

# Lydia's Lovin' Foods

organic ♥ raw ♥ vegan ♥ gluten-free  
 Lovin' Foods for the Body, Mind & Soul

## Entrées

*W/ Salad*

<b>Curry Special</b> Cauliflower, broccoli, carrots, celery, red bell pepper, peas & herbs on a bed of cashew "rice", w/ a coconut sauce served w/ a curry soup & salad.....	♥	12.00	
<b>Mini Curry Plate</b> Assorted vegetables on a bed of cashew "rice", w/ a coconut sauce.....	♥	5.00	
<b>Green Soup raw, alkalizing, refreshing &amp; tasty!</b> Kale, avocado, cucumber, celery, parsley, basil, lemon dulse .....	♥	5.00	
<b>Ocean Friendly Nori</b> Nut & seed pate with avocado, sprouts, cucumber and lettuce. .....	♥	7.00	♥ 11.00
<b>Raw Collard Wrap</b> Collards, carrots, cabbage, red bell pepper, cilantro, cashew "cheez" (cashews, sesame seeds, olive oil, lemon juice, Herbs de Provence, & salt) w/ a sesame dill sauce & dulse seaweed. ....	♥	7.00	♥ 11.00
<b>Wrap &amp; Roll</b> Ocean Friendly Nori roll & Raw Collard Wrap combo .....	♥	7.00	♥ 11.00
<b>Pesto Pizzaz!</b> A zesty walnut & seed pesto on a dehydrated sprouted veggie crust with marinated vegetables & sun dried tomatoes.....	♥	Sm 5.50	♥ Lg 7.50 ♥ Sm 9.00 ♥ Lg 11.00
<b>Purple Goddess</b> Purple cabbage, carrots, beets, kale, dulse seaweed, kalamata olives, parsley topped with a delicious raw mix of apple cider and sweet dill sauce.....	♥	Sm 5.00	♥ Lg 8.00
<b>Kale Seaweed Salad</b> Kale, carrots, celery, arame seaweed, & sesame seeds in a ginger, tamari & cold pressed sesame oil dressing.....	♥	Sm 5.00	♥ Lg 8.00
<b>Greek Salad</b> Spinach, tomatoes, onions, kalamata olives, w/ walnut "kreem".....	♥	Sm 5.00	♥ Lg 8.00
<b>Super Salad</b> Lettuce, mixed greens, carrots, purple cabbage, sprouts w/ a balsamic dressing.....	♥	7.00	
<b>Deluxe Salad</b> Super Salad with a vegetable nut pâte and Lydia's crackers.....	♥	11.00	
<b>3 Salad Special</b> A delicious mix of Kale Salad, Purple Goddess, and Greek Salad.....	♥	10.00	
<b>Middle Eastern Plate</b> Dolmas w/ cauliflower cashew "rice", coconut almond hummus, sesame dill sauce, veggie Greek salad & Lydia's Crackers.....	♥	12.00	
<b>Mini Eastern</b> Dolmas w/ cauliflower cashew "rice", coconut almond hummus & Lydia's crackers.....	♥	6.00	
<b>Pâte &amp; Crackers</b> Choice of Lydia's Pates with crackers, an excellent addition to any of our salads..	♥	4.00	

## Beverages (non-pasteurized, unbottled) All organic w/ fresh juices & fruit

<b>Hibiscus Passion</b>	♥ 3.00
<b>Ginger Lemonade</b>	♥ 3.00
<b>Herbal Chai</b>	♥ 3.50
<b>Berry Smoothie</b>	♥ 5.00
<b>Mango Smoothie w/ fresh OJ</b>	♥ 5.00
<b>Veggie Love Juice</b>	♥ 5.00
<b>Raw Power Shake w/ almond melk</b>	♥ 6.00

## Desserts (no refined sugars, fruit sweetened)

<b>Tropical Mango Pie- w/ almond crust</b>	♥ 6.00
<b>Strawberry Apple Pie- w/ almond crust</b>	♥ 6.00
<b>Green Power Balls</b>	♥ 3.50
<b>Raw Chocolates</b>	♥ 3.00
<b>Cacao Crunch Bar- w/ lemon nut frosting</b>	♥ 3.00
<b>Chocolate Macaroons</b>	♥ 2.50
<b>"Cheez" Cake- Chocolate, Raspberry, Blueberry, Chocolate-Raspberry</b>	♥ 6.00