

Coffees and Hot Teas

- Organic Coffee 3.
- Espresso (single or double) 3.
- Cafe Latte 4.
- Cappucino 4.
- Café Mocha 5.
- Hot Chai Baba 4. / 5.
- Hot Teas 3.
- English Breakfast, Earl Grey, Green Leaf, Yerba Mate
- Hot Herbal Teas 3.
- Chamomile, Raspberry Leaf, Peppermint, Echinacea, Ginger Aid

Beverages

- Fresh Squeezed Orange Juice 4.5 / 5.5
- Tropical Smoothie 6.5
- Chocolate or Vanilla Milk Shake 7.
- Chocolate Espresso Mocha Shake 7.5
- Thai Iced Tea 5.
- Iced Chai (regular or decaf) 5.

Bottled Beverages

- Perrier Sparkling Water 3.
- Izze Sparkling Juices 3.5
- Cock n' Bull Ginger Soda 3.5
- Sprechers Cream Soda, Root Beer 3.5
- Coca-Cola, Coke Zero, Diet Coke, Sprite 3.

Beer and Cider

- Great White 5.
- Sierra Nevada Pale Ale 5.
- Boonville Amber Ale 5.
- Organic Eel River IPA 5.
- Boonville Oatmeal Stout 5.
- St. Pauli Girl (non-alcoholic) 5.
- Golden State Mighty Dry Hard Cider (Sebastopol, 16oz.) 5.

Desserts

- Chocolate Beet Cake **gf** 7.
- Baklava with Pistacchio or Walnut 3.
- Bakery case goodies also available



Since February 1989 East West Cafe continues to offer fresh, healthy, and authentic pure cuisine joining the mystery of the East with the adventure of the West.
Bless the Food.

Meza Starters

- Hummus and Pita** **v, c** 7.5
Creamy garbanzo bean dip, tahini, lemon, garlic
- Muhamara** **v** 7.5
Fire roasted red pepper walnut dip, aromatic spices, pomegranate molasses. Seeded crackers
- Baba Ghanouj** **c** 7.5
Baked eggplant dip, blended with tahini, yogurt, garlic. Warm pita
- Dolmas** **v, gf** 7.
Six grape leaves rolled with rice, olive oil, lemon and herbs
- Tabouleh and Quinoa** **v, gf** 7.5
Chopped parsley, tomato, cucumber, onion, mint, lemon, quinoa, olive oil
- Beet Delight** **gf** 7.
Shredded baked beets, tahini, yogurt, garlic. Seeded crackers

Any two halves of the above starters 8.

Starters to Share

- Two Shrimp Soft Tacos** **gf** 11.5
Marinated shrimp, melted pepper jack, crunchy cabbage slaw, avocado, organic yellow corn tortilla
- Two Fish Soft Tacos** **gf** 11.5
Wild rockfish, crunchy cabbage slaw, avocado, pomegranate molasses, jalapeño crema
- Two Lamb Soft Tacos** **gf** 12.
Marinated lamb, crunchy cabbage slaw, avocado, tzatziki
- Grilled Chicken over Hummus** **c** 11.
Warm pita
- Mediterranean Fries** **gf** 7.5
Aleppo pepper, garlic, parsley, sumac, jalapeño ranch
- Sweet Potato Fries** **v, gf** 7.
Himalayan salt and ketchup
- Regular Fries** **v, gf** 6.
Ketchup or ranch

v: vegan **gf:** gluten free **c:** could be made gf

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Soup / Salad

Sam's Lentil Soup *v, gf* Bowl **7**.
Whole lentil, kale, tomato, garlic, olive oil, seven spices.

Chef's Daily Soup *v* Bowl **7**.

House Salad **7.5**
Mixed greens, cucumber, grape tomato, red onion, shredded carrots, cranberry, sunflower seeds.

Bowl of hearty soup and House salad. **13.5**

Salad Dressings

Tahini Lemon, Basil Vinaigrette, Ranch, Blue Cheese, Oil Free Citrus.

Entrée Salads

Caesar Salad *c* **10**.
Chopped romaine, our caesar dressing, parmesan, croutons.
Add chicken and cranberry 5.5 Add grilled salmon 8.5

Greek Mosaic Salad *gf* **15.5**
Baby spinach and romaine, feta, roasted beets, kalamata olives, tomato, red onion. Basil vinaigrette.

Grilled Lamb Salad *gf* **17.5**
Marinated grilled lamb served over mixed greens with avocado, tomato, red onion, carrots. Tahini lemon dressing.

Chicken Oriental Salad *gf* **15.5**
Grilled chicken with teriyaki, over mixed greens, cranberry, avocado, red onion, toasted almonds. Oil free citrus dressing.

Shrimp and Quinoa Salad *gf* **16.5**
Pan seared marinated shrimp over mixed greens with quinoa and sliced avocado. Basil vinaigrette dressing.

Mediterranean Tuna Salad *gf* **15**.
Albacore white tuna salad, capers, over tabouleh and mixed greens, kalamata olives, shredded carrots. Basil vinaigrette dressing.

Rosemary's Garden Salad *v, gf* **15.5**
Grilled veggies with basil, garlic, simmered in white wine, dash of olive oil, over mixed greens, organic quinoa. Tahini lemon dressing.

Tofu or Tempeh Salad *v, gf* **15.5**
Braised in ginger-garlic tamari over mixed greens, toasted sesame, avocado, shredded carrots. Tahini lemon dressing.

Sandwiches

Choice of green salad or soup.
Substitute sweet potato or French fries add 1.50
Gluten free bread add 1.

Smoked Salmon *c* **15.5**
Goat cheese, spinach, tomato, grilled onion. Organic rye bread.

Albacore Tuna Melt *c* **14.5**
Sharp cheddar, grilled red onion. Organic rye bread.

BLT *c* **14**.
Grilled turkey bacon, red leaf lettuce, tomato, avocado, aioli. Toasted wheat or sourdough.

Chicken Pesto *c* **14**.
Marinated chicken breast, swiss, parmesan, tomato, red onion, red leaf, pesto aioli. Seeded sourdough.

Pineapple Chicken Croissant **15**.
Grilled marinated chicken breast, pineapple rings grilled in ginger tamari, melted jack, red leaf, tomato, aioli.

Grilled Eggplant Sandwich *c* **14**.
Sliced grilled eggplant, feta, garlic-basil pesto, grilled red onion. Grilled organic wheat bread.

East West Burgers

**Grass-Fed Black Angus Beef,
Free-Range Ground Turkey, or
Organic Vegan Veggie Patty**

Brioche bun, red leaf, tomato, red onion, aioli, ketchup.
Choice of fries, sweet potato fries, green salad, or soup.
Gluten Free Bread add 1.

Classic Burger **13.5**
Add Cheddar, Pepper Jack, or Swiss. **2**.
Add avocado **2**.

Santa Fe Style **15.5**
All the fixings, plus grilled fire roasted ortega chili pepper, pepper jack, and grilled red onions

Naked Burger **14**.
No bun, all the toppings and side grilled vegetables.
Add Cheddar, Pepper Jack, or Swiss. **3**.
Add avocado **2**.

Green Plates

Braised Veggies Plate *gf* **15**.
Fresh vegetables braised in our vegetable broth over brown rice, melted jack, tahini-orange sauce, toasted almonds.
Soup or salad. **Add tofu, tempeh, or chicken. 5.**

Falafel Plate *v, c* **14**.
Four patties of tasty falafel served hot with tahini sauce, tabouleh, hummus, warm pita.

Thai Stir Fry *gf* **16**.
Oriental vegetables and baby kale braised with tofu in semi-spicy coconut-peanut sauce, toasted almonds, brown rice.

Macro Bowl *gf, v* **15.5**
Tofu or tempeh, shiitake mushroom, oriental vegetables, kale, arame seaweed, brown rice, citrus ginger tahini, sesame. Soup or salad.

Land Plates

Soup or salad.

Cashew Chicken *gf* **16**.
Marinated chicken grilled with teriyaki, pineapple, toasted cashews, sautéed peppers, onions. Brown rice or quinoa.

Chicken Samosa *gf* **16.5**
Grilled chicken, potato, peas, carrots, rice or quinoa, simmered in red curry, apricot chutney, hummus, pita.

Chicken Shish Kebab – A Must! *c* **16**.
Grilled skewers of marinated chicken breast, onion, tomato, red peppers, brown rice, tabouleh, hummus, pita.

Lamb Shish Kebab *c* **18.5**
Traditional grilled skewers of marinated free-range local lamb, onion, tomato, red pepper, brown rice, tabouleh, hummus, pita, tzatziki.

A Traditional Meza Platter

Mediterranean Sampler *c* **16**.
Dolmas, falafel, hummus, muhamara, baba ghanouj, tabouleh, tahini sauce, and warm pita.

Ocean Plates

Soup or salad.

Salmon Plate *c* **19**.
Grilled pacific salmon marinated in dijon-honey, vegetables, brown rice, tabouleh, hummus, pita.

Salmon Tacos *gf* **18**.
Fresh Pacific salmon grilled with garlic, cilantro, tomato, local organic corn tortillas, avocado, black bean chili, brown rice.

Fish and Chips **16.5**
Seared, panko breaded wild fresh rockfish filet, jalapeño ranch, hummus, pita, fries.

East West Wraps

Soup or salad.
Wrapped in wheat tortilla
Gluten free tortilla add 1.

Coastal Fish Wrap **15.5**
Seared, panko breaded wild fresh rockfish, melted Jack, crunchy cabbage slaw, avocado, jalapeño crema.

Falafel Wrap *v, c* **14.5**
Falafel patties, red leaf, avocado, pickled turnips, tomato, hummus, muhamara, tahini.

Garden Wrap *v, c* **14**.
Garden vegetables braised in our vegetable broth, hummus, muhamara, avocado, brown rice, parsley.
Add tofu, tempeh, chicken, or feta. **4**.

v: vegan

gf: gluten free

c: could be made gf