



Ask us what is organic today.

It is our commitment to provide you with the freshest natural foods available—where you can taste and feel the difference. For your health's sake, all meals are prepared fresh daily and are made to order.

MA'S FUN FOOD FACTS:

What is *Organic*? Food produced by farmers who emphasize the use of renewable resources and the conservation of soil and water to enhance environmental quality for future generations. Organic meat, poultry, eggs, and dairy products come from animals that are given no antibiotics or growth hormones. Organic food is produced without using most conventional pesticides; fertilizers made with synthetic ingredients or sewage sludge; bioengineering; or ionizing radiation.

What is *Vegan Cuisine*? Vegan cuisine does not contain animal products or by-products (including honey).

♥ Denotes *vegan* items on menu, however, many items can be modified to be *vegan*.

Agave Nectar – A natural sweetener extracted from the blue agave cactus.

Arame – A thin, mild Japanese seaweed rich in iron, calcium and other minerals.

Brown Rice – The most balanced of all cereal grains. Unpolished, whole brown rice is higher in minerals, protein and flavor than white rice.

Daikon – A long, white radish usually used in Asian cuisine.

Fakin' "Bacon" – A soy-based meatless bacon.

Gimme Lean – A soy-based meatless sausage.

Gomashio – Used as a table condiment. Made from sea salt and sesame seeds.

Miso – A fermented salty tasting soybean paste.

Sea Salt – Natural salt obtained from the ocean from evaporated seawater.

Seitan – Made from the protein of whole wheat, it has a "meaty" consistency with no saturated fat or cholesterol.

Soyrizo – A soy-based spicy Spanish sausage.

Tempeh – A fermented soy product with a chewy texture and nutty flavor. It's rich in protein, fiber and minerals.

Tahini – A seed butter made from ground sesame seeds, a main ingredient in Hummus and Baba Ghannouj.

Tamari – We use organic Tamari that is low in sodium and contains no wheat.

Tofu – A soybean curd made from cultured, cooked and ground soybeans.

TVP (textured vegetable protein) – High protein nuggets made from soy flour.

Udon – A Japanese style noodle made from whole wheat, unbleached white flour and salt.

Vegenaise – An eggless salad and sandwich spread.

We welcome any suggestions you may have regarding how to make your dining experience more enjoyable.

* An 18% gratuity will be added for parties of 8 or more.

Full menu not available at all locations.

THE BEST OF HEALTH TO YOU!