



RAWTOPIA

SUSTAINABLE CUISINE

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

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

SIGNATURE DRINKS

Chocolate Goji **R V** 9oz - \$6 / 16oz - \$10

Young Thai Coconut flesh and water, Cacao, almond*, goji berries, coconut sugar, maple syrup, vanilla and love. **Add maca, vegan or pure pasture raised goat whey protein + \$2.50.**

Tabouli Smoothie **R V** \$15

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 Aid **R** 9oz - \$6 / 16oz - \$10

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

Hemp Milk Chai **R V** 9oz - \$6, 16oz - \$10

Date, hemp seed, ginger, Rawtopia's chai spice mix blend of Fennel, anise, cinnamon, cardamom, cloves, nutmeg and love. **Add maca, vegan or pure pasture raised goat whey protein + \$2.50.**

Seasonal Drink 9oz - \$6 / 16oz - \$10 Ask server for details.

KOMBUCHA

Live Soda \$6.50 Revive Root Beer

GT's Guava Goddess \$6.50

Upstart \$6.50 Rose bud

GT's \$6.50 Pu-erh Root Alive - adaptogenic tea

TEAS

C CAFFINATED **H** HERBAL

Heaven's Ferosa **C** \$6

A Heavenly caramel and floral Taiwanese Oolong tea

Yerba Mate **C** \$4.50

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

Happy Tummy **H** \$4.50

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

Gunpowder Green **C** \$4.50

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

Chai **C** \$4.50

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

Red Rooibos **H** \$4.50

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

Jasmine Green **C** \$4.50

Semi-fermented and infused with fresh jasmine flowers.

Blossoms of Health **H** \$4.50

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

Herbal Coffee **H** \$4.50

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

SMALL PLATES

Labneh and Crackers* **R V** \$14

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** \$10

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

Baked Sweet Potato Fries **V** \$11

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

Dandelion Boats **R V** \$13

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

Tabouli **R V** \$13

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.

Small Cauliflower Delight **V** \$12

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

Rice and Lentil Pilaf **V** \$12

Rice and sprouted lentils cooked with Lebanese herbs, spices, and mama Jinan's love. Served over a bed of greens, carrots, tomato, cucumber, pickles, cabbage, and a drizzle of tahini, hemp seeds and parsley.

Baked Stuffed Mushrooms **V** \$12

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 + \$6**

Baba Ganoush **V** \$10

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

Lebanese Sampler Platter **V** \$22

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

Chili Cheese Fries **V** \$16

Sweet potato, Fassoolia (Lebanese Style Chili), chipotle sauce, labne (sour cream), cheese sauce, and a sprinkle of seed cheese.

SOUPS

Miso Soup **R V** \$10

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** \$9

Jinan's special zesty sprouted lentil and chard soup, spiced to perfection, and made with love. Served with a sprouted veggie seed* cracker. **Add extra lemon + \$0.50.**

SALADS

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

Dandelion Salad **R V** \$18

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 \$19 / Small \$14

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 \$19 / Small \$14

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** \$22

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. **Add minced bison + \$6**

TACOS

Vegan Tacos **V** \$18

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

Bison Tacos \$22

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

Fish Tacos \$24

Organic corn tortilla filled with sautéed wild-caught cod, topped with bell pepper, tomato, onion, avocado, cilantro, cashew*-lime cilantro sauce, and love. **Sub the cod fish for wild-caught Salmon + \$5**

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

Asian Salad **R V** Large \$22 / Small \$15

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 \$23

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 \$28

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** \$19

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 salad and tahini blueberry vinaigrette dressing. **Sub the side salad for baked sweet potato fries with cashew* tomato fry sauce + \$6**

Bison Burger \$23

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** \$20

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. **Sub the side salad for baked sweet potato fries with cashew* tomato fry sauce + \$6**