

## LIGHT BITES

ALSO FUN TO SHARE!



### MA'S NACHOS \$7.95

Organic tortilla chips heaped with melted cheddar cheese, seasoned organic black or pinto beans, guacamole, sour cream, green onions, diced tomatoes, green chiles and sliced black olives. Served with a side of fresh salsa.

### HUMMUS AND PITA \$5.50

Two whole-wheat pita triangles served with a traditional garlic hummus. ♥

### GRILLED VEGETABLE QUESADILLA \$7.95

Two organic whole-wheat chapatis filled with cheddar cheese, grilled zucchini, eggplant, and green chiles, topped with guacamole, sour cream, tomatoes, green onions and olives. Served with fresh salsa on the side.

### TAHINI & RAW VEGGIES \$6.25

A variety of fresh raw veggies with our signature tahini dressing for dipping. ♥

## SOUP & SALAD



Served with Ma's bread, biscuit or our homemade wheat-free corn bread or brown rice. Dressings include our homemade balsamic vinaigrette, poppyseed, cilantro jalapeno or tahini. Low-fat ranch and fat-free selections also available.

Tuna, "Diet Lite" Tuna , or "Chicken-Free" Salad may be added to any salad for \$2.25

### SOUP OF THE DAY

Ask your server for today's featured special.

**CUP \$3.75 BOWL \$4.25 QUART TO GO \$7.50**

### HOUSE SALAD

A bed of organic mixed greens topped with grated carrots and beets, cucumber, tomato and mushrooms. ♥

**SMALL \$4.75 LARGE \$7.25**

### CUP OF SOUP & SMALL HOUSE SALAD COMBO \$6.25

Large dinner salad or bowl of soup add \$1.50.

### GREEK SALAD \$9.25

A Mediterranean delight! Imported feta cheese and kalamata olives, artichoke hearts, tomato, cucumber and red onion on a bed of organic mixed greens.

### MA'S VEGETARIAN CHILI & CORN BREAD

Ma's homemade high-protein remedy in an authentic zesty sauce. Made with organic kidney beans.

**CUP \$3.75 BOWL \$4.25 QUART TO GO \$7.50**

### SPRINGTIME SALAD \$9.25

A colorful selection of broccoli, cauliflower, avocado slices, grated beets and carrots, mixed sprouts, tomato, cucumber, sunflower seeds, and mushrooms atop organic mixed greens.

### GILBY'S TAQUITO SALAD \$8.95

Grilled soy "chicken" taquitos on top of organic mixed greens with feta cheese, avocado slices & tomato. Served with Gilby's signature cilantro jalapeno dressing

### COBB SALAD \$9.50

A hearty salad of organic mixed greens topped with soy turkey, boiled egg, tomato, avocado, crumbled bleu cheese and soy bacon bits.

### MOM'S FIESTA SALAD! \$9.25

A mound of organic mixed greens topped with guacamole, cheddar cheese, sliced black olives, sour cream, tomato, and your choice of blackened organic tofu cubes, soy "chorizo", organic pinto or black beans. Served with a side of fresh salsa.