

# STARTERS & SIDES

## PONCHO'S QUESAVILLA

Loaded with grilled vegetables, caramelized onions and melted (non-soy) cheeses. A Native version of a quesadilla. Truly revolutionary. 6.95

Add Native Chicken 2.50

Add Tanya's Blackened Tempeh 1.50

## CHILI CHEESE FRIES

Native fries smothered in our homemade chili. Topped with Native Cheese and diced red onions. 5.95

## NATIVE SEASONED FRIES

Thinly-cut potatoes cooked in pure vegetable oil and dusted with a fun blend of garlic and spices. 2.95

## MINI-GREENS SALAD

Salad greens, beets, carrots, sprouts, sunflower seeds, croutons and balsamic vinaigrette. 4.95

## DAILY SOUP

Made by Chef Tanya and never from a can! Fresh every day, the only way!  
Cup 2.95/Bowl 4.95

## NATIVE CHICKEN WINGS

Our crispy battered Native Chicken wings. Ranch dressing on the side. 6.95

## NATIVE NACHOS

Freshly made tortilla chips covered in black beans, Native Taco Meat, Native Cheese, salsa, and guacamole. Topped with corn, green onions, and cilantro. 7.95

## CRISPY SWEET POTATO FRIES

Simply sprinkled with seasoned sea salt just right. 3.95

## NATIVE CHILI

A custom blend of white beans and Native chili meat simmered with tomatoes and special spices. Topped with Native Cheese and diced red onions. Served with a hunk of freshly-made cornbread. Cup 3.95/Bowl 5.95

### WHAT IS QUINOA?

A supergrain from South America. High in protein and was considered to be "the gold of the Incas."

# ENTREE SALADS

## NATIVE CHINESE CHICKEN SALAD

Local romaine and crunchy cabbage tossed with citrus ginger vinaigrette, jasmine rice and corn. Topped with roasted sesame seeds, green onions and cilantro. 9.95



## SOY AMIGO TACO SALAD

A blend of romaine, cabbage, Native Taco Meat, and salsa fresca. Topped with corn, green onion, cilantro, tortilla chip croutons. Served with our original creamy chipotle dressing on the side. 8.95

Soy good with avocado 1.00

## ENSALADA AZTECA

Fresh avocado, cucumber and jicama salsa atop organic quinoa, romaine and Chef Tanya's award winning mango lime vinaigrette. Topped with currants, toasted pumpkin seeds and cilantro. 9.95

## OC RAW CHOPPER

Freshly chopped mixed veggies, seasonal greens, pomodoro, avocado, almonds, angel hair beets and sprouts. Served with manna bread and lemon garlic oil dressing on the side. 9.95

Proteinize with red or black beans 1.00

### DAILY SPECIALS

Why? Because you love them! Inquire. Add any dessert for 1.95.

WORLD-FAMOUS HOMEMADE SEITAN AND TEMPEH • FRESHLY-

# EARTH BOWLS

Our full-flavored, hearty variety of vegetables, greens, grains, sauces and Native (M)Eats in one big bowl.

## GANDHI BOWL

Chef Tanya's Tempeh, blackened on a bed of jasmine and brown rice. Topped with organic greens, steamed veggies, wild curry sauce, cranberries and green onions. 8.95

## MAD COWBOY

Seasoned grilled vegetables atop a baked potato with ranch dressing, sprinkled with country corn and green onions. Your choice of BBQ Tempeh or Native Chicken. 9.95

## ROCKIN' MOROCCAN

Our grilled, savory Native Chicken with spicy ginger Moroccan marinade, grilled veggies and quinoa. Topped with currants and tasty toasted almonds. 9.95

## SOUL BOWL

Southern fried Native Chicken with hearty red beans and "jazzman" rice, steamed veggies, organic greens, dressed with ranch and BBQ sauce and served with freshly-made cornbread. 9.95

## HOLLYWOOD BOWL

Ginger-marinated seared tofu spears over organic brown rice, steamed veggies, and organic greens with our tangy freshly roasted peanut sauce. 8.95

## GREEK GYRO

Our thinly sliced peppered Seitan sautéed with shallots on organic quinoa, steamed vegetables, organic greens, lemon garlic sauce and hummus. Served with grilled flatbread. 9.95

### ADD IT ON!

It's our pleasure to add to any Entree your choice of side salad, Native Fries, sweet potato fries, soup or steamed organic kale. 1.95

# CHEF TANYA'S SEASONAL SPECIALS

Inspired by my travels, guests, friends and general cravings! Please enjoy,

*Chef Tanya*

## PERSONAL (ITY) PIZZAS

On our fabulous organic wheat crust...



### NATIVE MARGHERITA PIZZA

Mama's homemade marinara recipe, sliced tomatoes, pumpkin seed pesto, and melted mozzarella. 7.95

### VERY VOLUPTUOUS VEGGIE PIZZA

Creamy pesto, grilled veggies, steamed greens, and roasted pumpkin seeds with a balsamic drizzle. 7.95

Add Tanya's Blackened Tempeh 1.50

## OKLAHOMA BACON CHEESEBURGER

Our thinly sliced original Seitan, melted cheddar, caramelized onions, crispy tempeh bacon on a bun slathered with BBQ sauce and ranch dressing, lettuce, carrots, onions, and tomato and topped with crunchy battered dill pickle chips. 9.95



### BL TEASE

Creamy avocado slices, tempeh bacon, lettuce, tomato, carrots, onions, and mayo on sprouted organic whole wheat toast. The standard sandwich recreated by Chef Tanya and loved by Natives for over 10 years. 7.95



SUGGESTIONS FOR NATIVE NEWBIES, OUR FIRST TIME GUESTS.

# HANDHOLDS

Our burger buns are organic, whole grain and made fresh daily!

## PORTOBELLO AND SAUSAGE BURGER

Juicy grilled portobellos, our homemade Seitan sausage, pomodoro, caramelized onions, sweet roasted garlic, creamy pumpkin seed pesto and mayo. 9.95

## VEGGIE-MIGHTY-VITA BURGER

Our famous Tempeh patty topped with our secret sauce, pickle, onions, carrots, beets and sprouts. 100% angus friendly! 8.95

Add avocado or caramelized onions 1.00

## BAJA SURF TACOS

Our sea-friendly "fish taco." Two soft grilled corn tortillas stuffed with Tanya's crispy battered Tempeh, homemade surfer sauce, salsa fresca, shredded cabbage and guacamole. 7.95

## TWISTER WRAP

Organic greens, fresh avocado and cucumber salsa, creamy chipotle sauce and your choice of crispy or grilled Native Chicken. 9.95



## CHICKEN RUN RANCH BURGER

Crispy battered Native Chicken, ranch dressing, lettuce, carrots, and onions. What everyone would eat if chickens ran the ranch! 9.95

## SCORPION BURGER

Chef Tanya's original burger! Homemade Tempeh blackened with chipotle sauce, lettuce, carrots, avocado and onions. 8.95  
Add caramelized onions 1.00



## TIJUANA TACOS

Two soft grilled corn tortillas filled with Native Taco Meat, Native Cheese, salsa fresca, lettuce and guacamole. How the saying 'Cravin' Native' started. 7.95

### WHAT IS NATIVE CHEESE?

Rainforest cashews and sunflower seeds, whipped creamy with garlic, spice, and everything nice!

# DRINKS

Each Native beverage is freshly made each day from Chef Tanya's original recipes. Free refills! 2.50

## LAVENDER LEMONADE

French lavender steeped with fresh lemons. Sweetened with organic sugar.

## WATERMELON FRESCA

Fresh watermelon, a touch of mint. Sweetened with agave.

## NATIVE ICE TEA

Organic hibiscus and wild berry tea. Sweetened with agave.

## SEASONAL SELECTIONS

Latest creations from Chef Tanya! Inquire!

# BEER AND WINE

Organic, natural and local selections available at most locations.

## CHIMAY

Deep amber with a full-bodied flavor. 7.25

## STONE PALE ALE

San Diego's twist on the classic British ale. 4.50

## BOONT AMBER ALE

Medium-bodied ale with rich flavor. 4.50

## ALLAGASH WHITE

Light and smooth. Great anytime! 5.25

## GREEN TRUCK SAUVIGNON BLANC

Lemon peel and orange blossom. 5.50/19

## PAUL DOLAN CHARDONNAY

Pear, citrus, and vanilla spice. 7.50/23

## GREEN TRUCK PETITE SYRAH

Dark cherries and plum. 5.50/19

## PAUL DOLAN PINOT NOIR

Wild berries, vanilla and toasted oak. 7.50/23

OLESTEROL FREE • DRESSINGS AND SAUCES MADE IN-HOUSE

# DESSERTS

All desserts are dairy-free, cholesterol-free and refined sugar-free. 2.95

## CHOCOLATE LOVE PIE

Thick and lustfully creamy chocolate filling in a delicious spiced almond crust.

## CHEESECAKE

A rich cream cheesy filling, ginger granola crust, sweetened just right with organic sugar. Served with blueberries on the side.

## BOOGIE BARS

A banana bread loaded with almonds, oats, coconut, chocolate chips and jungle vanilla. Sweetened with agave and maple syrup. Makes you boogie!

## GOOD LUCK CUPCAKES

Made in-house using the finest organic ingredients including fair-trade cocoa powder, flour, sugar, and trans-fat free veggie shortening. Flavors include Chocolate, Vanilla and Cardamom Rose.

## PEANUT BUTTER PARFAIT

Whipped organic creamy peanut butter filling layered between Boogie Bar crumbs and chocolate chips. Agave sweetened.

# KIDS ARE COOL!

All meals include a kid's drink. For children 10 and under. 4.95

## NATIVE CHICKEN NUGGETS

Cup o' nuggets with a scoop of brown rice, dipping veggies and ranch dressing.

## BRONTOSAURUS BURRITO

Black beans, shredded cheese, sliced avocado with a fruity garnish.

## CHIMPANZEE PIZZA

Organic pizza crust, homemade marinara and melted cheese. Banana slice garnish. Little chimps swing for it.

## FREDDIE'S MAC AND CHEESE

Organic quinoa "super" pasta with a cow friendly cheese sauce and broccoli trees. Soy and wheat free.

# A RECIPE FROM CHEF TANYA!

## THREE SISTERS STEW (Serves 4-6)

- 1 cup pinto beans
- 1 onion, chopped into 1/2" pieces
- 1 small winter squash, peeled and chopped into 1 inch pieces
- 2-3 ears corn, cut off the cob
- 1-2 Tbsp white miso, dissolved in 1 cup of warm water
- Fresh Italian parsley, or cilantro and chopped green onions for garnish

Soak beans overnight or for 4-6 hours.

Drain water and rinse and add 3-4 cups water and bring to boil and simmer one hour or until beans are soft. If you get a foam, skim it off. Put squash on top of beans (make sure there is about 2 inches of liquid over beans, if not add a little more water) and cook until tender 10-15 minutes. Then stir in corn and miso. Adjust seasoning by adding a touch of sea salt if necessary. This should be nice and thick.

Serve with tortillas, corn bread or other great grain.