



EAST WEST CAFE

Since February 1989 East West Cafe continues to offer authentic and delicious Mediterranean dishes. Aromatic and pure cuisine with the mystery of the East and the adventure of the West.
Bless the food.

Wine List

WHITE

Vintage House	Kenwood	5.5
Chardonnay	Taft St.	6.5
* Chardonnay	Frey	7.
Sauvignon Blanc	Simi	7.
Pinot Grigio	Clos du Bois	7.5

RED

Vintage House	Kenwood	5.5
Merlot	Clos du Bois	7.
* Syrah	Frey	7.5
Cabernet Sauvignon	Clos du Bois	7.5
Pinot Noir	Deloach	7.5
Pinot Noir	La Crema	7.5
Zinfandel	Valley of the Moon	7.5

* Frey Wine is Biodynamic, organic- no sulfite

CHAMPAGNE	Korbel	5.5
MIMOSA	with fresh orange juice	5.5

Beers 4. per bottle

Blue Moon
Great White
Sierra Nevada Pale Ale
Boonville Amber Ale
Organic Eel River IPA
Boonville Oatmeal Stout
St. Pauli Girl (non-alcoholic)

Appetizers

The Eggplanter 6. Grilled eggplant and tomato in EVOO, pomegranate molasses, garlic, pita	Lamb over Hummus 9. warm pita bread
Baba Ghanouj 6.5 Baked eggplant, blended with Tahini yogurt dip, garnished with tomato, red onion, olives, warm pita bread	Hummus and Pita 6.5 Creamy garbanzo bean dip garnished with tomato, red onion, olives, warm pita bread
Muhammara 6.5 Fire roasted red pepper, walnut pomegranate dip, in aromatic spices, seeds crackers	Tabouleh 6.5 Fine chopped parsley, tomato, cucumber, onion bulgur, mint, lemon and olive oil
Dolmas 5.5 Six grape leaves rolled with rice, olive oil, lemon and herbs	Fries with Garlic 5.5 Sweet potatoes or French fries, fresh garlic, served with jalapeño ranch

Desserts

Mom's Apple or Blackberry Pie	5.
"Fruit Sweetened" a la mode	7.
Creme Brulée Cheese Cake	5.
New York Cheese Cake	5.
Chocolate Beet Cake	5.
Vegan Cake (ask server)	5.
Baklava with Walnut	2.5
Vanilla or Chocolate Ice Cream	
1 scoop	2. ~ 2 scoops 3.

Soups -vegan-

Cup 3.5 Bowl 5.

Soup and Salad 9.5

Bowl of hearty vegan soup with house salad.

House Salad 6.5

Mixed greens, cucumber, tomato, red onion, carrots, and sunflower seeds.

Dressings: Tahini Lemon, Basil Balsamic Vinaigrette, No Oil Citrus, Ranch style, Blue Cheese.

Gourmet Salads

Caesar Salad 7.5

Romaine lettuce tossed with our Caesar dressing, shredded parmesan cheese and pita crisps.

with grilled chicken breast 12.

with grilled fresh salmon 15.

Greek Salad 9.5

Feta cheese and Kalamata olives over greens with red onion, tomato, cucumber, carrots, and basil vinaigrette dressing.

Rosemary's Garden 10.5

Seasonal grilled vegetables, basil, garlic, and herbs simmered in white wine with a dash of olive oil. Served over greens with brown rice and tahini lemon dressing.

Organic Tofu Salad 9.5

Tofu braised with tamari and ginger. Served over greens with sesame seeds, onion, tomato, cucumber, carrots, and tahini lemon dressing. Tempeh may replace tofu.

Chicken Oriental Salad 10.5

Marinated chicken tenders grilled in our teriyaki sauce. Served over greens with mandarin oranges, sliced toasted almonds, avocado, onion, tomato, cucumber, carrots, and oil free citrus dressing.

Mediterranean Tuna Salad 10.5

Albacore white tuna and capers mixed lightly with mayonnaise. Served over tabouleh and greens with Kalamata olives, and carrots.

Cold Beverages

Fruit Smoothie	4.5
Milk Shake chocolate or vanilla	5.
Lemonade with Honey & Ginger	2.5 3.5
Iced Teas (Ceylon black or organic green)	2.5
Thai Iced Tea, Matte Iced Tea	3.5 4.5
Sprechers Root Beer, Cream Soda, Ginger Ale	2.5
Izze Sparkling Juice or Orangina	2.5
Cock n Bull Ginger Beer	2.5
Calistoga Water	2.5
Pepsi, Diet Pepsi, 7 Up, Orange Soda	2.5

Sandwiches

Choice of potato salad, beet delight, green salad or soup.

Substitute sweet potato or French fries add 1.

Turkey Sandwich 9.5

Sliced smoked free range turkey breast, avocado, tomato, red onion, lettuce, and mayonnaise on organic sprouted wheat or white sourdough.

Tuna Sandwich 9.5

Albacore tuna salad, red onion, tomato, lettuce, and mayonnaise on organic sprouted wheat or white sourdough.

Turkey Pastrami Melt or Tuna Melt 9.5

Free range turkey pastrami or albacore tuna salad, grilled onion and melted cheddar on organic rye bread.

BLT 9.5

Grilled turkey bacon on toasted wheat or white sourdough, avocado, lettuce, tomato, and mayo.

East West Favorites

Choice of potato salad, beet delight, green salad, or soup.

Falafel Pocket 8.5

Falafel patties, lettuce and diced fresh tomato stuffed in pita bread served with tahini sauce.

Grilled Eggplant Sandwich 9.5

Slices of grilled eggplant, grilled onions, feta cheese, and garlic-basil pesto on hand-cut toasted organic wheat bread.

Pineapple Chicken Croissant 9.5

Grilled marinated chicken breast, pineapple rings grilled in tamari and ginger, melted jack cheese, lettuce, tomato, and mayonnaise on a warm croissant.

Aram Roll 8.5

Feta cheese or free range sliced smoked turkey, cream cheese, tomato, red onion, lettuce, black pepper, and zaatar herb blend rolled up in Armenian bread.

Cheese Spinach Quesadilla 9.5

Jack cheese, baby spinach, tomato, and zaatar herb blend in a folded crisp wheat tortilla, side of basil vinaigrette.

East West Burgers

Hearty warm wheat bun, sweet potato or French fries, potato salad, green salad, or soup.

*With cheddar, jack, pepper jack, Swiss cheese 1. each
melted gorgonzola, avocado or mushrooms 2. each*

Beef Burger 10.

Grilled half-pound Niman Ranch beef, red onion, lettuce, tomato, ketchup, and mayonnaise.

Turkey Burger 9.5

Seasoned free range lean turkey patty with red onion, lettuce, tomato, ketchup, and mayonnaise.

Veggie Burger 9.5

Grilled organic vegan vegetable patty, red onion, avocado slices, tomato, lettuce, ketchup, and mayonnaise.

Vegetarian Entrees

Braised Vegetable Plate 9.5

Fresh vegetables braised in our vegetable broth, served over brown rice with melted jack, toasted almonds, tahini sauce, soup or salad.

with tofu or tempeh 11. *with chicken* 12.

Falafel Plate 10.

Four patties of tasty falafel served hot with tahini sauce, tabouleh, hummus, and pita.

Thai Stir Fry 11.5

Braised organic tofu and sautéed oriental vegetables with spicy Thai peanut sauce. Served with brown rice and topped with toasted almonds.

Organic Macro Plate 12.5

Braised tofu or grilled tempeh with vegetables, arame seaweed, black beans, brown rice, hummus and tahini dressing. Also available as a wrap. Soup or salad.

Pasta Primavera 12.5

Penne pasta with broccoli, cauliflower, squash, peppers and onion in our tomato basil marinara with shredded parmesan, garlic bread, soup or salad..

Greek Pasta 12.5

Penne pasta with baby spinach, grape tomato, garlic basil, kalamata olives in extra virgin olive oil, feta cheese crumbles, garlic bread, and soup or salad.

Samosa Wrap 10.

Potatoes, carrots, peas, and rice simmered in our curry tomato sauce. Wrapped in a warm wheat tortilla. Side of apricot chutney and hummus. Soup or salad.

Falafel Wrap 10.

Falafel patties, lettuce, avocado, sliced tomato, hummus, and tahini sauce. Wrapped in a warm wheat tortilla. Soup or salad

Garden Wrap 10.

Fresh seasonal vegetables steamed in our vegetable broth, brown rice, hummus, avocado, parsley, and tahini sauce. Wrapped in a warm wheat tortilla. Soup or salad.

with braised tofu or tempeh 12.

A Traditional Meza Platter

Meza for One 10.

A Mediterranean sampler including three dolmas, three falafels, hummus, muhammara, baba ghanouj, tabouleh, tahini sauce, and pita.

Meza for Two 20.

Includes six dolmas, six falafels, hummus, muhammara, baba ghanouj, tabouleh, tahini sauce, and pita. Served with feta or turkey aram roll cut in half.

Chicken Entrees

Soup or salad. Tofu may replace chicken tenders.

Cashew Chicken 11.5

Grilled marinated chicken tenders, sautéed peppers, onions and toasted cashew nuts in our aromatic teriyaki sauce. Served with brown rice.

Chicken Samosa 11.5

Grilled chicken tenders over potatoes, carrots, peas, and rice simmered in curry tomato sauce. Served with apricot chutney, hummus and pita.

Chicken Fajitas 11.5

Grilled chicken tenders, peppers, onions, cilantro, fresh garlic and salsa. Served with hummus, black bean chili, brown rice, and warm corn tortillas.

Chicken Quesadilla 12.5

Grilled marinated chicken tenders, peppers, onions, cilantro, fresh garlic, salsa, jack cheese, avocado, and black bean chili in a crisp wheat tortilla. Side of sour cream.

Lamb Entrees

Cuts of free range lamb sirloin marinated in spiced yogurt sauce.

Grilled Lamb Salad 13.5

Served over greens with avocado slices, onion, tomato, carrots, and peas. Tahini lemon or basil vinaigrette dressing.

Lamb Quesadilla 15.5

Grilled with onions and peppers. Served in a folded crisp wheat tortilla with melted jack, avocado, a side of sour cream, soup or salad.

Shish Kebab 15.5

Traditional spiced cuts of lamb sirloin grilled on skewers. Served over rice with seasonal vegetables, hummus and pita, soup or salad.

Fresh Fish Entrees

Choice of soup or green salad.

Salmon Plate 15.5

Fresh salmon marinated in Dijon and honey, grilled with a dash of tamari and ginger. Served with seasonal vegetables, brown rice, hummus, and pita.

Pasta Salmon 15.5

Grilled marinated salmon, baked butternut squash with penne in our curry coconut sauce. Garlic basil bread.

Salmon Tacos 15.5

Fresh marinated salmon, cilantro, fresh garlic, avocado, and lettuce in warm corn tortillas. Served with black bean chili, brown rice and salsa.

Fish and Chips 16.

Seared panko flakes breaded wild Mahi Mahi fish fillet, garlic fries, jalapeno ranch, hummus, and pita.

Egyptian Style Fresh Fish 16.

Fresh wild Mahi Mahi fillet with crushed coriander, toasted red pepper, sesame seeds, served with spiced tahini tarator sauce, seasonal vegetables, brown rice, and pita.

Fresh Juices and Smoothies

Fresh Squeezed Orange Juice	3.5	4.5
Fresh Squeezed Carrot Juice	3.5	4.5
Very Berry Smoothie		4.5
Tropical Smoothie		4.5
Sunrise-Honey Smoothie		4.5
Fresh Fruit Salad	3.5	4.5

Organic Coffee and Teas

All organic milk

House Coffee – organic sustainable	2.	
Espresso	2.	3.
Cappuccino	2.5	3.5
Café Latte	3.	4.
Café Mocha	3.5	4.5
Hot Chocolate	2.5	
Milk, Rice or Soy Milk	2.	
Spiced Hot Apple Cider (organic)	3.5	4.5
Chai Baba (regular or decaf)	3.5	4.5
Guayaki Herbal Matte Latte	3.5	4.5
Organic Hot Teas	2.5	
English Breakfast, Earl Grey, Green Leaf, Licorice, Chamomile, Raspberry Leaf, Peppermint, Echinacea, Ginger Aid, Yerba Mate		

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## Sonoma Pancakes - All Day -

All-organic blend of unbleached white, wheat and blue corn flour, buttermilk, and sunflower seeds.

Served with organic maple syrup.

|                                                 |  |     |
|-------------------------------------------------|--|-----|
| short stack                                     |  | 7.5 |
| full stack                                      |  | 9.  |
| short stack with blueberry, raspberry or banana |  | 9.  |
| full stack with blueberry, raspberry or banana  |  | 10. |

## Sebastopolian - Breakfast Only -

Two eggs any style over a pancake. Served with turkey bacon or chicken apple links and organic maple syrup.

|                 |      |                        |      |
|-----------------|------|------------------------|------|
| with 1 pancake  | 9.5  | with berries or banana | 10.5 |
| with 2 pancakes | 10.5 | with berries or banana | 11.5 |

## French Toast 9.

Hand cut organic sprouted wheat or white sourdough dipped in egg cinnamon batter. Served with organic maple syrup, powdered sugar and turkey bacon or chicken apple links.

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Organic Granola - All Day -

banana, milk	6.5
fresh fruit, plain yogurt	7.5

Sides

- Bagel with cream cheese or butter and jam 4.5
- Croissant with butter and jam. - All Day -

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- Two eggs any style
- Country Potatoes
- Chicken apple link
- Egg white scramble 4.
- Turkey bacon
- Tofu scrambled

## Breakfast

Weekdays until 1 pm and weekends until 2 pm.

No substitutions please. Egg whites add 1.

**Tomato wedges may replace country potatoes or toast.**

### Western Style 8.5

Two eggs any style, Willie Bird turkey bacon or chicken apple links. Served with country potatoes, salsa, and toast.

### Huevos Rancheros 9.5

Two warm corn tortillas topped with black bean chili, jack cheese, two sunny side up eggs, avocado, side of country potatoes and salsa.

### Scrambled Florentine 9.

Two eggs scrambled with baby spinach, shiitake mushrooms and zaatar herb blend. With country potatoes and toast.

### Croissant Supreme 9.5

Warm croissant with two eggs, turkey bacon, tomato, avocado, pepper jack or cheddar cheese, country potatoes.

### Tofu Wok 9.5

Organic tofu, oriental vegetables and shiitake mushrooms braised in sesame oil, tamari, ginger, garlic, country potatoes and toast.

### Omelette Wrap 9.

Two egg omelette, country potatoes, grilled peppers, onions, avocado and jack cheese. Wrapped in a warm wheat tortilla.

### Jack Omelette 9.5

Jack cheese, shiitake mushroom and sliced avocado in a three egg omelette. Served with country potatoes, salsa and toast.

### Eastern Omelette 9.5

Fresh parsley blend with three-egg omelette, baby spinach, melted feta, basil and scallions, country potatoes, and toast.

### Turkey Bacon Omelette 9.5

Turkey bacon, avocado, cream cheese, grape tomato in three-egg omelette, country potatoes and toast.

### Salmon Omelette 10.5

Smoked salmon, steamed baby spinach, cream cheese, and green onions in a three egg omelette with a drizzle of hollandaise and avocado, country potatoes and toast.

### Turkey Benedict 10.5

Warm English muffin topped with sliced smoked free range turkey and turkey bacon, two poached eggs and our hollandaise sauce. Served with country potatoes and salsa.

### Salmon Benedict 10.5

Warm English muffin topped with smoked salmon, avocado, two poached eggs and our hollandaise sauce. Served with country potatoes and salsa.

### Veggie Benedict 10.

Warm English muffin topped with avocado, tomato, sautéed shiitake mushrooms, two poached eggs, and our hollandaise sauce. Served with country potatoes and salsa.

### Quesadilla and Fruit 9.5

Jack cheese, avocado, tomato, and zaatar herb blend in a folded crisp wheat tortilla. Served with fresh fruit salad.