilla and love. **Add maca + \$2. Add vegan or goat whey protein + \$2**

#### Tabouli Smoothie **R V** \$14

Omar's special, super-savory and nutrient-dense green smoothie; made from a blend of tabouli, leafy greens, cucumber, celery, tahini dressing, cilantro, cayenne pepper and love.

#### Ginger Ade **R** 8oz - \$4 / 16oz - \$8

Goji berry, lemon juice, ginger, local honey, turmeric, black pepper, sea salt, and love.

#### Hemp-Milk Chai **R V** 8oz - \$4.50, 16oz - \$9

Date, hemp seed, ginger, chai spice mix, and love.

**Add maca + \$2. Add vegan or goat whey protein + \$2.**

#### Seasonal Drink 8oz - \$4 / 16oz - \$8 Ask server for details.

### KOMBUCHA

**Live Soda** \$6 Revive Root Beer

**Rowdy Mermaid** \$6 Living Ginger

**Upstart** \$6 Rose bud

**GT's** \$6 Pu-erh Root Alive - adaptogenic tea

### TEAS

**C** CAFFINATED **H** HERBAL

#### Oolong Green **C** \$3.50

Partially-fermented, full-bodied.

#### Yerba Mate **C** \$3.50

Lightly-stimulating tea from South America. Refreshing and bold.

#### Happy Tummy **H** \$3.50

Catnip, spearmint, lemongrass, calendula, skullcap, rosemary, sage, fennel.

#### Gunpowder Green **C** \$3.50

Fresh and tightly-rolled, dark bold color, astringent and mildly bitter.

#### Chai **C** \$3.50

Darjeeling tea, ginger root, cinnamon bark, cardamom, cloves, nutmeg.

#### Red Rooibos **H** \$3.50

From the mountains of South Africa. Naturally sweet and caffeine-free.

#### Jasmine Green **C** \$3.50

Semi-fermented and infused with fresh jasmine flowers.

#### Blossoms of Health **H** \$3.50

Ginkgo, red clover, nettle, meadowsweet, calendula, chamomile, lavender, gotu kola, stevia.

#### Herbal Coffee **H** \$3.50

Roasted dandelion root, roasted chicory root, roasted carob, maca powder.

### SMALL PLATES

#### Labneh and Crackers\* **R V** \$12

A creamy Mediterranean dip made from a blend of cashew\*, macadamia\*, chia,\* and flax seed\*. Topped with tomato, cucumber, olive, mint, parsley, zaatar (Lebanese wild oregano, sumac, sesame seed), olive oil, and love. Served with vegetable seed\* crackers.

#### Hummus & Veggie Dip **R V** \$9

Sunflower\*/Almond\*-based hummus (no garbanzo beans) topped with olive oil and parsley. Served with assorted veggies.

#### Baked Sweet Potato Fries **V** \$9

Spiced and baked sweet potato with coconut oil and love. Served with cashew\* tomato fry sauce.

#### Dandelion Boats **R V** \$12

Dandelion, cabbage, red onion, hemp seed, lemon juice, olive oil, and Celtic sea salt. Served in a cabbage boat topped with avocado, tahini and love.

#### Tabouli **R V** \$12

Authentic Lebanese mix of parsley, tomato, hemp seeds (no Bulgur wheat), red onion, scallion, mint, lemon, olive oil, Celtic sea salt and love. Served with cabbage and lettuce.

#### Cauliflower Delight **V** \$10

Cauliflower baked and seasoned in tahini sauce, parsley, and love.

#### Baked Stuffed Mushrooms **V** \$10

Baby Bella stuffed with Thai cashew cream, spinach, and scallion, on a blueberry vinaigrette dressing. Topped with almond\*/sunflower\* seed cheese, parsley, and love. **Add minced bison + \$5**

#### Baba Ganoush **V** \$8

Lebanese eggplant tahini dip served with veggie seed\* crackers, romaine lettuce, and love.

#### Lebanese Sampler Platter **V** \$20

Hummus\*, tabouli, baba ganoush, labneh\* (*your choice of 3*)

### SOUPS

#### Miso Soup **R V** \$8

Spiced miso broth marinated with shiitake mushroom and dulse seaweed, then mixed with celery, broccoli, carrot, bell pepper, avocado, green onion, cilantro, and love. Served with a sprouted veggie seed\* cracker.

#### Lentil **V** \$8

Jinan's special zesty sprouted lentil and chard soup, spiced to perfection, and made with love. Served with a sprouted veggie seed\* cracker.

#### Soup Of The Day \$8 - Ask your server for details.

### SALADS

*Deep leafy greens is a mix of romaine lettuce, chard, kale, or seasonal local mix.*

#### Dandelion Salad **R V** \$16

Mix of dandelion green, cabbage, red onion, hemp seed, and almond\*/sunflower\* seed cheese. Marinated in lemon, olive oil, Celtic sea salt, and love. Topped with avocado, and tahini dressing. Served on a bed of deep leafy greens with a side of our veggie seed\* crackers.

#### Falafel Salad **R V** Large: \$17 / Small \$10

Deep leafy greens, topped with avocado, tomato, bell pepper, cucumber, celery, red onion, olive, parsley, crunchy almond\*/sunflower\* falafel crust, and love. Served with a side of tahini dressing.

#### Sweet Basil Salad **R** Large: \$17 / Small \$10

Deep leafy greens, topped with avocado, tomato, bell pepper, cucumber, celery, olive, red onion, hemp seed, strawberry or seasonal fruit, and love. Served with a side of our sweet basil dressing. (*Sweet basil dressing has honey, please ask for alternative dressing if you don't eat honey.*)

#### Raw Taco Salad **R V** \$20

Deep leafy greens, topped with avocado, tomato, bell pepper, cucumber, celery, red onion, cilantro, cashew lime chipotle sauce, Rawtopia's Beanless Mix (walnut\*, pumpkin seed\*, tahini, Mexican spices), crushed flavored walnut\*, basil pesto, cashew\* sour creme, and love.

### TACOS

#### Vegan Tacos **R V** \$16

Organic corn tortilla filled with sautéed mushroom, bell pepper, onion. Topped with romaine lettuce, avocado, cilantro, \*cashew-lime chipotle sauce, and love.

#### Bison Tacos \$20

Organic corn tortilla filled with sautéed bison, bell pepper, onion. Topped with romaine lettuce, avocado, cilantro, \*cashew-lime chipotle sauce, and love.

#### Fish Tacos \$20

Organic corn tortilla filled with sautéed wild-caught cod, topped with cabbage, bell pepper, tomato, onion, avocado, cilantro, cashew\*-lime cilantro sauce, and love.

#### Asian Salad **R V** Large: \$18 / Small \$11

Deep leafy greens, topped with avocado, bell pepper, cucumber, celery, carrot, almond\*/sunflower\* seed cheese, hemp seed, crunchy sweet curried-ginger almond\*, marinated ginger plantain, coconut-nectar and love. Served with a side of tahini dressing.

#### Bison Salad \$21

Grilled 1/3-pound Bison patty on deep leafy greens, avocado, tomato, bell pepper, celery, cucumber, grilled onion, broccoli, zucchini, and love. Served with a side of blueberry tahini vinaigrette dressing.

#### Salmon Salad \$24

6-ounces of seasoned and baked wild-salmon on deep leafy greens, tomato, bell pepper, celery, grilled onion, zucchini, broccoli, and love. Served with a side of blueberry tahini vinaigrette dressing.

### BURGERS

#### Nut Burger **R V** \$16

Brazil nut vegetable burger with avocado, tomato, red onion, pickle, heirloom tomato sauce, creamy cashew\* sauce, and love. Served in your choice of cabbage bun, baked buckwheat bun\*, or on a bed of leafy greens, with a side of veggie seed\* crackers. **Sub crackers for baked sweet potato fries with cashew\* tomato fry sauce + \$5**

#### Bison Burger \$21

1/3-pound Bison patty topped with grilled onion, tomato, romaine lettuce, zesty raw cashew\* cheese sauce, and love. Served in your choice of cabbage bun, baked buckwheat bun\*, or on leafy greens. Served with baked sweet potato fries, and cashew\*-tomato fry sauce.

#### Falafel Burger **V** \$17

Crunchy almond\*,sunflower\* seed falafel burger with hummus, parsley, onion, tomato, pickle, and romaine lettuce sandwiched in our baked buckwheat bun\*. Served with a side salad and tahini blueberry vinaigrette dressing.

\*Rawtopia baked buckwheat bun is made from sprouted buckwheat, apple, carrot, sesame seed, black caraway seed, and Mama Jinan's love.