

Breakfast

Sonoma Pancakes

Short Stack **10.** Full Stack **12.**
Served with pure maple syrup and butter.
Add blueberries **3.**
Add turkey bacon **4.**
Add 2 scrambled eggs **4.**

Smoked Salmon Benedict **15.**

English Muffin, Fresh Smoked Salmon, Avocado, Two Poached Eggs, Hollandaise, Lemon Wedge.
Seasoned Country Potatoes or Salad.

Veggie Benedict **14.**

English Muffin, Sauteed Baby Spinach, Tomato, Shiitake Mushroom, Two Poached Eggs, Hollandaise.
Seasoned Country Potatoes or Salad.

Jack Omelet **15.**

Three Eggs, Jack Cheese, Shiitake Mushroom. Topped with Avocado and Hollandaise.
Seasoned Country Potatoes or Salad.

Omelet Wrap **14.**

Three Scrambled Eggs, Jack Cheese, Potatoes, Avocado, Black Beans, Fajita Style Grilled Peppers and Onions,
Whole Wheat Tortilla.

Croissant Supreme **14.**

Two Egg Omelette, Sharp Cheddar, Turkey Bacon, Tomato, Avocado, inside warm croissant.
Seasoned Country Potatoes or Salad.

Avocado Tartine **14.**

Two Slices Avocado Toast, Two Poached Eggs, Kalamata Olives, Zaatar.
Salad w Basil Vinaigrette.

Florentine Scramble **15.**

Three Eggs Scrambled with Sauteed Baby Spinach, Shiitake Mushroom, Zaatar.
Seasoned Country Potatoes or Salad.

Tofu Wok **14.**

Tofu or Tempeh Browned in Sesame Oil, Tamari-Ginger, Bok Choy, Napa Cabbage, Kale, Squash, Potatoes.
Side of Apricot Chutney.



*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.*

Starters to Share

Two Shrimp Soft Tacos **gf 12.**

Marinated shrimp, melted pepper jack, crunchy cabbage slaw, avocado, organic yellow corn tortilla

Two Fish Soft Tacos **gf 12.**

Wild rockfish, crunchy cabbage slaw, avocado, pomegranate molasses, jalapeño crema

Two Lamb Soft Tacos **gf 13.**

Marinated lamb, crunchy cabbage slaw, avocado, tzatziki

Mediterranean Fries **gf 7.5**

Aleppo pepper, garlic, parsley, sumac, jalapeño ranch

Sweet Potato Fries **v, gf 7.**

Regular Fries **v, gf 6.**

v: vegan gf: gluten free C: could be made gf

Beverages

Honey Ginger Lemonade **5.**

Iced Tea **4.**

Thai Iced Tea **6.**

Bottled Water **2.**

Perrier Sparkling Water **4.**

Izze – Clementine, Grapefruit, Blackberry **4.**

Root Beer or Cream Soda Sprechers **4.**

Ginger Soda Cock n' Bull **4.**

Enlivened Sparkling Kefir Lemon Ginger **6.**

Organic local Coffee or Espresso **3.**

Cafe Latte or Cappucino **4.**

Café Mocha **5.**

Hot Chai Baba **6.** Iced Chai **5.**

Hot Teas - ask server **3.**

Beer and Wine

IPA, Sierra, Great White **5.**

La Crema Pinot Noir 375ml (two 6.5 oz pours) **18.**

Chardonnay Ferrari Carano 375ml (two 6.5 oz pours) **18.**

Meza Starters

Hummus **v, c 9.**

Creamy garbanzo bean dip, tahini, lemon, garlic. Pita.

Muhamara **v 9.**

Fire roasted red pepper walnut dip, aromatic spices, pomegranate molasses. Seeded crackers

Baba Ghanouj **c 8.**

Baked eggplant dip, blended with tahini, yogurt, garlic. Warm pita

Dolmas **v, gf 8.**

Six grape leaves rolled with rice, olive oil, lemon and herbs

Quinoa Tabouleh **v, gf 8**

Chopped parsley, tomato, cucumber, onion, mint, lemon, quinoa, olive oil

Beet Delight **gf 8.**

Shredded baked beets, tahini, yogurt, garlic. Seeded crackers

Any two halves of the above starters 9.

Downtown Sebastopol, California

Soup / Salad

Sam's Lentil Soup *v, gf* Bowl **8**.
Whole lentil, kale, tomato, garlic, olive oil, seven spices.

House Salad **10**.
Mixed greens, cucumber, grape tomato, red onion, shredded carrots, cranberry, sunflower seeds.

Bowl of hearty soup and House salad. **16**.

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 9.

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

Grilled Lamb Salad *gf* **18**
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* **17**.
Pan seared marinated shrimp over mixed greens with quinoa and sliced avocado. Basil vinaigrette dressing.

Mediterranean Tuna Salad *gf* **16.5**
Albacore white tuna salad, capers, over tabouleh and mixed greens, kalamata olives, shredded carrots.
Basil vinaigrette dressing.

Rosemary's Garden Salad *v, gf* **16**.
Grilled veggies with basil, garlic, simmered in white wine, dash of olive oil, over mixed greens, organic quinoa.
Tahini lemon dressing.

Organic Tofu Salad *v, gf* **16**.
Braised in ginger-garlic tamari over mixed greens, toasted sesame, avocado, shredded carrots. Tahini lemon dressing.

Organic Tempeh Salad *v, gf* **16.5**
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 **2**.
Gluten free bread add 2.

Albacore Tuna Melt *c* **15.5**
Sharp cheddar, grilled red onion. Organic rye bread.

BLT *c* **14.5**
Grilled turkey bacon, red leaf lettuce, tomato, avocado, aioli.
Toasted wheat or sourdough.

Chicken Pesto *c* **14.5**
Marinated chicken, swiss, parmesan, tomato, red onion, red leaf, pesto aioli. Seeded sourdough.

Pineapple Chicken Croissant **15.5**
Marinated chicken, pineapple rings grilled in ginger tamari, melted jack, red leaf, tomato, aioli.

Grilled Eggplant Sandwich *c* **15**.
Sliced grilled eggplant, feta, garlic-basil pesto, grilled red onion.
Grilled organic wheat bread.

East West Burgers

Brioche bun, red leaf, tomato, red onion, aioli, ketchup.
Choice of fries, sweet potato fries, green salad, or soup.
Gluten Free Bread add 2.

Turkey Burger **14**.
Add Cheddar, Pepper Jack, or Swiss. **2**.
Add avocado **2**.

Beef Burger **14**.
Add Cheddar, Pepper Jack, or Swiss. **2**.
Add avocado **2**.

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

Santa Fe Style Burger **17**.
All the toppings, plus roasted green chili and pepper jack.

Naked Burger **16**.
No bun, all the toppings with side grilled vegetables.
Add Cheddar, Pepper Jack, or Swiss. **2**.
Add avocado **2**.

Green Plates

Braised Veggies Plate *gf* **16.5**
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* **14.5**
Four patties tasty falafel served hot with tahini sauce, tabouleh, hummus, warm pita.

Thai Stir Fry *gf* **17**.
Bok Choy, napa cabbage, kale, squashes braised with tofu in semi-spicy curry coconut-peanut sauce, toasted almonds, brown rice.

Macro Bowl *gf, v* **17**.
Tofu or tempeh, shiitake mushroom, bok choy, napa cabbage, kale, squashes, arame seaweed, brown rice, citrus tahini sauce, sesame. Soup or salad.

Land Plates

Soup or Salad included.

Pineapple Cashew Chicken *gf* **17.5**
Marinated chicken grilled with teriyaki, pineapple, toasted cashews, sautéed peppers, onions, over brown rice.

Chicken Shish Kebab – A Must! *c* **17**.
Grilled skewer of marinated chicken, onion, tomato, red peppers, brown rice, tabouleh, hummus, pita.

Lamb Shish Kebab *c* **19**.
Traditional grilled skewers of marinated free-range local lamb, onion, tomato, red pepper, brown rice, tabouleh, hummus, pita, tzatziki.

Ocean Plates

Soup or Salad included.

Salmon Plate *c* **21**.
Grilled pacific salmon marinated in dijon-honey, vegetables, brown rice, tabouleh, hummus, pita.

Salmon Tacos *gf* **19**.
Fresh Pacific salmon grilled with garlic, cilantro, tomato, local organic corn tortillas, avocado, black bean chili, brown rice.

Fish and Chips **17.5**
Fresh rockfish filet, panko breaded and pan seared, hummus, pita, fries, jalapeño ranch.

East West Wraps

Soup or Salad included.
Wrapped in wheat tortilla **Gluten free tortilla add 2**.

Coastal Fish Wrap **16.5**
Fresh rockfish filet, panko breaded and pan seared, melted Jack, crunchy cabbage slaw, avocado, jalapeño crema.

Chicken Fajita Wrap *c* **15.5**
Grilled chicken, peppers, red onion, garlic, cilantro, tomato, black bean chili, hummus, brown rice.

Falafel Wrap *v, c* **15**.
Falafel patties, red leaf, avocado, pickled turnips, tomato, hummus, muhamara, tahini.

Garden Wrap *v, c* **15.5**
Garden vegetables braised in our vegetable broth, hummus, muhumara, avocado, brown rice, parsley.
Add tofu, tempeh, or chicken. **5**.

A Traditional Meza Platter

Mediterranean Sampler *c* **18**.
Dolmas, falafel, hummus, muhamara, baba ghanouj, tabouleh, tahini sauce, and warm pita.

Kids Menu 6. each

- **Grilled Cheese (choose wheat or white)**
 - **Rice, Beans, Cheese Burrito**
 - **Cheese Quesadilla**
 - **Pita Pizza**

Desserts

Baklava with Pistacchio **3.5** **Two Baklava** **6.5**
Chocolate Beet Cake *gf* **7.5**
German Chocolate Cake Vegan **6**.
Date Cookie Vegan with Honey **3.5**
Peanut Butter Chocolate Chip Cookie **3.5**
Chocolate Chip Cookie **3.5**
Gluten Free Chocolate Chip Cookie **4**.
Anzac Fruit, Nuts, Oats Cookie **3.5**

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C: could be made gf