



Soups

Lentil Soup 7

Lentils, carrots, celery, onions and tomatoes in a lentil base

Turnip Soup 7

Shredded turnips, spinach, parsley, green onions and 5 other vegetables and herbs in a vegetable stock

Tuscan Bean Soup 7

Red and white kidney beans, roma tomatoes, and white cabbage in a tomato base



Sandwiches

served with choice of Salad or Grilled Vegetables on Focaccia or Flatbread wrap

Brie 10

Sliced soft brie, mixed greens, tomatoes, pickles, with a apricot jalepeno glaze

Avocado 10

Sliced avocados, lettuce, tomatoes, onions, pickles, with a spicy cilantro spread

Rustic Grilled Chicken 12

Seasoned chicken breast, lettuce, tomatoes, onions, extra virgin olive oil and lemon juice

Mushroom Steak* 12

Grilled tenderloin, sauteed mushrooms, onions and roasted red peppers, with melted cheese

Slo Deluxe Hamburger* 12

All natural ground beef, lettuce, onions and tomatoes on toasted challah bun

Signature Turkey Burger* 12

Seasoned ground turkey mixed with green onions served with apricot jalepeno glaze, mixed greens and goat cheese



Entrees

Zucchini Linguine 10

Linguine tossed with cherry tomatoes, parmesan cheese, extra virgin olive oil, minced garlic and grilled zucchini sprinkled with homegrown basil

Spinach Pesto 10

Penne Rigate tossed with homemade spinach pesto, cherry and sun-dried tomatoes

Pasta Marinara 12

Linguine tossed in house marinara sauce served with grilled asparagus sprinkled with homegrown basil

Celery Stew 14

Celery, spinach, parsley and 5 other vegetables and herbs stewed with top sirloin beef served with basmati rice and grilled vegetables

Ragout D'Aubergine 14

Sauteed Japanese eggplant and sweet onions, yellow split peas, served with basmati rice and grilled vegetables

Chicken Ragout 14

Chicken breast, baby carrots, peas, onions cooked in tomato base served with basmati rice and grilled vegetables

Signature Fillet Kabob* 18

12 oz. Fillet cut and lightly seasoned with salt, pepper, lemon juice and shredded onions served with basmati rice and grilled vegetables

Koobideh Kabob* 14

Two strips of seasoned ground beef and onions, served with basmati rice and grilled vegetables

Signature Grilled Salmon* 18

Wild-Caught grilled Alaskan Salmon grilled and seasoned with lemon, salt and pepper, served with a spicy mango chutney on a bed of mixed vegetables

Seared Sea Bass* 22

Wild-caught Chilean sea bass brushed with butter and parsley seared tender on a bed of mixed vegetables

For parties of 6 or more gratuity is included

*These items may be cooked to order. WARNING: Consuming raw or undercooked eggs, beef, or seafood may increase your risk of foodborne illness. These items may be raw or undercooked.



Appetizers

Hummus 9

Slo Foods Hummus made in house daily

Signature SLO Pizza 9

House marinara sauce, diced tomatoes and onions with mozzarella, provolone and cheddar cheeses melted on top of toasted *Sangyak* flatbread

Vegetable Pie 9

7 different vegetables and herbs in an organic egg base baked into a pie

Signature Kashk Bademjooon 9

Sauteed Japanese eggplant mixed with yogurt and minced garlic

Mozzarella Caprese 9

Hot house tomatoes and mozzarella slices drizzled with a balsamic reduction and extra virgin olive oil topped with home grown basil

Veal Cutlet* 9

Lean ground sirloin mixed with shredded onions, potatoes, turmeric, salt and pepper sauteed in grapeseed oil



Garden

Mediterranean Salad 9

Diced romaine hearts, cucumbers, tomatoes, red onions, with italian parsley and dried mint

Pear Salad 10

Mixed green, sliced seasonal pears, green onions, cherry tomatoes, and cucumbers topped with walnuts and goat cheese

Roasted Corn Salad 14

Spring mix, green onions, cherry tomatoes, goat cheese, served with grilled chicken and roasted corn

Signature Grilled Wild Salmon* 16

Wild-Caught grilled Alaskan Salmon served with a spicy mango chutney on a bed of mixed greens and sauteed mushrooms

Cous Cous Salad 9

Whole wheat cous cous mixed with red bell pepper, garbanzo beans, green onions, roasted corn, and tomatoes served over bed of mixed greens

Signature Roasted Beet Salad 10

Roasted gold and red beets served with mixed greens, sectioned oranges and zest

Grilled Asparagus Salad 14

Romaine hearts, cherry tomatoes, goat cheese served with grilled chicken and asparagus

Shrimp Salad 14

Shrimp seasoned with garlic butter, cherry tomatoes, sauteed mushrooms, on a bed of romaine hearts

Add order of chicken or shrimp 4



Beverages

Water

Bottled or Carbonated

sm. 3 lg. 5

Organic and Natural Sodas 2

Blue Sky Cola, Lemon-lime and Ginger Ale, Limonata and Aranciata, Hansen's Natural Sodas

SLO Juice 5

Cucumber, Celery, Carrot, Pear, Apple, and your choice of Ginger or Cantaloupe

Coffee and Tea 2

Organic Coffee and Assorted Teas

Organic Juices 4

Lemonade, Apple, Orange, Pear, Watermelon, Carrot, Cucumber, or any combination

Blue Lagoon 5

Blueberries, Blackberries, and Strawberries

Espresso 3

Regular, Vanilla, and Caramel Lattes or Cappuccinos

SLO stands for Simply Live Organic. We pride ourselves in preparing, cooking, and serving the highest quality certified organic food. Slo Foods does not age our marinate any of our meat, poultry or fish. Our simple seasonings provide the best combination of flavorful and healthy cuisine.