

Appetizers

Chips and Salsa	\$3.95
Rainbow Nachos <i>Green chilies, onions, tomatoes, cheese, jalapenos, black olives, and salsa - WOW!</i>	\$6.95
Syracuse Snacker <i>An open faced quesadilla with jack and feta cheese topped with artichoke hearts, onions, tomatoes, olives, mushrooms with a side of marinara</i>	\$6.50
Santa Fe Quesadilla <i>An open faced quesadilla with avocado, onions, tomatoes, olives, green chiles, and lettuce, served with salsa</i>	\$6.50
Hot Stuffed Mushrooms <i>Savory spinach and cheese make this a tasty treat</i>	\$6.95
Baked Brie <i>Brie and fresh basil coated with bread crumbs, then baked to perfection. Served with sliced fruit and grilled foccacia bread</i>	\$7.25
Veggie Plate <i>With hummus and creamy parmesan dressing</i>	\$6.50

Soups

French Onion <i>Our own vegetable stock with onions, croutons and swiss cheese</i>	\$4.95
Soup Du Jour <i>Always homemade</i>	cup \$3.50 bowl \$4.50
Soup and Salad <i>Dinner salad and a fresh roll</i>	cup \$6.25 bowl \$7.50

Salads

Our salads begin with a bed of fresh lettuce, shredded carrots, red cabbage, and tomatoes. Served with a fresh roll.

Mandarin Salad <i>Mixed Greens with mandarin oranges, cashews, avocado, red onion, roasted tofu or grilled chicken and crispy noodles</i>	\$8.50
Spinach Salad <i>Fresh spinach, croutons, feta cheese, red onions, cucumbers, apples, olives, parmesan cheese, and sliced egg</i>	\$8.50
Greens and Grains <i>A delicious combination of brown rice and veggies turned in tamari with sunflower, sesame, and pumpkin seeds on mixed greens</i>	\$7.50
Rainbow Salad <i>A Rainbow ensemble of jack cheese, artichoke hearts, mushrooms, avocado, and black olives on mixed greens</i>	\$8.50
Falafel Salad <i>Mixed greens with two falafel patties, feta and jack cheeses, onions, and cucumbers. Served with our creamy parmesan dressing</i>	\$8.50
Oriental Chicken or Tempeh Salad <i>Teriyaki chicken or tempeh on mixed greens with pineapple and veggies. Includes rice and sesame seeds</i>	\$8.50
Hot Chicken or Tempeh Salad <i>A bed of mixed greens topped with steamed vegetables, warm brown rice, and grilled chicken or tempeh strips. We suggest creamy parmesan dressing ...</i>	\$8.50
Dinner Salad	\$3.95
Fruit Plate	\$7.25

**DRESSINGS - Miso, Creamy Parmesan,
Spicy Tomato, Balsamic Vinaigrette, Sweet and Spicy Venetian**



Rainbow Favorites

Served with soup du jour or salad, and a fresh roll.

- Peanut and Cashew Veggies** *Stir fried veggies, tofu, and cashews in a spicy peanut sauce, served over brown rice* \$9.95
Replace Tofu with Chicken or Tempeh \$10.75
- Sesame Vegetables & Tofu** *A great combination in an exotic sesame sauce* \$8.95
Replace tofu with Chicken or Tempeh \$9.95
- Steve's Choice** *Black beans, brown rice, and sauteéd tofu make this a simple and delicious meal. Served with a warm tortilla, and garnished with tomato* \$7.95
For the perfect condiment add salsa or red chili \$8.95
- Tempeh Sauté** *Fresh sauteéd spinach, mushrooms, and tempeh served with black beans and rice, garnished with tomato* \$9.50
- Sicilian Chicken or Tempeh** *Grilled chicken or tempeh burger topped with marinara sauce and melted mozzarella. Served with a side of ziti etc.* \$11.25
- Chicken Pesto** *Grilled breast of chicken topped with our pistachio basil pesto, tomatoes, and melted mozzarella cheese. Served with pasta and marinara sauce* \$11.25
- Veggie Crepes** *Our new recipe with broccoli, spinach, mushrooms, and sundried tomatoes. Served over seasoned rice with our basil parmesan sauce* \$10.50
- Ali Baba** *Lettuce wraps with grilled tofu, onions, cilantro, and pistachios. Served with two dipping sauces* \$8.95
- Focaccia Pesto Pizza** *The name says it all! Grilled bell peppers, onions, mushrooms, olives, tomatoes, feta and jack cheeses make this a most unique pizza* \$9.50
- Spanakopita** *Spinach and cheeses baked in phyllo dough. A Mediterranean favorite. Served with veggie rice, and topped with basil parmesan sauce* \$9.95
- Falafel** *Falafel patties, cucumber, olives, tomato, onion, feta and jack cheeses, wrapped in a tortilla. Your choice of hummus or creamy parmesan dressing* \$9.75



Sandwiches

Served with soup du jour or salad

- Ann Arbor Chicken** *A marinated chicken breast grilled to perfection, served with avocado, tomatoes, lettuce, melted cheese, and a creamy parmesan dressing* \$9.50
- Turkey Cobb** *Bacon, turkey, lettuce, tomato, and cheese stacked and melted on toast with dijon mustard. With a side of fruit* \$9.95
- Tempeh Ranger** *A seasoned tempeh patty grilled and topped with melted cheese. Served with pickles, lettuce, tomato, onions and parmesan dressing* \$8.95
- The Supreme Portabello** *Portobellos grilled with peppers, onions, spinach, tomatoes, feta, jack, and roasted tofu on focaccia bread.* \$10.50

a la carte - subtract \$1.00
1/2 orders are 2/3 the price



Fabulous Fruit Crepes
A crepe filled with fresh fruit and vanilla yogurt. Sprinkled with homemade granola and topped with whipped cream.
\$8.25

Pasta

(Served with soup du jour or salad, and fresh roll)

- Rainbow Lasagna** *Layered with spinach and topped with basil parmesan & marinara sauce. Served with sauteed veggies* \$9.95
- Ziti Etc.** *Tubular pasta, fresh basil and veggies in a creamy sun dried tomato sauce make this a delightful meal* \$9.95
- With tofu** \$10.70
- With chicken or tempeh** \$11.95
- Pistachio Pesto Pasta** *Artichoke hearts, tomatoes, peppers, onions, olives, and pasta tossed with our unique pesto of pistachios and basil. This is heaven!* \$10.95
- With grilled tofu** \$11.95
- With chicken or tempeh** \$12.95
- Thai Peanut Pasta** *Linguini with cashews, tofu, and a medley of vegetables in a spicy peanut sauce* \$9.75
- Replace Tofu with Chicken or Tempeh** \$10.95



Southwest Specialties

(Served with soup du jour or salad)

- Spinach Quesadilla** *Fresh spinach, cilantro, onions, mushrooms, jack and feta cheeses between grilled flour tortillas. Served with salsa* \$9.50
- Salastada Refritos** *Tostada with refried beans, grilled tofu, tomatoes, lettuce, avocado, red chile, and sour cream* \$8.50
- With chicken** \$9.75
- Huevos Rancheros** *Two eggs over easy, smothered with salsa topped with lettuce and jack cheese. Served with black beans, rice, and a quesadilla*..... \$9.95
- Burrito Platter** *A burrito filled with seasoned tempeh or chicken, cheese, tomatoes, onions, green chilies, smothered with red chile, and topped with a sour cream garnish. Served with seasoned rice and beans* \$9.95
- Cheese and Onion Enchiladas** *Three enchiladas smothered with red chile, garnished with sour cream, and served with beans and seasoned rice* \$8.95
- With Chicken** \$10.45
 (A la Carte- Deduct \$1.00)

Beverages

Fresh-squeezed Carrot Juice

Small \$2.25 Large \$2.95 Extra Large \$3.95

RainbowChino <i>Iced coffee specialty</i>(refill \$1.50).....	\$2.95
Smoothie <i>a strawberry & banana blend</i>	\$2.95
Chai Tea <i>Hot or Cold.</i>(refill \$1.50).....	\$2.95

Lemonade or Arnold Palmer <i>(free refills)</i>	\$1.75
Natural Sodas & Soft Drinks	\$1.40
Milk <i>whole, skim, or soy</i>	\$1.30
Orange Juice	\$1.75
Apple, Cranberry, or Pineapple Juice	\$1.70
V-8	\$1.70
Coffee, Decaf, or Hazelnut <i>each pot freshly ground</i>	\$1.75
Hot Chocolate <i>(refill \$1.50)</i>	\$2.50
Iced Tea or Hot Tea	\$1.75
<i>Blueberry, Chamomile, Decaf Earl Grey, Earl Grey, English Breakfast, Green Tea, Orange Spice, Peppermint, Red Tea, Red Zinger</i>	

Bloody Mary	\$5.00
Cape Cod	\$5.00
Mimosa	\$5.00
Screwdriver	\$5.00
<i>(ask your server for our beer and wine selection)</i>	

Side Orders

Any Style Egg <i>(Breakfast only)</i>	\$1.25	Brown Rice	\$.95
Avocado	\$1.50	Fruit Cup	\$2.50
Bagel	\$1.60	Fruit Bowl	\$4.95
Bagel and Cream Cheese	\$2.00	Grilled Tofu	\$1.75
Black Beans	\$1.95	Grilled Tempeh	\$2.25
Hash Browns <i>(Breakfast only)</i>	\$1.75	Grilled Chicken <i>(lunch & dinner)</i>	\$2.50
Peanut Butter	\$1.50	Hummus	\$1.75
Peanut, Sesame, or Teriyaki Sauce	\$1.75	Toast or English Muffin	\$1.50
Salsa or Red Chilli	\$1.25	Steamed Vegetables	\$2.50
Tortilla	\$.50	Sour Cream	\$.95
Yoghurt	\$1.75		

Take home a loaf of Rainbow bread today! - \$3.25

Split Orders - add \$1.00

Half orders available for 2/3 the price

An 18% gratuity added to parties of 6 or more