

SIMPLY WHOLESOME MENU - PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE

ITEM NAME	ITEM PRICE	SPECIAL NOTES:
SIMPLY WHOLESOME SMALL BITES		
JAMAICAN PATTIE - SPINACH	CALL FOR PRICE/AVAILABILITY	
JAMAICAN PATTIE - CABBAGE	CALL FOR PRICE/AVAILABILITY	
JAMAICAN PATTIE - CHICKEN	CALL FOR PRICE/AVAILABILITY	
JAMAICAN PATTIE - JERK CHICKEN	CALL FOR PRICE/AVAILABILITY	
JAMAICAN PATTIE - CURRY CHICKEN	CALL FOR PRICE/AVAILABILITY	
JAMAICAN PATTIE - SEAFOOD	CALL FOR PRICE/AVAILABILITY	SHRIMP AND CRAB
JAMAICAN PATTIE - TILAPIA FISH	CALL FOR PRICE/AVAILABILITY	
JAMAICAN COLOSSAL PATTIE	CALL FOR PRICE/AVAILABILITY	INCLUDES LETTUCE, TOMATOES, MAYO AND MUSTARD (VEGAN MUSTARD AVAILABLE)
SPICY VEGAN DIPPING SAUCE	CALL FOR PRICE/AVAILABILITY	
1/2 NACHOS	CALL FOR PRICE/AVAILABILITY	BLACK BEANS, CHEESE AND GUACAMOLE
FULL SIZE NACHOS	CALL FOR PRICE/AVAILABILITY	
FULL SIZE NACHOS W/ BLACK BEANS AND CHEESE	CALL FOR PRICE/AVAILABILITY	
FULL SIZE NACHOS W/ BLACK BEANS, CHEESE AND GUAC.	CALL FOR PRICE/AVAILABILITY	BLACK BEANS, CHEESE AND GUAC.
FULL SIZE NACHOS - TOFU (SAME AS ABOVE)	CALL FOR PRICE/AVAILABILITY	BLACK BEANS, CHEESE AND GUAC.
FULL SIZE NACHOS - GRILLED CHICKEN (SAME AS ABOVE)	CALL FOR PRICE/AVAILABILITY	BLACK BEANS, CHEESE AND GUAC.
FULL SIZE NACHOS - GRILLED VEGGIE PATTY (SAME AS ABOVE)	CALL FOR PRICE/AVAILABILITY	BLACK BEANS, CHEESE AND GUAC.
SWEET AND SOUR SHRIMP - 10 PIECE	CALL FOR PRICE/AVAILABILITY	BATTERED OR GRILLED
SWEET AND SOUR SHRIMP - 15 PIECE	CALL FOR PRICE/AVAILABILITY	BATTERED OR GRILLED
CARIBBEAN HOT WINGS - 6 PIECE	CALL FOR PRICE/AVAILABILITY	AVAILABLE SPICY BY REQUEST ONLY
CARIBBEAN HOT WINGS - 9 PIECE	CALL FOR PRICE/AVAILABILITY	AVAILABLE SPICY BY REQUEST ONLY
SIMPLY WHOLESOME BURGERS		
VEGGIE BURGER	\$7.79 PLUS TAX	
LENTIL BURGER	\$7.79 PLUS TAX	BBQ SAUCE IS AUTOMATIC
DOUBLE LENTIL BURGER	\$8.79 PLUS TAX	BBQ SAUCE IS AUTOMATIC
VEGGIE CHICKEN BURGER	\$8.25 PLUS TAX	
SIMPLY VEGAN BURGER (V)	\$8.25 PLUS TAX	(V): VEGAN OPTION
DOUBLE VEGGIE CHICKEN BURGER	\$8.79 PLUS TAX	
TURKEY BURGER	\$8.25 PLUS TAX	
FISH BURGER	\$8.25 PLUS TAX	
SIMPLY WHOLESOME SANDWICHES		
CARIBBEAN TOFU SANDWICH (V)	\$8.79 PLUS TAX	(V): VEGAN OPTION
AVOCADO SANDWICH (V)	\$8.79 PLUS TAX	(V): VEGAN OPTION
MELTED CHEESE AND MUSHROOM SANDWICH	\$7.79 PLUS TAX	
1/2 SANDWICH & 1/2 SOUP OR SALAD	\$7.25 PLUS TAX	
1/2 SANDWICH & FULL GREEN SALAD	\$7.99 PLUS TAX	
UBLT SANDWICH (VEGGIE BACON/LETT/TOMATO)	\$6.79 PLUS TAX	
TUNA SALAD SANDWICH	\$7.99 PLUS TAX	
TUNA AND AVOCADO SANDWICH	\$8.25 PLUS TAX	
GRILLED CHICKEN SANDWICH	\$8.79 PLUS TAX	
GRILLED FISH SANDWICH	\$8.99 PLUS TAX	*AVAILABLE BATTERED BY REQUEST ONLY
CHICKEN SALAD SANDWICH	\$7.99 PLUS TAX	
TURKEY BREAST SANDWICH		
GRILLED CHEESE SANDWICH		* AMERICAN, SWISS, CHEDDAR, SOY CHEESE
SIMPLY WHOLESOME VEGGIE DOG OPTIONS		
CORN DOG	\$3.25 PLUS TAX	NO DELI SALAD
VEGGIE DOG	\$3.79 PLUS TAX	NO DELI SALAD
LEANIE SUPREME	\$5.99 PLUS TAX	WHOLE WHEAT BUN
COLOSSAL CHILI DOG	\$8.25 PLUS TAX	AVAILABLE THURSDAY ONLY
VEGGIE CHILI DOG	\$7.25 PLUS TAX	AVAILABLE THURSDAY ONLY
SIMPLY WHOLESOME BURRITOS (CHIPS AND SALSA ARE INCLUDED)		
GARDEN BURRITO	\$9.79 PLUS TAX	GRILLED VEGGIES, TABOULI, HUMMUS AND AVOCADO
VEGETARIAN BURRITO - FULL SIZE	\$9.79 PLUS TAX	BLACK BEANS, BROWN RICE, LETT, TOM, GRILLED VEGGIE PATTIE
VEGETARIAN BURRITO - HALF SIZE	\$7.25 PLUS TAX	SAME AS ABOVE. VEGAN BOCA PATTY IS ALSO AN OPTION.
FISH BURRITO - WHOLE	\$9.79 PLUS TAX	BLACK BEANS, BROWN RICE, LETTUCE AND TOMATOES

FISH BURRITO - HALF	\$7.79 PLUS TAX	SAME AS ABOVE
SHRIMP BURRITO - WHOLE	\$10.79 PLUS TAX	BLACK BEANS, BROWN RICE, LETTUCE AND TOMATOES
SHRIMP BURRITO - HALF	\$8.79 PLUS TAX	SAME AS ABOVE
SALMON BURRITO - WHOLE	CALL FOR PRICE	BLACK BEANS, BROWN RICE, LETTUCE AND TOMATOES
SALMON BURRITO - HALF	CALL FOR PRICE	SAME AS ABOVE
SIMPLY WHOLESOME WRAPS (CHIPS AND SALSA ARE INCLUDED)		
TOFU FAJITA WRAP (V) - FULL SIZE	\$9.79 PLUS TAX	HUMMUS, GRILLED BELL PEPPERS, ONIONS, LETT, TOM AND GUAC.
TOFU FAJITA WRAP (V) - HALF SIZE	\$7.25 PLUS TAX	SAME AS ABOVE
CHICKEN FAJITA WRAP - FULL SIZE	\$9.79 PLUS TAX	HUMMUS, GRILLED BELL PEPPERS, ONIONS, LETT, TOM AND GUAC.
CHICKEN FAJITA WRAP - HALF SIZE	\$7.25 PLUS TAX	SAME AS ABOVE
SHRIMP FAJITA WRAP - FULL SIZE	\$10.79 PLUS TAX	HUMMUS, GRILLED BELL PEPPERS, ONIONS, LETT, TOM AND GUAC.
SHRIMP FAJITA WRAP - HALF SIZE	\$8.99 PLUS TAX	SAME AS ABOVE
TOFU SALAD WRAP	\$9.49 PLUS TAX	LETTUCE, TOM, SPROUTS, AVOC, CARROTS - CHOICE OF DRESSING
VEGGIE PATTY SALAD WRAP	\$8.99 PLUS TAX	SAME AS ABOVE
CHICKEN SALAD WRAP	\$11.79 PLUS TAX	LETTUCE, TOM, SPROUTS, AVOC, CARROTS - CHOICE OF DRESSING
SIMPLY WHOLESOME TACOS (TWO TACO SHELLS)		
VEGETARIAN TACOS (V)	\$7.99 PLUS TAX	CORN SHELL TACOS W/ AVOCADO, TOM, ONIONS, CARROTS, LETTUCE AND SOY CHEESE
TACO SUPREME - VEGETARIAN PATTY	\$8.79 PLUS TAX	ONIONS, TOMATOES, GUAC, SOY CHEESE, CARROTS
TACO SUPREME - VEGAN BOCA PATTY	\$8.79 + 0.50 PLUS TAX	SAME AS ABOVE. VEGAN BOCA PATTY IS AN EXTRA \$0.50 CENTS
NUBIAN TACOS (V)	\$8.99 PLUS TAX	BLACKEYED PEAS, GREEN ONIONS, CUCUMBERS, PURPLE CABBAGE + SMALL GREEN SALAD
TACO SPECIAL (V)	\$7.99 PLUS TAX	TOMATOES, CILANTRO, AVOCADO, LIGHT JALAPENO AND LEMON JUICE + GREEN SALAD
CARIBBEAN TOFU TACOS PLATE	\$7.99 PLUS TAX	PINEAPPLES, PICO DE GALLO AND A SMALL GREEN SALAD
CARIBBEAN VEGGIE PATTY TACOS PLATE	\$7.99 PLUS TAX	PINEAPPLES, PICO DE GALLO AND A SMALL GREEN SALAD
CARIBBEAN CHICKEN TACOS PLATE	\$7.99 PLUS TAX	PINEAPPLES, PICO DE GALLO AND A SMALL GREEN SALAD
TURKEY TACOS	\$7.99 PLUS TAX	LETTUCE, TOMATOES, CARROTS AND CHOICE OF CHEESE
CHICKEN TACOS	\$7.99 PLUS TAX	TOMATOES, CARROTS, GUACAMOLE AND CHOICE OF CHEESE
FISH TACOS	\$7.99 PLUS TAX	ONIONS, RED/GREEN BELL PEPPERS, GUAC, RED SAUCE, BLACK BEANS, AVOC + GREEN SALAD
SHRIMP TACOS	\$7.99 PLUS TAX	SAME AS ABOVE
SALMON TACOS	CALL FOR PRICE	ONIONS, RED/GREEN BELL PEPPERS, GUAC, RED SAUCE, BLACK BEANS, AVOC + GREEN SALAD
SIMPLY WHOLESOME SALADS		
WHOLESOME TOSTADA - GROUND TURKEY	CALL FOR PRICE	BLACK BEANS, AVOC, SALSA, AND GREEN SALAD. DRESSING CHOICE LISTED ABOVE
WHOLESOME TOSTADA - GRILLED CHICKEN	CALL FOR PRICE	BLACK BEANS, AVOC, SALSA, AND GREEN SALAD. DRESSING CHOICE LISTED ABOVE
WHOLESOME TOSTADA - GRILLED TOFU	CALL FOR PRICE	BLACK BEANS, AVOC, SALSA, AND GREEN SALAD. DRESSING CHOICE LISTED ABOVE
WHOLESOME TOSTADA - GRILLED VEGGIE PATTY	CALL FOR PRICE	BLACK BEANS, AVOC, SALSA, AND GREEN SALAD. DRESSING CHOICE LISTED ABOVE
SIMPLY GREEN SALAD - SMALL	CALL FOR PRICE	MIXED GREENS, CUCUMBERS, TOM, SPROUTS, MUSHROOMS, AND CARROTS. DRESSING CHOICE LISTED ABOVE
SIMPLY GREEN SALAD - LARGE	CALL FOR PRICE	MIXED GREENS, CUCUMBERS, TOM, SPROUTS, MUSHROOMS, AND CARROTS. DRESSING CHOICE LISTED ABOVE
GREEN SALAD WITH CHICKEN SALAD	CALL FOR PRICE	MIXED GREENS, CUCUMBERS, TOM, SPROUTS, MUSHROOMS, AND CARROTS. DRESSING CHOICE LISTED ABOVE
GREEN SALAD WITH TUNA SALAD	CALL FOR PRICE	MIXED GREENS, CUCUMBERS, TOM, SPROUTS, MUSHROOMS, AND CARROTS. DRESSING CHOICE LISTED ABOVE
GREEN SALAD WITH GRILLED CHICKEN	CALL FOR PRICE	MIXED GREENS, CUCUMBERS, TOM, SPROUTS, MUSHROOMS, AND CARROTS. DRESSING CHOICE LISTED ABOVE
GREEN SALAD WITH GRILLED TILAPIA FISH	CALL FOR PRICE	SAME AS ABOVE. DRESSING CHOICE LISTED ABOVE. BLACKENED FISH AVAILABLE BY REQUEST
GREEN SALAD WITH GRILLED SALMON	CALL FOR PRICE	SAME AS ABOVE. DRESSING CHOICE LISTED ABOVE. BLACKENED SALMON AVAILABLE BY REQUEST
GREEN SALAD WITH GRILLED SHRIMP	CALL FOR PRICE	SAME AS ABOVE. DRESSING CHOICE LISTED ABOVE. BATTERED SHRIMP AVAILABLE BY REQUEST.
GREEN SALAD WITH VEGGIE PATTY	CALL FOR PRICE	MIXED GREENS, CUCUMBERS, TOM, SPROUTS, MUSHROOMS, AND CARROTS. DRESSING CHOICE LISTED ABOVE
8 OZ GREEN SALAD	CALL FOR PRICE	MIXED GREENS, CUCUMBERS, TOM, SPROUTS, MUSHROOMS, AND CARROTS. DRESSING CHOICE LISTED ABOVE
GREEN SALAD IN A PITA	CALL FOR PRICE	
SIMPLY WHOLESOME SIDE-ORDER OPTIONS		
GRILLED CHICKEN	\$4.99 PLUS TAX	8 OUNCES - AVAILABLE FOR UPGRADE (CALL FOR PRICE)
GRILLED FISH	\$5.79 PLUS TAX	8 OUNCES - AVAILABLE FOR UPGRADE (CALL FOR PRICE)
GRILLED SALMON	\$9.99 PLUS TAX	8 OUNCES - AVAILABLE FOR UPGRADE (CALL FOR PRICE)
BROWN RICE	\$2.79 PLUS TAX	8 OUNCES - AVAILABLE FOR UPGRADE (CALL FOR PRICE)
BLACK BEANS	\$2.79 PLUS TAX	8 OUNCES - AVAILABLE FOR UPGRADE (CALL FOR PRICE)
FRIED PLANTAINS	\$2.79 PLUS TAX	8 OUNCES - AVAILABLE FOR UPGRADE (CALL FOR PRICE)
PEAS AND RICE	\$4.79 PLUS TAX	8 OUNCES - AVAILABLE FOR UPGRADE (CALL FOR PRICE)
MACARONI PIE	\$4.79 PLUS TAX	
CANDIED YAMS	\$3.99 PLUS TAX	8 OUNCES - AVAILABLE FOR UPGRADE (CALL FOR PRICE)
SIMPLY FRENCH FRIES	\$1.99 PLUS TAX	FRIES ARE MADE PER ORDER. PLEASE ALLOW 15 MINUTES MINIMUM TO MAKE.
SWEET POTATO FRIES	\$3.99 PLUS TAX	FRIES ARE MADE PER ORDER. PLEASE ALLOW 15 MINUTES MINIMUM TO MAKE.

COLLARD GREENS	\$2.79 PLUS TAX	8 OUNCES - AVAILABLE FOR UPGRADE (CALL FOR PRICE)
SAUTEED SPINACH	\$2.79 PLUS TAX	8 OUNCES - AVAILABLE FOR UPGRADE (CALL FOR PRICE)
DELI SALADS - 4 OUNCES	\$1.05 PLUS TAX	OPTIONS: CARROT RAISIN SALAD, MACARONI SALAD, FRUIT SALAD AND TABOULI SALAD
DELI SALADS - 8 OUNCES	\$1.99 PLUS TAX	OPTIONS: CARROT RAISIN SALAD, MACARONI SALAD, FRUIT SALAD AND TABOULI SALAD
CORNBREAD	\$0.99 PLUS TAX	
MACARONI AND CHEESE	\$3.79 PLUS TAX	8 OUNCES - AVAILABLE FOR UPGRADE (CALL FOR PRICE)
BLACKEYED PEAS	\$2.99 PLUS TAX	8 OUNCES - AVAILABLE FOR UPGRADE (CALL FOR PRICE)
GRILLED OR STEAMED VEGGIES - SMALL	\$6.99 PLUS TAX	
GRILLED OR STEAMED VEGGIES - LARGE	\$9.79 PLUS TAX	