

# BREAKFAST

**MONDO BURRITO** scrambled eggs, cheese, breakfast potatoes, avocado and salsa fresca rolled in a whole wheat tortilla..... **4.95**  
Add turkey bacon or turkey sausage..... **6.25**

**EGG PLATE** two eggs any style served with potatoes and toast..... **5.95**  
Add turkey bacon or turkey sausage..... **7.25**

**HUEVOS RANCHEROS** two eggs over medium topped with salsa and cheese served with corn tortillas, beans, potatoes and guacamole..... **8.25**

**BREAKFAST BURRITO** two eggs scrambled with onions, tomatoes and cheese rolled in a whole wheat tortilla served with beans, potatoes, guacamole and salsa..... **8.25**

**EGG SANDWICH** two eggs scrambled with onions, tomatoes and cheese on sour dough toast with sprouts served with breakfast potatoes..... **6.95**

**OMELETTE** comes with your choice of four items—onions, tomatoes, green peppers, broccoli, cauliflower, spinach, mushrooms or cheese served with breakfast potatoes and toast..... **8.95**

**PANCAKES WITH FRUIT** three fat free multi-grain pancakes topped with seasonal fruit served with real maple syrup on the side..... **7.75**

**PANCAKE COMBO** two mini pancakes, two eggs any style, breakfast potatoes and turkey sausage..... **7.25**

**FRENCH TOAST** three pieces of multi-grain bread, dipped in egg batter, spiced with cinnamon and vanilla, topped with seasonal fruit served with real maple syrup on the side..... **7.75**

**FRENCH TOAST COMBO** one piece of French toast, two eggs any style, breakfast potatoes and turkey sausage..... **7.25**

**TOFU SCRAMBLE** tofu, green peppers, tomatoes and onions sautéed in soy, spices and olive oil served with potatoes, beans and toast..... **7.95**

**FRESH FRUIT BOWL** ..... **5.75**      **HOT ORGANIC OATS** ..... **5.75**

## SIDES

**(TURKEY) BACON OR SAUSAGE \$2.00**      **AVOCADO \$1.50**  
**PLAIN YOGURT \$1.50**      **BREAKFAST POTATOES \$2.50**  
**SIDE 2 EGGS \$2.50**      **CUP FRUIT \$3.00**

# FRESH ORGANIC JUICE

	SM	MED	LG	QT
<b>CARROT</b> .....	<b>2.50</b>	<b>3.75</b>	<b>4.50</b>	<b>6.50</b>
<b>APPLE</b> .....	<b>2.50</b>	<b>3.75</b>	<b>4.50</b>	<b>6.50</b>
<b>ORANGE</b> .....	<b>2.50</b>	<b>3.75</b>	<b>4.50</b>	<b>6.50</b>
<b>GRAPE FRUIT</b> .....	<b>2.50</b>	<b>3.75</b>	<b>4.50</b>	<b>6.50</b>
<b>SUPER MIX</b> Carrot, beet, celery, spinach and parsley .....				
	<b>2.75</b>	<b>3.95</b>	<b>4.65</b>	<b>6.65</b>
<b>WHEAT GRASS</b> .....	<b>1.30</b>	<b>2.35</b>		

# YOGURT SMOOTHIES \$4.50

**THE ORIGINAL / REESES ORIGINAL / CARROT DELITE / DREAM DELITE**  
**OR**  
**ADD FROZEN YOGURT TO ANY FRUIT SMOOTHIE**

# SALADS

**GARDEN SALAD** romaine lettuce, red cabbage, carrots, cucumbers, sprouts, tomatoes and sunflower greens..... **4.75 / 6.75**

**KIMS SALAD** romaine lettuce, red cabbage, carrots, cucumbers, sprouts, tomatoes and sunflower greens, topped with KI's millet burger..... **8.25**

**SUPER SALAD** romaine lettuce, red cabbage, carrots, cucumbers, sprouts, tomatoes, and sunflower greens, topped with jack cheese, avocado and roasted turkey..... **8.95**

**CHOPPED SALAD** chopped romaine lettuce, red cabbage, cucumbers, and Roma tomatoes, topped with feta cheese and nuts..... **7.95**  
**CHICKEN**..... **8.95**

**BABY SPINACH SALAD** Baby spinach, mushrooms, candied walnuts, gorgonzola cheese and raisins served with a raspberry vinaigrette..... **7.95**

**SALMON SALAD** baby greens, roasted red peppers, tomatoes, and cucumbers topped with grilled salmon fillet served with an orange basil vinaigrette..... **10.75**

**ASIAN CHICKEN SALAD** romaine lettuce, red cabbage, carrots, cucumbers, bean sprouts, noodles, won ton chips and peanut glaze chicken breast with a plum vinaigrette..... **9.75**

**SEARED AHI SALAD** Baby greens, tomatoes, cucumbers, wonton chips and avocado topped with a seared ahi fillet served with a wasabi vinaigrette..... **10.75**

# ENTREES

**TOSTADA SUPREMA** baked wheat tortilla topped with beans, salad, salsa, brown rice and guacamole, with sour cream upon request..... **8.95**

**BLACK BEAN BURRITO** wheat tortilla filled with black beans and salsa served with brown rice, corn chips and guacamole..... **7.95**

**BUTTERNUT SQUASH & CORN ENCHILADA** Butternut squash and corn rolled in a wheat tortilla, topped with enchilada sauce, black olives and cheese served with beans, brown rice and guacamole..... **9.75**

**FISH TACOS** grilled mahi-mahi served in soft corn tortillas with shredded cabbage, lettuce, jack cheese and diced tomatoes served with brown rice, black beans and guacamole..... **9.95**

**FAJITAS**  
**VEGETABLE**..... **9.95**  
**CHICKEN**..... **10.95**  
**BEEF, SALMON, OR SHRIMP**..... **12.95**  
Your choice of the above sautéed with onions, peppers and squash served with salsa fresca, guacamole, sour cream, corn tortillas beans and rice.

**BASIL PASTA** penne pasta sautéed with olive oil, fresh garlic and basil topped with parmesan cheese served with garden salad and garlic toast..... **9.25**

**THAI LINGUINI** Linguini with fresh seasonal vegetables sautéed in a spicy peanut sauce topped with chicken or tofu served with a garden salad and garlic toast..... **10.95**

**VEGGIE LASAGNA** a delicious blend of lasagna, vegetables, tomato sauce and cheese served with a garden salad and garlic toast..... **9.95**

**SALMON PLATE** Grilled king salmon fillet served with brown rice and steamed seasonal vegetable..... **10.95**

**STIR FRY VEGETABLES** Fresh seasonal vegetables, sautéed in pineapple soy sauce over brown rice, topped with cashews served with cornbread  
**WITH CHICKEN OR TOFU**..... **9.95**  
**WITH SALMON OR AHI**..... **12.95**

# SAMBAZON FRUIT SMOOTHIE \$5.50

Fresh apple juice, Acai, banana & strawberries

# SANDWICHES & WRAPS

**ALL SANDWICHES SERVED WITH CHOICE OF:**  
**GREEN SALAD, SOUP, CORN CHIPS, BEANS, COLESLAW**  
**OR BEANS & RICE**

**SUPER VEGGIE SANDWICH** avocado, lettuce, carrots, onion, sprouts, cucumber and cheese..... **6.50 / 8.75**

**TUNA SALAD SANDWICH** albacore tuna mixed with celery, sunflower seeds and mayo served with lettuce, tomato and sprouts..... **6.50 / 8.75**

**CHICKEN SALAD SANDWICH** free range chicken mixed with celery, walnuts, apples, and mayo served with lettuce, tomato and sprouts..... **6.50 / 8.75**

**ROASTED TURKEY BREAST SANDWICH** roasted turkey served with lettuce, tomato and sprouts..... **6.50 / 8.75**

**GRILLED TOP SIRLOIN AND CHEDDAR SANDWICH** naturally raised beef sliced thin served with lettuce, tomato and cheddar cheese..... **9.95**

**KI'S CLUB SANDWICH** double-decker turkey, avocado, cheese and turkey bacon served with lettuce, tomato and sprouts..... **9.95**

**VEGGIE BURGER** a delicious thick millet burger, baked golden brown served with cheese, avocado, lettuce, tomato, onion, pickles and sprouts..... **8.95**

**TURKEY BURGER** served with cheese, lettuce, tomato, onions and pickles..... **8.25**

**ROASTED TOFU** roasted tofu, grilled onions, lettuce, tomato, chipotle mayo served on a toasted multi grain baguette..... **8.95**

**MARINATED TEMPEH SANDWICH** marinated tempeh, grilled onions, lettuce, tomato, avocado, chipotle mayo served on a multi grain baguette..... **8.95**

**GRILLED CHICKEN BREAST SANDWICH** with cheese, lettuce, tomato, avocado, onion and pickles served on whole wheat bun..... **8.95**

**SANTA FE SALMON WRAP** grilled salmon, brown rice, black beans, lettuce, cabbage, salsa fresca and guacamole with a lime yogurt dressing wrapped in a whole wheat tortilla..... **10.75**

**THAI WRAP** grilled chicken breast, brown rice, lettuce, Asian slaw made with a Thai peanut vinaigrette wrapped in a whole wheat tortilla..... **8.95**

**JAPANESE AHI WRAP** Ahi grilled rare, brown rice, lettuce, carrots, cabbage and avocado with a Wasabi sauce wrapped in a whole wheat tortilla..... **10.75**

# FRUIT SMOOTHIES \$4.50

**APPLE** fresh apple juice, papaya, peach & banana  
**STRAWBERRY** fresh apple juice, strawberries, peach & banana  
**TROPICAL** pineapple juice, papaya, pineapple, coconut & banana  
**RASPBERRY** fresh apple juice, raspberries, papaya, peach & banana  
**PEACH** fresh oj, pineapple juice, peach, papaya & banana  
**BLUEBERRY** fresh apple juice, blueberries, peach & banana  
**BERRY BERRY** fresh apple juice, strawberries, blueberries, raspberries & banana  
**MANGO** fresh oj, pineapple juice, mango, papaya & banana