

Freshies SCRUMPTIOUS APPETIZERS

Available after 3:00

Grilled Portobello Mushrooms - 9.95

Grilled Portobello mushrooms topped with red curry, basil pesto, carrots and coconut.

Tempura Vegetables with a spicy, peanut dipping sauce - 9.95

A variety of veggies battered in our original rice flour Tempura, fried up light and crispy and served with a spicy peanut dipping sauce.

Erik's Croquettes or 'magical potato balls' - 8.95

Organic Russet potatoes, shredded then mixed with sour cream, garlic and cheddar, rolled and tempura fried.

Good Old Red's Full Pound of Country Style Pork Spare Ribs - 12.95

Slow baked and then grilled, fallin' off the bone with our zesty Hawaiian style BBQ.

Seaweed Salad - 3.95

Sweet Potato and Quinoa Cakes - 8.95

Simple and delicious recipe of toasted organic quinoa, shredded sweet potatoes, olive oil, herbs and spices. Griddled golden brown and served with sweet chile garlic sauce and slaw.

Edamame - 4.95

Very Hot Wings:

Boneless Breast of Organic Chicken - 10.95 Or Tempeh - 8.95

Organic breast of chicken or tempeh fried crisp, tossed with extra spicy sauce and served with Bleu cheese dressing.

My Tri Fries - 6.95 bowl/ 4.95 boat

Yams, sweet potatoes and organic Russets freshly cut and fried crisp with a sprinkle of Caribbean spices.

Golden Fried Tender Calamari Steak - 12.95/6.95

Tempura Calamari strips served with homemade cocktail and fresh lemon.

Organic Russet French Fries - 5.95/3.95

TACOS

Fried Shrimp Tacos - 4.25/14.95

Fish Tacos - 3.75/13.95 Chicken Tacos - 3.75/13.95

Kalua Pork Tacos - 3.75/13.95

Tofu Tacos - 3.25/11.95 Tempeh Tacos - 3.25/11.95 Portobello Tacos - 3.25/11.95

2 corn tortillas with shredded cabbage, cheese, tomatoes, and our spicy, Chipotle tartar sauce. Two taco platter is served with organic rice and beans, chips, salsa and slaw.

Your options, from mildest to spiciest:
grilled, fried, blackened, Jamaican Jerk or VERY HOT Buffalo style.

