

STARTERS


- Chips & Guacamole** 6
- Hummus & Veggie Plate**   Seasonal veggies, kalamata olives and focaccia bread with house-made hummus 8
- Artichoke, Spinach and Broccoli Dip**
Served with grilled focaccia and a side of veggies 8
- Fruit Plate**   10

SANDWICHES

Served with Soup Du Jour or House Salad
Bowl of French Onion, add \$ 1

- The GourMelt**
Smoked Gouda, Jack cheese, red onion, tomato, spinach, pickles and aioli. Served with roasted beets and fruit 10.5
- Rainbow Falafel**
Two grilled falafel patties, cucumbers, kalamata olives, tomatoes, green onions, feta and Jack cheese wrapped in a flour tortilla. Choice of hummus or creamy parmesan. Served with fruit 11.5
- Ann Arbor Chicken ***
Marinated and grilled chicken breast with avocado, tomato, lettuce, melted cheese and aioli. Served with chips 11
- Turkey Cobb ***
Turkey, bacon, melted cheese, lettuce and tomato. Topped with aioli and served with chips 11.5
- Pesto BLT ***
Classic BLT with house-made pistachio pesto. Served with chips 11
- Guacamole Veggie Burger**
Quinoa and wild rice burger topped with grilled vegetables, cheese, guacamole and a chipotle sauce drizzle. Served on corn chips with a side of sesame brussels sprouts 12
- Supreme Veggie Burger**
Quinoa and wild rice burger served on toast with aioli, topped with grilled mushrooms, red onions and melted swiss. Served with sesame brussels sprouts. 11.5

SOUP & SALAD

- French Onion**
Vegetable stock, swiss cheese and croutons . . . 6.5
- Soup Du Jour** Cup . . . 4 Bowl . . . 6
- Soup & Salad**
Soup Du Jour Cup . . . 6 Bowl . . . 8
French Onion 9
- ~ ~ ~
- House Salad**   4.5
- Mandarin Salad ***  Mixed greens, mandarin oranges, cashews, avocado, red onions and your choice of grilled chicken, tofu or tempeh 12
- Hot Quinoa & Wild Rice**  House made quinoa and wild rice burger served over mixed greens with avocado, roasted beets, raisins, almonds and feta 12
- Spinach & Arugula**  Fresh spinach, arugula, raisins, strawberries, apples, onions, feta, candied pecans and parmesan cheese 11
- Greens & Grains**   Warm brown rice, seeds and vegetables turned in tamari on a bed of mixed greens 10
- Falafel Salad**  Mixed greens, two grilled falafel patties, onions tomatoes, cucumbers, feta and Jack cheese . . . 10.5
- Hot Chicken or Tempeh**  Mixed greens topped with grilled veggies, tomatoes, cucumbers, brown rice and grilled chicken or tempeh 10.5
- Beet & Bleu**  Roasted beets, bleu cheese, apples, tomatoes, cucumbers, walnuts and polenta croutons on mixed greens 11

Dressings

Creamy Parmesan, Sweet & Savory Venetian, Balsamic Vinaigrette, Miso, Dressing Du Jour

Check out our table display for cocktails, desserts, and seasonal specials!

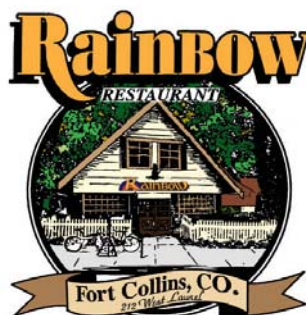


Gluten Free



Vegan

* These items are cooked to order. Consuming raw or undercooked meats, poultry, seafood or eggs may increase your risk of foodborne illness.



Rainbow Restaurant



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FAVORITES

Served with Soup Du Jour or House Salad
Bowl of French Onion, add \$2

- Ali Baba**  
Lettuce wraps with grilled chicken or tofu, veggies, cilantro and pistachios. Served with peanut and sesame dipping sauces and a side of fruit 11.5
- Chicken Pesto *** 
Chicken breast, grilled tomatoes, red onions, pistachio pesto and melted cheese. Served with sesame brussels sprouts and polenta topped with marinara 13
- Peanut Cashew Veggies**  
Stir-fried vegetables and cashews tossed in a peanut sauce, served over brown rice. Choice of chicken, tofu or tempeh 12
- Sesame Vegetables**  
Stir-fried vegetables and your choice of chicken, tofu or tempeh in sweet sesame sauce. Served over brown rice and topped with sesame seeds 12.5
- Sweet Potato Latkes**
Sweet potato latkes topped with homemade apple sauce, sour cream and green onions. Served with sautéed spinach, grilled tofu and fruit 12.5
- Sweet Potato Burrito**
Roasted sweet potatoes, poblanos, tofu, black beans and cheese. Topped with red chili and cilantro crema 11.5
- Burrito Platter**
Chicken or tempeh, chiles, cheese, sour cream, lettuce, tomatoes, onions and olives. Served with rice and black beans 11.5
- Poblano and Cheese Enchiladas**
Two enchiladas smothered in red chili sauce. Garnished with lettuce, tomatoes, sour cream, guacamole, onions and olives. Served with rice and black beans 12
- Spinach Quesadilla**
Spinach, cilantro, mushrooms, feta, Jack cheese, tomatoes and green onions 11
- Thai Peanut Pasta** 
Linguini, veggies and cashews, tossed in a sweet Thai peanut sauce 11.5
Add chicken, tofu or tempeh for \$2
- Linguini Etc.**
Tomatoes, fresh spinach, scallions, mushrooms and linguini in a sun-dried tomato and basil cream sauce 12.5
Add chicken, tofu or tempeh for \$2
- Spanakopita**
Spinach and cheeses wrapped in filo dough and baked. Served with vegetable rice and topped with house-made cheddar cheese sauce 12
- Tempeh Sauté**  
Fresh sautéed spinach, mushrooms and tempeh. Served with rice and black beans, garnished with scallions and tomatoes 11.5

Locally based and family owned since 1976, The Rainbow Restaurant is located in the heart of Fort Collins, Colorado. We specialize in breakfast, lunch and catering with our expansive selection of traditional fare, vegetarian, vegan and gluten free options.

Because we believe the best dining experiences are those backed by passion, care and love, every dish is house-made from start to finish and is prepared with only the freshest ingredients. With that, we are confident you will love our food as much as we do!

BEVERAGES

Specialties

- Fresh Squeezed Carrot Juice**
Large 5 Extra large 6
- Colombian (OJ + Carrot Juice)** 5
- Chai Tea - Bhakti or 3rd Street** . . . 4.5
- House-Made Hot Chocolate** 3.5
- Strawberry-Banana Smoothie**
Small 4 Large 5.5
- House Ginger Ale (made to order)** . . . 3
- ~ ~ ~
- Orange or Grapefruit Juice** 3.5
- Apple, Cranberry, Pineapple, V-8** . . . 3
- Lemonade** 3
- Strawberry Lemonade** 3.5
- Milk - Whole, Skim, Soy, Almond** . . . 2
- Soft Drinks (cans)** 2.5
- Coffee - Regular, Hazelnut, Decaf** . . . 2.75
- Iced Teas**
Regular, Orange Cinnamon, Blueberry . . 2.75
- Hot Teas** 2.75
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| Orange Cinnamon | Green Tea |
| Bolder Breakfast | Earl Grey |
| Coconut Cabana | Meditative Mind |
| Blood Orange Smoothie | Organic Peppermint |

SIDES

- Brown Rice** 2
- Steamed Veggies** 3.5
- Quinoa** 2.5
- Black Beans** 2
- Grilled Tofu or Tempeh (Locally Made)** . . . 3
- Bacon/Canadian Bacon/Ham** 3
- Chicken Breast** 4
- One/Two Sweet Potato Latkes** 3/5
- Quesadilla** 3
- Avocado** 2
- Guacamole** 3
- Sour Cream** 1.5
- Hummus** 3
- Pumpkin Bread** 3
- Bagel** 2 w/ Crm Cheese 2.5
- Wheat Toast or Gluten Free Bread** 2
- English Muffin** 2
- Vanilla Yogurt** 2.5
- Fruit Cup** 4