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**Starters**

**"Nuckinfulz"**

**Relax with a delicious blend of creamy nutmilk made from a blend of cashew nuts, sprouted almonds and sprouted sweet apricot kernels and seasonal fruits.**

**Snacks**

**Enjoy roasted sprouted soy beans, mild and spicy  
Roasted sprouted sunflower seeds plain and chili  
Plain dry roasted sprouted "no-fat" peanuts**

**Appetizer**

**Wonder Bean**

**Pop these succulent sprouted sweet lupins soaked in brine right into your mouth**

**Scup**

**Joseph's soon to be famous "Eight Pea Scup" made with sprouted Black Eye, Green, Yellow, Maple, and Dunn Peas, fresh sugar and snap peas, dolloped with sour cream on a floating bed of white sprouted onions further topped with sprouted peanuts and toasted hemp seed.**

**Salad**

**Probably a world's first, thirty varieties of nutritious sprouts grown especially for your eating pleasure: alfalfa, red clover, broccoli, cabbage tronchuda, cabbage Cape spitz, cabbage glory of Enkhuizen, Chinese cabbage, canola, brown mustard, chickpeas, fenugreek, garden beet crimson globe, garden beet detroit dark red, garden beet early wonder, Japanese radish, lentils large green, lentils small green, lentils brown, mung beans, onion leek, onion red, onion white, onion spring, peanuts, sunflower seeds and swiss chard. Fresh cut yellow mustard, flax and poppy seed.  
Sprinkle with roasted soy and sunflower, top with nutritional yeast, tamari, honey mustard dressing and toasted and raw hemp seed.**

**Bread**

**"Bible Bread" or "Essene Bread" based on a recipe dating back to ancient Cuamram, home of the dead Sea Scrolls and said to be the staple type of bread during the period of Jesus.  
Made with sprouted wheat, raisins and hemp seed. Especially good when toasted.  
Anal's Pita Bread - white and whole wheat**

**Mains**

**A mezze of humus, made from sprouted chickpeas, tahini, and variety of Mediterranean accoutrements.  
Curried sprouted chickpeas  
Whole fish smoked salmon topped with fresh hemp cilantro pesto.**

**Dessert**

**Vice Cream- A dairy-less blend made from sprouted almonds, apricot kernels and seasonal fruits.**

**Beverage**

**Solar made iced tea - Organic Green tea with mint  
And Organic Rocibes with Earl Grey.**