



RAWTOPIA

SUSTAINABLE CUISINE

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

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

ENTREES

Beanless Tostada **R V** \$22

Jinan's crispy buckwheat*-flax*-apple crust on a bed of deep leafy greens, topped with beanless dip (walnut*, pumpkin seed*, tahini, and Mexican spices), avocado, tomato, bell pepper, cucumber, celery, red onion, basil-pesto, cashew* sour creme, cashew* chipotle sauce, almond*/sunflower* seed cheese, cilantro, and love. **Add wild rice + \$2.50. Add minced bison + \$6.**

Pasta **R V** \$19

Zucchini noodle pasta on a bed of deep leafy greens, topped with tomato, avocado, bell pepper, red onion, olive, basil-pesto, herbed heirloom marinara sauce, cashew* Alfredo sauce, almond*/sunflower* seed cheese, hemp seed, and love. Served with a sprouted veggie seed* cracker.

NOTE: This dish is served RAW. Please let us know if you would like it cooked, as it is equally as delicious! **Add meatless-nut balls + \$4. Add minced bison + \$6.**

Coconut Curry Rice **V** \$19

Forbidden rice marinated in coconut curry sauce, mixed with bell pepper, celery, broccoli, cabbage, and love. Topped with sweet curried almond* ginger sauce, avocado, carrot, scallion, pistachio and black sesame seed. Served with a sprouted veggie seed* cracker.

Add bison + \$12. Add wild salmon + \$15.

Lebanese Stew **V** \$21

Traditional comfort food. Pea, potato, and carrot cooked in a zesty tomato sauce with Lebanese spices, and love. Served with forbidden rice and salad topped with tomato, cucumber, red bell pepper, hemp seed, and tahini dressing. **Add bison + \$12.**

Mujadara **V** \$19

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.

Seaweed Roll **R V** \$18

Sushi-style nori rolled with your choice of forbidden rice or macadamia nut rice, hemp seed, avocado, cucumber, bell pepper, carrot, green onion, romaine lettuce, and love. Served with your choice of sweet curried almond* ginger sauce, sweet basil sauce, or sweet & spicy tamari sauce. **Add plantains or fruit + \$2.50. Add greens + \$2.50.**

Egousi **V** \$23

Inspired by Jinan, a West African stew cooked with unrefined cold-pressed palm oil, dark leafy greens, pumpkin seed*, sunflower seed*, mushroom, ginger, West African spices, and love. Served with forbidden rice, plantains, and sweet basil salad. **Add bison + \$12. Add wild salmon + \$15.**

Cauliflower Delight **V** \$21

Cauliflower marinated with tahini, Lebanese spices, and love, baked to perfection. Served with forbidden rice and sweet basil salad. **Add bison + \$12. Add wild salmon + \$15.**

Stir Fry **R V** \$21

Zucchini noodles on a bed of leafy greens, topped with avocado, cucumber, celery, bell pepper, broccoli, carrot, plantain/seasonal fruit, crunchy sweet curried almond* ginger sauce, creamy Korean ginger dressing, coconut nectar, scallion, hemp seed, black sesame seed, and love. NOTE: This dish is served RAW. Please let us know if you would like it cooked, as it is equally as delicious! **Add bison + \$12. Add wild salmon + \$15.**

Fassoolia **V** \$20

Lebanese Chili, made from assorted sprouted beans and slow cooked in a zesty tomato sauce with Lebanese herbs, spices, and mama Jinan's love. Served with forbidden rice and salad topped with tomato, cucumber, red bell pepper, hemp seed, and tahini dressing. **Add bison + \$12.**

Additional Ingredients + \$2.50

Avocado, Crackers, Greens, Falafel, Plantains, Vegetables, Tomatoes, Sprouted Almonds, Seed Cheese, Alfredo Sauce, Marinara Sauce, Hummus, Baba Ganoush, Salad Dressing, Fry Sauce, Cheese Sauce, or Hot Sauce

COFFEE & LATTES

All espresso drinks contain 2 shots.

Espresso Shot **V** \$4

Double espresso, and love.

Café Americano **V** ^{8oz} \$4.50

Espresso, hot water, and love.

Café Latte **V** ^{8oz} \$5.50 ^{12oz} \$7 ^{16oz} \$9.50

Espresso, steamed raw nut milk**, and

Café Mocha **V** ^{8oz} \$6 ^{12oz} \$7.50 ^{16oz} \$11

Espresso, steamed raw nut milk**, raw vegan chocolate sauce***, and love.

Affogato **V** \$9.50

Espresso, raw vegan vanilla ice cream, and love. **Affogato Mocha add \$1**

Hot Chocolate **V** ^{8oz} \$6

Steamed raw nut milk**, raw vegan chocolate sauce***, and love.

Cold Brew **V** ^{12oz} \$8

Cold brewed dark and light roast coffee, raw nut milk**, coconut sugar, and love.

Mocha Shake **V** ^{16oz} \$14

Chocolate goji, espresso, raw vegan vanilla ice cream, and love

Chai Latte **V** ^{12oz} \$8

Chai, steamed raw nut milk**, hemp milk chai, and love.

Matcha Latte **V** ^{12oz} \$8

Matcha powder, steamed raw nut milk**, maple syrup optional, and love.

Golden Milk Latte **V** ^{12oz} \$8

Raw nut milk**, turmeric, ginger, cardamom, cinnamon, black pepper, and love.

** Rawtopia nut milk is made from our blend of cashew*, walnut*, date*, sea salt, and love.

*** Rawtopia chocolate sauce is made from our blend of cacao*, chia*, agave, vanilla, sea salt, and love.

DESSERT

Superfood Fudge Ball **R V** \$4.50

Cacao, coconut, maple syrup, coconut nectar, chia*, almond*, carob, mesquite, maca, mucuna, lucuma, bacopa, vanilla, sea salt and love.

Date Ball **R V** \$4.50

Date, walnut*, coconut, Lebanese chai spice, rose water, and love.

Rawtopia Grainless Granola is made from buckwheat, walnut*, pumpkin seed*, date*, maple syrup, cinnamon, sea salt, and love.

Ice Cream **R V** \$4.50 (per scoop)

Vanilla: Coconut, cashew* chia*, agave, vanilla, and love.

Berry: Berry, coconut, dates, agave, and love.

Chocolate: Coconut, cacao, dates, and love.

Add berries, berry sauce and Grainless Granola* + \$3.50 .

Coconut Dream Pudding **R V** \$10

Coconut, cashew*, agave, vanilla, and love. Topped with fresh berries and Grainless Granola*.

Root Beer Float **R V** \$10

A scoop of our vanilla ice cream in kombucha root beer topped with love.

Chocolate Caramel Pie **R V** \$12

Raw chocolate creme pie with a decadent caramel fudge swirl, coconut almond crust. Sprinkled with cacao powder, nibs, and love. **Add a scoop of ice cream + \$4**

Berry Cheesecake **R V** \$12

Coconut-cashew* cheesecake, layered with dried berry puree on coconut almond crust, with a drizzle of fresh berry sauce, and love. **Add a scoop of ice cream + \$4**



Nutritional Excellence

Our award-winning restaurant is dedicated to providing the highest quality, organically-grown, sustainable, gluten-free, non-GMO products available. We use low-temperature techniques on our raw foods to preserve all the vital enzymes and nutrients, leaving your body, mind, and soul feeling satiated with health and vigor. Patience, peace, and love are major ingredients in our recipes, and we are committed to serving the healthiest and most flavorful gourmet, organic, raw and cooked cuisine you have ever experienced.

Made From Scratch

Our food is all made from scratch. We freshly juice lemons, peel garlic, dry our own herbs, plantains, veggie crackers, buckwheat*, grainless granola, nut burger, nut meatless balls, falafel crust, seed cheese, sauces, and make our own spice mixes! We use Celtic sea salt and our sweeteners are local raw honey, grade B maple syrup, coconut sugar, coconut nectar, dates, raw agave, stevia, and monk fruit. Our oils are cold pressed and unrefined. Our eggs are cage free, and pasture raised. Our bison is free-range and natural, and our salmon/cod is wild-caught, supporting native communities.

Made With Love

We sprout all nuts, seeds, and legumes before preparation, as sprouting increases the amount of nutrients by 600%! Sprouting also releases enzyme inhibitors, phytates (phytic acid), polyphenols (tannins) and goitrogens, and allows for proper digestion and assimilation of nutrients. Our food is prepared using juicers, blenders, food processors, and dehydrators. The produce is washed with purified water. Love and care are put into all of our dishes, with some taking more than two days to prepare.

"Let food be thy medicine, and medicine be thy food" ~Hippocrates