

SOUPS

No MSG, yeast, extracts or any type of flavor enhancers.
Soups are not thickened with modified food starches or gums.

Small (12 oz): \$3.99 Large (16 oz): \$4.99

ORGANIQUE COFFEE

All of our coffee and teas are organic. We are socially and ecologically minded and, thus, believe in fair trade, which means that the farmers are paid fairly allowing them to continue providing us with this top-quality drink.

Choice of organic milk, organic soy milk or organic lactose free low fat milk

	Small	Large
Organic Fresh Brewed Coffee.....	\$1.50	\$1.95
Organic Decaffeinated Coffee.....	\$1.60	\$2.05
Organic Flavored Coffee.....	\$1.60	\$2.05
Organic Cafe Latte.....		\$3.25
Organic Vanilla Coffee Latte.....	\$3.45	\$3.95
Organic Chai Tea Latte.....	\$3.25	\$3.75
Organic Cappuccino.....		\$2.95
Organic Mocha.....	\$3.50	\$3.75
Organic Caramel Mocha.....	\$3.75	\$4.25
Organic Espresso.....	\$1.95	\$2.45
Organic Espresso Macchiato.....	\$2.05	\$2.55
Organic Americano.....	\$2.05	\$2.55
Organic Hot Chocolate.....	\$2.75	\$2.95
Organic Iced Coffee.....	\$1.95	\$2.15
Organic Iced Americano.....	\$2.25	\$2.75
Organic Iced Mocha.....	\$3.85	\$4.15
Organic Iced Latte.....	\$3.85	\$4.45

ORGANIQUE TEA

	Small	Large
Certified Organic Full-Leaf Teas.....	\$1.50	\$1.95

Welcome to

ORGANIQUE

*Gourmet Foods for
Health, Convenience, Indulgence*



BREAKFAST

- | | | |
|---|--------|---------------|
| 01. Organic Oat Meal | Small | Large |
| with Organic Milk, Honey and Cinnamon | \$2.00 | \$2.75 |
| (with Fresh Organic Fruits or Nuts or Raisin \$0.75 extra) | | |
| 02. Assorted Cold Organic Cereals with Organic: Skim Milk,
Lactose Free Low Fat Milk or Soy Milk | | \$4.75 |
| with Fresh Organic Fruits, Nuts or Raisin | | \$.0.75 extra |
| 03. Fresh Organic Fruit Salad | | \$3.95 |
| 04. Mixed Organic Fruits, Nonfat Organic Yogurt, and Organic Granola | | \$3.95 |

Cereal with fresh fruit? Or a bagel with one of our delicious organic spreads? No? Hmm...how about an omelet made from the freshest ingredients obtained from local farms? What a better way to start your day?

PASTRIES & BAGELS

- | | |
|---|--------|
| 05. Freshly Baked: Croissants, Scones, Danish and Muffins | \$2.25 |
| 06. Bagels: Whole Wheat, Pumpkinickel, Plain, Everything, Sesame Seed and Cinnamon Raisin | |
| A) with Organic Butter or Organic Jelly | \$1.59 |
| B) with Organic Cream Cheese | \$1.89 |
| C) with Organic Lowfat Cream Cheese | \$1.89 |
| D) with Flavored Organic Cream Cheese | \$2.69 |
| E) with Flavored Lowfat Organic Cream Cheese | \$2.69 |
| F) with Tofu | \$1.89 |
| G) with Flavored Tofu | \$2.69 |
| H) with Peanut Butter and Organic Jelly | \$2.59 |
| I) with Peanut Butter and Organic Banana | \$3.04 |
| J) with Organic Smoked Salmon, Organic Cream Cheese and Cappers. | \$6.79 |
| K) with Organic Smoked Salmon, White Fish Salad, Organic Cream Cheese,
Organic Tomatoes, Sweet Onion Rings and Capers. | \$8.29 |

CREATE YOUR OWN SALAD

a: Chose Your Organic Greens

Crispy Romaine, Fresh Mescaline, Baby Spinach or Arugula **Small \$3.50 Large \$4.50**

b: Chose Your Toppings:

\$0.75 Toss-In Choices

- Organic Alfalfa Sprouts
- Organic Beets
- Organic Broccoli
- Organic Shredded Carrots
- Organic Celery
- Organic Grape Tomatoes
- Chickpeas
- Chinese Noodles
- Cucumbers
- Organic Diced Tomatoes
- Haricot Vert Beans
- Organic Mushrooms
- Organic Onions
- Tri-Colored Peppers
- Watercress
- Organic Radish Red
- Organic Scallions
- Organic Pears

\$1.00 Toss-In Choices

- Organic Crumbled Blue Cheese
- Organic Parmegiano Reggiano Cheese
- Sun dried Cranberries
- Dried Fruits
- Organic Egg Whites Only
- Organic Feta Cheese
- Organic Hard Boiled Egg
- Organic Cheddar Cheese
- Organic Kalamata Olives
- Mandarin Oranges
- Corn
- Roasted Peppers
- Organic Tofu
- Organic Raisins
- Edamame
- Sun dried Tomatoes
- Sunflower Seeds
- Almonds
- Walnuts

\$1.75 Toss-In Choices

- Artichoke Hearts
- Organic Avocado
- Organic Oranges
- Organic Bacon
- Fresh Mozzarella
- Organic Roasted Asparagus

\$2.25 Toss-In Choices

- Organic Baked Salmon
- Shrimp
- Tuna Salad with Organic Celery
- Organic Grilled Chicken Breast
- Fresh Tarragon Chicken Salad made with organic Chicken
- Organic Turkey
- Organic Mushrooms
- Tuna Salad with Capers

Choose Your Dressing

- Organic Olive Oil & Balsamic Vinaigrette
- Organic Sesame Tamari
- Organic Sesame Goddess Vinaigrette
- Organic Herbs De Province Vinaigrette
- Organic Miso Ginger Vinaigrette
- Orange Cranberry Vinaigrette
- Organic Sundered Tomato & Garlic Vinaigrette
- Organic Tarragon Dijon Vinaigrette
- Organic Blue Cheese
- Fat-Free Lemon Herb
- Thousand Island dressing
- Ranch Dressing
- Russian dressing
- Red Wine Vinegar

CREATE YOUR OWN SANDWICH \$8.95

Choose up to 3 Ingredients.
Add \$1.00 for an Additional Ingredient.

Organic Grilled Breast of Chicken
Fresh Tarragon Chicken Salad made with
organic Chicken
Organic Roasted Breast of Turkey
Prosciutto de Parma
Organic Roast Beef
Organic Salami
Organic Ham
Organic Bacon
Organic Turkey Bacon
Organic Smoked Salmon
Organic Roasted Salmon
Tuna Salad
White Tuna Salad
Egg Salad made with Organic Eggs

Choice of Freshly Baked Breads

Ficelle
7 Grain
French Baguette
Semolina Baguette
Focaccia
Pumpernickel
Sourdough
Croissant
Ciabatta
Brioche
Organic Whole wheat
Organic Flaxseed
Organic Sunflower
Organic Gluten Free Whole Grain

Cheese

Organic Ripe Brie Cheese
Organic Plain Goat Cheese
Organic Herbed Goat Cheese
Organic Blue Cheese
Organic Swiss Gruyere Cheese
Fresh Mozzarella Cheese
Smoked Mozzarella Cheese
All Natural American Cheese
Organic Monterey Jack
Organic Feta Cheese
Organic Shaved Parmegiano Reggiano Cheese
Organic Reduced Fat Swiss cheese

Vegetables

Organic Arugula
Organic Alfalfa Sprouts
Organic Avocado
Organic Greens
Cucumber
Organic Celery
Organic Lettuce
Basil
Organic Parsley
Watercress
Portobello Mushrooms
Organic Onions
Roasted Red Peppers
Organic Grilled Vegetables
Organic Grilled Onion
Organic Caramelized Onion
Sun dried Tomato
Granny Smith Apples

Spreads

Humus
Organic Shiitake Mushroom /
Sun Dried Tomato Humus
Organic Sweet Roasted Red Pepper Humus
Eggplant Spread
Organic Olive Spread
Sesame Seed Spread
Organic Blue Cheese Spread
Organic Dill Cream Cheese
Sundered Tomato Spread
Tofu Spread
Horseradish Cream
Farmhouse Chutney
Pesto
Dijon Mustard
Fat Free Nayoanise
Canola Mayonnaise
Dijon Mayo
Chipotle Mayo
Basil Mayo
Organic Olive Oil
Russian dressing
Herb Vinaigrette

EGG SANDWICHES

We Serve Organic Eggs Only

07. 1 Egg on a Roll, Bagel or English Muffins \$1.84
08. 1 Egg Whites on a Roll, Bagel or English Muffins \$2.09
09. 1 Egg with Cheese on a Roll, Bagel or English Muffins \$2.59
10. 1 Egg with Organic Bacon, Organic Ham or Organic Sausage
on a Roll, Bagel or English Muffins \$3.84
11. 1 Egg with Organic Turkey or Organic Roast Beef on a Roll, Bagel or English Muffins . . . \$3.84
12. Egg Benedict: Poached Egg, Ham, Hollandaise Sauce on English Muffin \$5.99
(Substitute Thinly Sliced Smoked Salmon for the Ham \$2.00 extra)

OMELETTES SERVED WITH TOAST

13. Organic Ham and Organic Cheese \$5.34
14. Organic Mushroom Omelet \$3.09
15. Egg Whites, Organic Turkey, Organic Onion,
Organic Tomatoes and Roasted Red Peppers \$6.84
16. Organic Lox, Organic Tomato, Organic Onion Omelette \$7.09
17. Two Eggs (Any Style) \$2.59
18. Extras:
 - a. Organic Mushroom, Organic Peppers, Organic Onion,
Organic Broccoli, Organic Spinach \$0.50
 - b. Organic Smoked Turkey, Canadian Bacon, Organic Ham or Prosciutto \$2.00

CROISSANT SANDWICHES

19. Organic Gouda, Grated Organic Parmesan,
Organic Genoa Salami, Organic Arugula on Croissant \$5.95
20. Organic Ham, Organic Cheese on Croissant \$4.70
21. Organic Polenta, Organic Goat Cheese, Sundered Tomato, Organic Basil \$5.99

HAMBURGERS

Our Burgers are freshly made from organic meat and poultry. Sizzled over a charcoal grill to your taste we serve them with organic lettuce, organic tomatoes and onions on toasted whole wheat buns.

Our 100% Organic Beef is not only richer in Omega 3's and CLA's but has less fat, calories and cholesterol than chicken. Our 100% Organic Beef has been universtiy tested and found to be more tender and flavorful than nonorganic beef. And most importantly our beef comes from very happy cows (well, until, you know...now) that lived on green pastures and were fed the healthiest foods.

- a. Organic beef burger
with organic pickles, organic ketchup, mustard and mayo.....\$7.45
- b. Double Organic beef burger
with organic pickles, organic ketchup, mustard and mayo.....\$10.45
- c. Organic beef burger, organic cheese
Your choice of melted cheese: organic Swiss cheese,
organic cheddar cheese and all natural American cheese\$7.95
- d. Double Organic beef burger, organic cheese
Your choice of melted cheese: organic Swiss cheese,
organic cheddar cheese and all natural American cheese\$10.95
- e. Organic beef burger
with organic sharp blue cheese and green peppercorn mayonnaise.....\$7.95
- f. Organic beef burger
with organic mozzarella cheese, organic pickles and
thousand island dressing\$7.95
- g. Organic beef burger
with organic crisp bacon, organic cheddar cheese and BBQ sauce.....\$8.45
- h. Organic beef burger
with roasted onion, organic cheese and BBQ sauce\$7.95
- i. Organic beef burger
with portabella mushrooms, roasted onion,
organic cheese and steak sauce\$8.45
- j. Organic turkey burger
with organic roasted onion and honey dijon sauce.....\$6.95
- k. Organic salmon burger
with tartar sauce..... \$9.95
- l. Tuna burger
with wasabi mayonnaise and organic pickled cucumber ginger relish.....\$9.95
- m. Boca burger made with organic soy
with organic blue cheese and organic pickles.....\$7.45

Organique Fries \$2.75 Kosher

Finally - delicious fries you can feel good about! AIR BAKED NOT FRIED.

They're made with no hydrogenated oils or preservatives. Go ahead, have some more!

SANDWICHES

A large assortment of sandwiches is available to please even the pickiest eater. And you don't have to feel bad about consuming our food because you can rest assured that everything we have in this shop is made of the healthiest, natural, pesticide- and hormone- free stuff! So go ahead. Enjoy.

- a. Fresh Mozzarella, Organic Tomato and Basil with Organic Olive Oil on Focaccia.....\$7.95
- b. Grilled Organic Vegetables with Basil Mayo on Ciabatta\$7.95
- c. Sliced Hard Boiled Organic Eggs, Organic Avocado, Organic Greens,
Organic Tomato and Sprouts with Herb Vinaigrette on 7 Grain\$7.95
- d. Organic Roasted Turkey Breast, Coleslaw and Russian dressing on Brioche.....\$7.95
- e. Organic Roasted Filet of Beef with Caramelized Onions and
Horseradish Cream on Sourdough\$16.75
- f. Organic Country Ham, Swiss Gruyere, Organic Tomatoes,
Organic Greens with Dijon Mayo on French Baguette.....\$7.95
- g. Organic Egg Salad with Watercress on 7 Grain\$7.45
- h. Organic Grilled Breast of Chicken with Organic Avocado,
Organic Greens and Chipotle Mayo on Baguette\$8.45
- i. Chicken Salad (made with Organic Chicken) with
Fresh Tarragon and Organic Greens on Brioche\$8.45
- j. Organic Herbed Goat Cheese with Roasted Red Peppers and
Organic Red Onions on Focaccia\$8.95
- k. Organic Ripe Brie, Sliced Apples and Farmhouse Chutney on French Baguette\$7.95
- l. Tuna Salad with Organic Celery, Organic Red Onion and Organic Parsley on 7 Grain.....\$7.95
- m. Tuna Salad with Lemon Juice, Capers, Parsley and Organic Olive Oil on 7 Grain.....\$7.95
- n. Prosciutto de Parma, Fresh Mozzarella and
Organic Arugula with Sun dried Tomato Pesto on Semolina Baguette8.95
- o. Organic Smoked Salmon, Sliced Cucumber and
Organic Dill Cream Cheese on Pumpnickel8.95
- p. Organic Roasted Breast of Turkey with Organic Bacon,
Organic Lettuce, Organic Tomato and Mayo on Sourdough Toast\$8.75
- r. Organic Feta, Organic Tomatoes, Cucumber,
Organic Onions and Organic Romaine in a Whole Wheat Pita\$7.45
- s. Buttered Ficelle with Organic Ham, Organic Salami or Gruyere.....\$6.45

PANINI

- t. Organic Goat Cheese, Roasted Red Peppers and
Organic Grilled Onion on Sourdough.....\$7.45
- u. Organic Vermont Cheddar, Granny Smith Apples and Vidalia Onions on 7 Grain\$6.95
- v. Organic Grilled Breast of Chicken, Fresh Mozzarella,
Sun Dried Tomatoes and Basil on Sourdough.....\$7.95
- z. Organic Grilled Vegetables with Smoked Mozzarella and Basil Mayo on Focaccia.....\$7.45