



Real Food Daily

ORGANIC VEGAN CUISINE

Because your time is precious and your good health is priceless

STARTERS & SMALL PLATES

LENTIL-WALNUT PATÉ

Unique and unusual with tofu sour cream, crudités and wheat free crackers 10.25

HUMMUS AND PITA

House made chickpea dip made with sundried tomatoes 10.25

NOT-CHOS

Our version of this beloved dish, good as a snack or a meal 11.75
W/ TACO MIX ADD 2.75

SEA CAKE

Savory vegetable and sea croquette with pesto and sweet chili aioli 8.95

WABI SABI ROLLS

Light and refreshing spring rolls with wasabi dipping sauce 8.95

BLT TARTINE

Open-faced sandwich on toasted sourdough with balsamic tossed salad greens 9.95

NORI MAKI

Vegetable sushi with tamari dipping sauce, pickled ginger and wasabi
5 PIECES 6.95 10 PIECES 10.95

SOUPS, BREADS & SPREADS

Country Vegetable Miso • Soup of The Day CUP 3.95 BOWL 5.25

Corn-Grain Bread or Hemp Bread 2.25

SPREADS Tahini Miso • Carrot Cumin 1.95 • Bread 'n' Spread 3.75

SALADS

YIN YANG

Crunchy cabbages, vegetables and edamame tossed in a velvety peanut dressing 12.75

COLD SOBA

Add buckwheat noodles to our Yin Yang salad 12.95

FARM CHOP

Seasonal vegetables, avocado, salad greens, your choice of dressing 12.75

BBQ TOFU CHOP

Add barbeque tofu and shredded cashew cheese to our Farm Chop 14.75

MEXICALI CHOP

Pinto beans, crunchy vegetables, avocado and lime-cilantro dressing 13.75

HOUSE

Salad greens and lettuces, carrots & beets with choice of dressing 7.95

CAESAR

Our spin on this traditional salad with wheat-free blue corn croutons 8.25

ADD ONS FOR YOUR SALAD 2.75

Blackened Tempeh • Tempeh Bacon • Marinated Tofu • Grilled Tofu • Edamame

Avocado 1.95 • Wheat-Free Blue Corn Croutons 1.25

Shredded Cashew Cheese SM 1.75 LG 3.50

BURGERS, SANDWICHES & WRAPS

Served with tossed house or Caesar salad. Salad may be substituted with one item from the basic vegetable or grain list for an additional charge of 2.50.

RFD BURGER

Tempeh vegetable patty, sautéed onions, lettuce, tomato with homemade ketchup on rustic roll 10.75

BURGER WITH THE WORKS

RFD burger plus avocado, tempeh bacon and our melted cashew cheese 14.75

TOTAL REUBEN

Tempeh, our tofu cheese, sauerkraut, thousand island dressing on rye 11.75

THE CLUB *triple decker or in a wrap*

Crispy seitan, tempeh bacon, avocado with a smear of veganise on sourdough or let us wrap it 13.75

SPICY BLT WRAP

Just like it sounds deliciously rolled in a spinach wrap 10.75

GRILLED VEGGIE WRAP

Your choice of grilled tofu or portabella mushroom with seasonal squashes and sun-dried tomato pesto 11.75

CAESAR WRAP

Blackened tempeh and avocado tossed with our Caesar salad 10.75

LIVING WRAP

Collard green wrap with red pepper sunflower spread, cukes, guacamole and salad greens with citrus herb dressing 10.75

ADD ONS FOR YOUR SANDWICH OR WRAP

Tempeh Bacon 2.75 • Tofu Cheese Spread 2.75 • Avocado 1.95

Plain or Jalapeno Cashew Cheese SM 1.75 LG 3.50

SEASONAL SPECIALS

MEXICO CITY TACOS

Two crispy tacos with chili beans and tempeh smothered in a smoky chipotle cheese with jicama slaw and rice 15.95

MOMMA MIA WOTTA LASAGNA

Roasted vegetables and tofu cheese lasagna with pesto crostini and arugula and fennel salad 15.95

FLY AWAY WITH ME TONIGHT

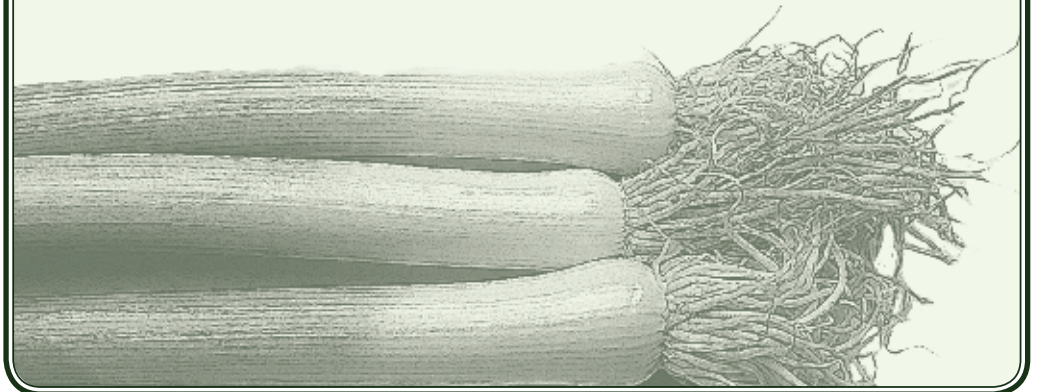
Cubano spicy seitan, arugula pesto and mojo verde sauce with coconut red beans and rice and roasted sweet potatoes 15.95

BURGER IN A SALAD

Black bean veggie burger topped with spicy remoulade and caramelized onions on baby greens 14.95

SOUTHWESTERN FAJITA CHOP

Grilled seitan, onions and peppers on our Southwestern Chop with chipotle ranch dressing and spicy tortilla strips 14.95



MAIN COURSES

TV DINNER

Tempeh vegetable loaf with mashed potatoes, gravy and daily vegetables 13.95

SALISBURY SEITAN

Southern-style wheat meat cutlets with mash pots, gravy and Caesar salad 13.25

STIR IT UP

Julienne vegetables lightly sautéed with ginger garlic sauce over your choice of brown rice, soba noodles or daily greens 12.95

FETTUCINI ALFREDO

Toss in sautéed broccoli and red peppers, served with toasted garlic bread 12.95

TAC-O' THE TOWN

Two corn tortillas filled with our seasoned taco mix served with all the fixins 14.25

SUPREME BURRITO *wet or dry*

Rice, beans, bacon and cheese and more 12.95 W/TACO MIX ADD 2.75

EL BANDITO ROJO

Gluten-free corn enchiladas, seasoned tempeh and salsa roja with rice, beans and guacamole 13.95

PIZZA YOU CAN EAT-ZA

Gluten and yeast free corn meal crust topped with two vegan cheeses with garlicky greens and white beans 14.25

REAL FOOD

Based on the principles of macrobiotics, the 'Real Food Meal' is a balanced selection of foods representing the five elements of Eastern health philosophy. To maintain the integrity of the plate, please only one substitution.

REAL FOOD MEAL

Brown rice, beans, daily greens, land and sea vegetables, pressed salad and one dressing or sauce 14.95

REAL FOOD BARGAIN

The Real Food Meal with a cup of miso or soup of the day, slice of corn grain bread and spread 16.95

BASICS

BASIC TWO 7.95 • BASIC THREE 9.95 • BASIC FOUR 11.95 • BASIC FIVE 13.95

Choose a dressing or sauce. The first one is on us, after that there is an additional charge.

Choose from one to five of the following items to create your own dish.

VEGGIES 4.25

VEG OF THE DAY

DAILY GREENS

GARLICKY GREENS

SEA VEGETABLES

PRESSED SALAD

POTATO SALAD

MASHED POTATOES W/GRAVY

HOUSE OR CAESAR SALAD

BEANS & GRAINS 4.00

BROWN RICE

MILLET & QUINOA

SPECIALITY GRAIN

SPANISH RICE

SOBA NOODLES

BEANS OF THEDAY

BLACK BEANS

PLANT PROTEINS 4.75

Only 1 protein per Basic

TEMPEH

Reuben • Blackened • Enchilada Mix

TOFU

Marinated • Grilled • BBQ

SEITAN

Salisbury • Club • Taco Mix

DRESSINGS & SAUCES

All dressings and sauces are made fresh on the premises 1.50

DRESSINGS House • Caesar • Balsamic • Living Citrus • Ranch • Lime Cilantro • Wasabi

SAUCES Peanut • Ranchero • Herb Tomato • Hickory BBQ • Golden Gravy

FRESH JUICES & BEVERAGES

FRESHLY MADE JUICES 6.95

VERDE all things green -or- sweet green with apple	RED HEAD beet, carrot, celery, apple	MUTT JUICE a little of everything	POWER C carrot, celery, orange juice
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SIMPLE CARROT • WHOLE APPLE • 100 % ORANGE JUICE
Ginger Root or Lemon Boost 50¢

HOMEMADE LEMONADE 5.95

Plain • Ginger • Kale 'n' Cuke • Arnold Palmer

AGAVE SWEETENED SODA 3.95

Root Beer • Cola • Ginger Ale • Lemon Lime

BOTTLED DRINKS 5.95

Synergy Kombucha • Still or Sparkling Mineral Water (750ml)

ESPRESSO 2.75 AMERICANO 2.75

LATTES 4.95

Caffe • Chai • Yerba Maté • Teccino

ICED TEAS 3.95

Açai Berry • Kukicha

HOT TEAS 3.95

HOUSE TEA: Kukicha

Breakfast Black • Jasmine Green • Turkish Spice Mint • Sweet Desert Delight

SMOOTHIES 6.95

CHOCO BERRY Strawberries, banana, raw cacao, berry juice, agave nectar	ANTIOXIDANT Açai berry bar, mixed berries, banana, berry juice	TROPICAL Mango, pineapple, banana, coconut H2O	POWER GREEN 7.95 Berries, banana, macro greens, raw almonds, flax seeds, coconut H2O
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TEMPTING MILK SHAKES 6.95 *soy & gluten free*

CHOCOLATE Chocolate fudge hemp ice cream, hemp milk	VANILLA Vanilla hemp ice cream, hemp milk	STRAWBERRY Add strawberries to the vanilla shake
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ADD-ONS 1.25 Macro Greens • hemp protein • raw cacao

WINE & BEER

ORGANIC WHITES

Chardonnay Terra Robles • Paso Robles 2009 • 9 | 27

Pinot Grigio Brumaio • Terre di Chianti Italy 2009 • 8 | 24

Bordeaux De Lagarde • France 2008 • 8 | 24

Gruner Veltliner BioKult • Austria 2008 • 8 | 24

Sauvignon Blanc Patiana • Mendocino 2009 • 10 | 30

Sparkling Stellar Organics • South Africa 2011 • 8 | 24

ORGANIC REDS

Cabernet Sauvignon Terra Robles • Paso Robles 2009 • 9 | 27

Sangiovese Brumaio • Terre di Chianti Italy 2009 • 8 | 24

Malbec-Syrah Buenas Ondas San Juan • Argentina 2009 • 10 | 30

Pinot Noir Patiana • Mendocino 2007 • 13 | 39

Meritage Robert Hall • Paso Robles 2006 • BOTTLE ONLY 60

BEERS

BUTTE CREEK • 5

Pilsner 12 oz 4.5%

Pale Ale 12 oz 5%

Porter 12 oz 6.1%

EEL RIVER

Blond Ale 12 oz 5.8% • 5

Açai Wheat 22 oz 4% • 12

I.P.A. 22 oz 7.2% • 12

NEW PLANET *gluten free* • 6

Tread Lightly Ale 12 oz 5%

Raspberry Ale 12 oz 5%



And don't forget dessert!
Ask your server about our delectable treats!

INFORMATION

OPEN SEVEN DAYS A WEEK

Hours: 11:30AM – 10PM; Sunday Brunch: 10AM – 3PM

ONLINE ORDERING

Order your take-out online @ realfood.com

DELIVERY

Coming Soon

CATERING

From party platters to full service catering, view our catering menu online @ realfood.com

COOKBOOKS AND GIFT CARDS

For sale in the restaurants or online @ realfood.com

We take reservations for parties of six or more and add an 18% taxable service charge.

We accept cash, American Express, Visa, MasterCard and RFD Gift Cards.

Prices are subject to change without notice. 05/12

SUNDAY BRUNCH 10AM - 3PM

BRUNCH PLATES

Served with choice of hash browns or fresh fruit

RFD BENEDICT

Savory herbed tofu, sautéed spinach, tomatoes and corn hollandaise on sourdough bread with tempeh bacon 13.95

SEA CAKE BENEDICT

RFD Benedict on top of our savory Sea Cake with balsamic tossed salad greens 14.95

THE WEEKENDER

Scrambled tofu, our cashew cheese and tempeh bacon with a half order French toast -or- two pancakes 14.25

BREAKFAST BURRITO

Almost the entire kitchen sink topped with Ranchero sauce, our cashew cheese, guacamole and pico de gallo 13.75

SCRAMBLES

Made with fresh tofu, scrambled with onions and peppers, served with toast & choice of hash browns or fresh fruit

NO-HUEVOS RANCHEROS

Corn tortillas topped with scrambled tofu, Ranchero sauce, avocado w/ black beans and pico de gallo 10.95

AVA B 'N' CHEEZ SCRAMBLE

Just like it sounds, with sun-dried tomatoes scrambled in 12.95

SAUSAGE SCRAMBLE

Add chipotle seitan sausage and our melted cashew cheese 12.95

BUILD YOUR OWN SCRAMBLE 8.75

ADD ANY ITEM BELOW 1.25

Black Beans • Sun-dried Tomatoes • Fresh Tomatoes • Pico de Gallo
Spinach • Onions • Red Peppers • Ranchero Sauce

ADD ONS FOR YOUR SCRAMBLE

Avocado 1.95 • Guacamole 1.95 • Melted Cashew Cheese 1.75

Tempeh Bacon 1.75 • Chipotle Seitan Sausage 1.95

OFF THE GRIDDLE

Served with vegan buttery spread and pure maple syrup

PANCAKES *stack of 3* 8.95

Gluten and wheat free, made with almond flour with blueberries or bananas 1.50

BIG 'OL WAFFLE

Gluten and wheat free made with almond flour topped with soywhip and fresh berries 8.95

FRENCH TOAST

Rustic bread soaked in vanilla soy flaxseed batter 9.95

PLATTERS

Served with choice of hash browns or fresh fruit and tempeh bacon

Pancake or Waffle Platter 12.95 • French Toast Platter 13.95

BREAKFAST BASICS

FRUIT PLATE

Comprised of fresh seasonal fruits 7.95

AÇAÍ GRANOLA BOWL

Sambazon açai berry, granola, bananas, berries and drizzled agave nectar 8.95

RFD GRANOLA

with bananas and berries 6.95

CREAMY OATMEAL

Cooked to order – quick oats and quinoa with bananas and berries 6.95

THE CALIFORNIAN

Granola or oatmeal, scone or muffin, one hot tea or coffee beverage 10.95

THE CONTINENTAL

Scone or muffin, fruit, one hot tea or coffee beverage 7.95

HOUSE BAKED GOODS

Wheat-free Muffin 3.25 • Cinnamon Bun 3.75 • Scone 3.75

OUR FOOD

Our food is balanced according to Eastern health philosophies and heart-healthy Western nutrition recommendations and is made from fresh vegetables, fruits, whole grains, plant-proteins and high-quality natural condiments. Farmers using certified organic farming methods grow nearly all of our produce and ingredients.

Our food is made fresh in our restaurant and bakery kitchens, by hand, with skill, good energy and love. Except for a few items, we do not buy pre-made food products. The few items purchased from outside suppliers are made from high-quality organic ingredients in a “hands on” kitchen environment.

Our food is free of: animal products (flesh, dairy, eggs, butter, cholesterol, saturated fats), preservatives, pesticides, artificial sweeteners, food dyes, trans-fats, soy-isolates and genetically modified organism (GMOs).

Our water is softened, passed through charcoal filters and then purified through a triple reverse osmosis filter. We add back a balanced mix of minerals producing healthy, pleasant tasting water used in our food and beverages and served to you for drinking.

While we do offer gluten-free and nut-free dishes, our kitchens are not gluten or nut-free environments. Please inform your server if you have any food allergies as not all ingredients are listed on the menu. Our servers are well educated about the ingredients we use and will navigate you through our menu.

ENJOY AND CHEW WELL!