

appetizers

calamari terra santa P	15	asparagus frites V	small 8 large 13
squid rings in oriental spices, lightly fried. with sauteed peppers and onions and sweet chili garlic sauce		lightly breaded, topped with parmesan	
roasted garlic and goat cheese V GF*	13.50	prawn kebobs P	22
grilled cuban bread, marinated goat cheese, roasted garlic, za'tar. vegetarian		jumbo shrimp, skewered, with mango bbq and basil aioli	
extra cheese +3 GF with chapati +2.50		tuna tartare P	17.50
brie bernadette V	13	fresh tuna, red onions, avocado, cilantro in fresh lime. with fried wontons and wasabi sour cream	
imported brie, almond encrusted. with crackers and honey		focaccia, the original V VG* GF*	small 13.50 large 24
punjabi samosas VG	8.25	housemade italian flatbread, spiked with herbs and extra virgin olive oil, topped with pesto, tomatoes, feta, and parmesan	
indian dumplings with potatoes, peas, and traditional spices. with tamarind sauce		available vegan small +2.50 large +5	
medjool dates V GF	11	available gluten free on housemade chapati +2.50	
luscious dates and goat cheese, served warm		quesadillas V	11
old world hummus VG GF*	12.75	spinach tortilla, colby jack, tomatoes, cilantro, scallions. with salsa and sour cream	
chickpea tahini mousse, tomato cucumber relish, pita. vegan		black beans +1.5 portobellos +2 chicken +4 shrimp +5	
GF with chapati +2.50		chipotle con queso V	10
jakarta rings VG	10.75	melted cheeses, chipotle peppers, spinach, and artichoke hearts. with house tortilla chips. vegetarian	
tempura battered red onion rings with ketjap manis, our house version of the original ketchup. vegan		vegan chipotle con queso VG	12

soups and salads

add 1 chicken breast +5 | 7oz salmon +13 | shrimp +8 | tuna +13 | crab cake +11 | flank steak +12 | tofu +4
blacken any protein +1.50

jun kun stew VG GF	cup 6 bowl 9	old world salad V	small 8 large 13.50
root vegetables, broccoli, and limas in a Japanese inspired broth		roasted vegetables, warm goat cheese, mixed organic greens, with olive tapenade croutons and white wine dijon vinaigrette	
crispy petal salad GF	15.50	raw hope salad VG R	small 7 large 12.50
roasted brussel sprout petals, lima beans, goat cheese crumbles, almond fig cake, crispy onions. olive oil and balsamic glaze		organic baby greens and spinach, avocado, carrots, red onions, radishes, cucumbers, a light olive oil and lemon vinaigrette	
tuna tartare + spinach salad P	17.50	spinach salad VG GF	small 7 large 12.50
fresh tuna, red onions, avocado, cilantro in fresh lime over spinach. with wasabi sour cream		organic baby spinach, strawberries, apples, and toasted almonds in basil balsamic vinaigrette	
greek salad V	small 8 large 13.50	hibachi side salad VG GF	8
feta cheese, kalamata olives, tomatoes, red onions, croutons, organic greens, traditional Greek vinaigrette		crispy organic greens, carrots, radishes in a ginger carrot dressing	

sandwiches

all sandwiches are served with house fries unless otherwise noted. gluten free chapati +2.50

smoked salmon tartine P GF*	17.75	po' girl P GF*	17.75
cold smoked salmon, boursin cream cheese mousse, fried egg, capers, red onion, open faced on cuban toast. with roasted potatoes		sauteed shrimp, sun-dried tomato aioli, lettuce on cuban bread	
jamaican chicken GF*	17.50	chicken parmesan	15
julienned chicken breast marinated in fiery jerk spices on focaccia. available GF over basmati rice or on chapati		chicken, lightly breaded, marinara, parmesan on cuban bread	
jamaican tofu VG GF*	16.50	spicy bacon cheeseburger GF*	16
housemade tofu in fiery jerk spices on focaccia. available GF over basmati or on chapati		char-grilled beef, bacon, cheddar cheese, spicy aioli, lettuce, tomato, onion on pretzel bun	
sloppy falafel VG GF*	13.50	seitan parm panini VG	16.75
housemade falafel and tomato cucumber relish in pita. vegan		housemade seitan, marinara, and vegan mozzarella on cuban bread. with roasted potatoes. vegan	
selma's favorite fish P GF*	17.50	banh mi VG* GF*	16.75
creole battered whitefish, caper tartar, lettuce on focaccia		vietnamese bourbon braised beef, toasted baguette, spicy aioli, cucumbers on cuban bread. available with vegan beef	
eggplant boursin panini VG	14.25	vegan bayou burger VG GF*	16.75
breaded eggplant, marinara, boursin, mozzarella, cuban bread. with roasted potatoes		char-grilled vegan burger, jakarta rings, creole remoulade and vegan cheese on cuban bread	

entrees

peanut-ginger thai noodles VG GF* 18	mr. krabs P 29
crispy tofu, snow peas, carrots, bell peppers, green onions, rice noodles, peanut-ginger sauce substitute chicken +5, shrimp +8	sauteed whitefish topped with crab cakes in a pesto cream sauce. stir-fried vegetables and basmati rice
crab cakes P 27.50	egyptian kitchen (kusheri) VG 16
pan-sauteed crab cakes, creole remoulade, basmati rice and stir-fried vegetables	traditional dish of egypt: ditalini, lentils, chickpeas, toasted angel hair, basmati rice, fried onions. fiery harissa on the side. vegan add poached eggs +4 add eggplant +4
louis marsala 23.50	pollo nuevo havana 24.50
chicken breast sauteed with mushrooms in marsala wine. with mashed potatoes and shrimp garnish	blackened chicken breast, tamarindo jalapeno sauce, boursin cheese. with basmati rice, stir-fried vegetables. extra boursin +3, substitute whitefish +2
cubean burrito V VG* 17.50	z-man steak GF* 39
cuban black beans and colby jack cheese in a flour tortilla. with chipotle con queso, sour cream, tomato cilantro salsa, and house tortilla chips available vegan +2	blackened beef tenderloin, boursin cheese. with grilled z-potatoes and spinach alfredo. add poached eggs +4
salmon sonesta P GF* 29	the sari wrap VG 16
blackened scottish salmon, sun-dried tomato cream sauce. with mashed potatoes and stir-fried vegetables	indian spiced potatoes, peas, chickpeas, and spinach in tortilla. tomato curry, red onion raisin chutney and raita
ribs of the caribbean GF half 23 full 37	fish tacos P VG* GF* 22.50
smoked pork ribs, mango bbq sauce, and grilled z-potatoes	lightly battered whitefish, mexican rice, pico de gallo, mozzarella, napa coleslaw, avocado, soft corn tortillas and cuban black beans. available vegan with tofu sea filet
empress chicken 21	spicy jamaican tofu VG GF* 16.25
crispy chicken, broccoli, and mushrooms in a sweet red chili oyster sauce. with basmati rice	with brown rice pilaf and cucumber yogurt sauce
east indian paella VG GF* 17.50	moroccan lamb chops GF* 37
julienned snow peas, carrots, red bell peppers, peas, and broccoli in light curry sauce with brown rice pilaf add poached eggs +4	pan-seared lamb chops, moroccan quinoa pilaf, tomato jam, pumpkin mint sauce
curried chicken and shrimp paella GF* 25	east meets south fajitas VG* 29
chicken breast and shrimp, snow peas, carrots, red peppers, and peas in thai inspired, light curry sauce. with brown rice pilaf	beef strips, sauteed bell peppers and onions, mexican rice, sour cream, and guacamole. with indian paratha for wrapping available vegan with vegan beef
capellini marinara V VG* 14.50	shanghai stir-fry VG GF* 18
cappellini, plum tomato sauce, ricotta and mozzarella add chicken +5 tofu +4 shrimp +8	broccoli, snow peas, carrots, and other garden vegetables. with basmati rice. choice of spicy chili garlic sauce or mild black bean sauce. vegan. available gluten free with tamari sauce +1.50. substitute brown rice +1.50 add chicken +5 tofu +4 shrimp +8
tortellini graciella V 21	
cheese tortellini, broccoli, mushrooms, and tomatoes in pesto cream sauce. vegetarian add chicken +5 tofu +4 shrimp +8	

sides

pesto lima beans 4	quinoa pilaf 5.75	house fries 3.50
spinach alfredo 5.75	basmati rice 3	z-potatoes 4
stir fried vegetables 4	brown rice 4.50	mashed potatoes 4.25
vietnamese braised greens 5.75	mexican rice 4	roasted potatoes 4.25

V - VEGETARIAN
VG - VEGAN
GF - GLUTEN FREE
P - PISCATARIAN

V* - CAN BE MADE VEGETARIAN
VG* - CAN BE MADE VEGAN
GF* - CAN BE MADE GLUTEN FREE
R - RAW