

Welcome to the Oasis Café

Serving Lunch 11am-3pm Wednesday-Sunday

Located within Awakening Health Center, 51 Independence Street, Berkeley Springs

SALADS and PLATTERS

Organic Mixed Greens Salad.....\$ 4.59

Mixed greens, grated carrot, cucumbers, tomatoes, scallions

Sesame Noodles with Vegetables.....\$ 5.89

Seasoned tofu, cukes, carrot, scallions, microgreens atop cold noodles with garlic ginger tahini sauce

Tabbouli Salad.....\$ 3.69

Bulghur, parsley, scallions, tomatoes, lemon juice and olive oil served with pita triangles

Hummus.....\$3.09

Chickpeas, tahini, garlic and lemon juice and spices served with carrot and celery sticks

Tabbouli and Hummus Platter.....\$ 6.59

Tabbouli, hummus, dolmas, kalamata olive, and feta served with pita triangles

Side Salad Offerings Changing Daily

Asian Slaw.....\$3.29 8oz, \$ 4.99 16oz

Shredded Cabbage, carrot, scallions in a shitake sesame vinaigrette

Bulghur Pilaf with Mushrooms.....\$ 3.29 8oz, \$ 4.99 16oz

Bulghur, onion, mushrooms, pumpkin seeds and currants in a sesame tamari dressing

Confetti Quinoa Salad.....\$ 3.29 8oz, \$ 4.99 16oz

Quinoa, black beans, corn, parsley, scallions and bell pepper with an oil and vinegar dressing

Creamy Curry Cauliflower and Pea Salad.....\$3.29 8oz, \$ 4.99 16oz

Cauliflower, peas, scallions and celery in a curried yogurt sauce

Cucumber and Black-Eyed Pea Salad.....\$ 3.29 8oz, \$ 4.99 16oz

Cucumbers, black-eyed peas, red bell pepper, red onion, black olives and feta in olive oil and lemon juice dressing

Organic Fruit Salad.....\$ 3.29 8oz, \$ 4.99 16oz

A delicious blend of fresh organic fruit (and seasonal when possible)

SANDWICHES

Sandwiches served with choice of spelt pretzels or organic carrot and celery sticks and side of deli salad of the day

Floating Cloud Pita.....\$ 5.99

Seasoned Tofu, grated carrot, cucumber, sprouts, atop baby spinach with Goddess dressing

Northern Lights Pita.....\$5.79

Raw milk cheddar cheese, red onion, tomato, spinach, cucumbers, dill horseradish mayo

Falafel Pita.....\$ 5.39

Falafel, grated carrot, Romaine lettuce drizzled with cucumber yogurt sauce

Club Sandwich.....\$ 6.19

Smoked Tofurky, Veg. Bacon, Romaine, tomato, avocado with Vegenaïse

Hummus and Microgreens.....\$ 4.49

Homemade Hummus, grated carrots, microgreens, scallions in a pita

Egg Salad Sandwich.....\$ 4.29

Organic hard-boiled eggs with Vegenaïse and Romaine and scallions on your choice of bread

Bread choices are Spelt, Rye, Ezekiel, Pita or Whole Wheat Tortilla

Soy Cheese available upon request

SMOOTHIES and SPECIAL DRINKS

Mango Lassi.....\$ 3.79

Mango Puree & Juice, yogurt and a touch of agave served over ice

Chilly Chai.....\$ 2.79

Rooibos Chai blend and Almond milk with a touch of Agave served over ice

Blueberry Acai Smoothie.....\$ 4.69

Blueberries, banana and acai fruit blended with Agave and Kefir

Strawberry Banana Hemp Smoothie.....\$ 3.79

Strawberries, Bananas, Almond Milk, Hemp Protein Powder blended with Agave

Kiwi Greens.....\$ 3.89

Kiwi, banana, super greenfoods powder blended with Apple juice, Agave and ice

Green Tea Granita.....\$ 3.29

Green Tea and Pomegranate juice blended with Agave and ice

BEVERAGES

- Bottled Mineral Water (Gerolsteiner).....\$ 1.59
Bottled Tea (Assorted Flavors).....\$ 1.99
Bottled Sodas (Reeds Premium Ginger Brew or Virgil's Root Beer).....\$ 1.99
Bottled Kombucha (Assorted Flavors)..... \$3.99
Hot Tea (out of the box).....\$ 1.49 or \$4.39 for pot w/3 bags (coming soon)
Sage Moon Blended Teas.....\$ 1.99
Organic French Roast or Decaf Coffee.....\$ 1.59
Organic Hot Cocoa or Coffee Alternative.....\$ 1.79

YOUNG PEOPLE'S MENU

Young People's Sandwiches served with Spelt pretzels and carrot and celery sticks

Banana Face Sandwich.....\$2.99

Peanut or Almond Butter, banana and raisins on your choice of bread

Veggie Kid Wrap.....\$3.59

Hummus or Cream Cheese on a tortilla served with a variety of colorful veggie shapes, kids create their veggie wrap, then roll up and eat lunch!*

Bean and Cheese Wrap.....\$ 3.29

Refried beans and shredded cheese on a tortilla served with lettuce, tomato and microgreens

Carrot and Raisin Salad.....\$2.59

Shredded carrot, golden and purple raisins in a sweet creamy dressing, great way to eat veggies

* soy cream cheese available upon request

-Prices subject to change without notice-

At Oasis Café we try to source the best possible ingredients and use Organic foods in almost every menu item. We are proud to offer you take out containers that are recyclable and/or biodegradable as much as possible. We want to work with you if you have a particular food allergy so talk to us and we'll do our best to fix you something right up.

Our salads are also available as deli items to take home and enjoy.

Consider us for catering your next special event!

Thank you for visiting Oasis Café.
We hope that you enjoy your meal and come again soon!

258-9200