

Appetizers

Chips and Salsa	\$3.95
Rainbow Nachos <i>Green chilis, onions, tomatoes, cheese, jalapenos, black olives, and salsa - WHOA!</i>	\$6.95
Syracuse Snacker <i>An open faced quesadilla with jack and feta cheese topped with artichoke hearts, onions, tomatoes, olives, mushrooms served with a side of marinara</i>	\$6.50
Santa Fe Quesadilla <i>An open faced quesadilla with avocado, onions, tomatoes, olives, green chilis, and lettuce. Served with salsa and garnished with sour cream and an olive</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>	\$6.95
Veggie Plate <i>Served with hummus and creamy parmesan dressing</i>	\$6.50

Soups

French Onion <i>Our own vegetable stock with onions, croutons and swiss cheese</i>	\$4.75
Soup Du Jour <i>Always homemade</i>cup \$3.50.....bowl \$4.25	
Soup and Salad <i>Dinner salad and a fresh roll</i> cup\$6.25.....bowl \$7.25	

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>	\$8.25
Spinach Salad <i>Fresh spinach, croutons, feta cheese, red onions, cucumbers, apples, olives, tomatoes, parmesan cheese, and sliced egg</i>	\$7.95
Greens and Grains <i>A delicious combination of brown rice and veggies turned in tamari, with sun flower, sesame, and pumpkin seeds on mixed greens</i>	\$6.95
Rainbow Salad <i>A Rainbow ensemble of jack cheese, artichoke hearts, mushrooms, avocado, and black olives on mixed greens</i>	\$7.95
Falafel Salad <i>Mixed greens with two falafel patties, feta and jack cheeses, onions, and cucumbers. Served with our creamy parmesan dressing</i>	\$7.95
Oriental Chicken or Tempeh Salad <i>Teriyaki chicken or tempeh on mixed greens with grilled pineapple and veggies. Includes rice and sesame seeds</i>	\$8.25
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>	\$8.25
Dinner Salad	3.50

DRESSINGS:

Miso, Creamy Parmesan, Spicy Tomato, Balsamic Vinaigrette, Sweet & 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 with brown rice* \$7.95
Replace Tofu with Chicken or Tempeh \$9.25
- Sesame Vegetables & Tofu** *A great combination in an exotic sesame sauce* \$7.95
Replace tofu with Chicken or Tempeh \$9.25
- Steve's Choice** *Black beans, brown rice, and sauteed tofu make this a simple and delicious meal. Served with a warm tortilla, and garnished with onion and tomato* \$6.95
For the perfect condiment add salsa or red chile 7.75
- Tempeh Sautee** *Fresh sauteed spinach, mushrooms, and tempeh served with black beans and rice, and garnished with tomato* \$8.50
- Veggie Crepes** *Our new recipe with broccoli, spinach, mushrooms, and sundried tomatoes. Served over seasoned rice with our basil parmesan sauce* \$8.95
- Ali Baba** *Lettuce wraps with grilled tofu, onions, cilantro, and pistachios. Served with two dipping sauces* \$7.95
- Focaccia Pesto Pizza** *The name says it all! Grilled bell peppers, onions, mushrooms, olives, tomatoes, feta, and jack make this a most unique pizza* \$8.50
- Spanakopita** *Spinach and cheeses baked in phyllo dough. A Mediterranean favorite. Served with seasoned rice and topped with basil parmesan sauce* \$9.25
- Falafel** *Falafel patties, cucumber, olives, tomato, onion, feta and jack cheeses, wrapped in a tortilla. Your choice of hummus or creamy parmesan dressing* \$8.75



Southwest Specialties

(Served with soup du jour or salad)

- Cheese and Onion Enchiladas** *Two enchiladas smothered with red chile, garnished with sour cream, and served with pinto or black beans and seasoned rice* \$6.95
With Chicken \$8.25
- Burrito Platter** *Seasoned tempeh or chicken, cheese, tomato, onions, and chilies, smothered with red chile, and topped with a sour cream garnish. Served with seasoned rice and beans* \$7.95
- Salastada Refritos** *Tostada with cheese, pinto beans, grilled tofu, avocado, red chile, and seasoned rice. Garnished with lettuce tomato, and sour cream* \$7.50
With chicken \$8.50
- Spinach Quesadilla** *Fresh spinach, cilantro, onions, mushrooms, jack and feta cheeses between grilled flour tortillas. Served with salsa* \$7.75
- Huevos Rancheros** *two eggs over easy, smothered with salsa topped with lettuce and jack cheese. Served with hash browns and a quesadilla*..... \$7.95

Please ask your server for vegan items and options.

Pasta

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

- Rainbow Lasagna** *Now layered with spinach, topped with basil parmesan and marinara sauce. Served with sauteed veggies* \$8.75
- Ziti Etc.** *Tubular pasta, fresh basil, and veggies in a creamy sun-dried tomato sauce make this a delightful meal* \$8.95
- With grilled tofu** \$9.50 **With chicken or tempeh** \$10.25
- Pistachio Pesto Pasta** *Artichoke hearts, tomatoes, peppers, onions, olives, and pasta tossed with our unique pesto of pistachios and basil. This is heaven!* \$8.95
- With grilled tofu** \$9.50 **With chicken or tempeh** \$10.25
- Thai Peanut Pasta** *Linguini with cashews, tofu, and a medley of vegetables in a spicy peanut sauce.* \$8.95
- Replace Tofu with Chicken or Tempeh** \$10.25

Fruit Plate

A unique platter of only the freshest fruit, sculpted by our "Fruit Artists."

\$7.25

Fabulous Fruit Crepes

A fruit and vanilla yogurt filled crepe, sprinkled with homemade granola, and topped with whipped cream.

\$8.25

Sandwiches & Strollers

(Served with soup du jour or salad)

- The Supreme Portabello** *Portabellos grilled with peppers, onions, spinach, tomatoes, tofu, feta and jack cheese, served on focaccia bread* \$9.50
- Ann Arbor Chicken** *A marinated chicken breast grilled to perfection, served with avocado, tomato, lettuce, melted cheese, and creamy parmesan dressing* \$7.95
- Tempeh Ranger** *A seasoned tempeh patty with melted cheese, lettuce, tomato, pickles, onions, and a creamy parmesan dressing on toast* \$8.25
- Bacon, Lettuce, & Tomato** *on wheat, or focaccia with mayo* \$6.95
- Turkey Cobb** *Bacon, turkey, lettuce, tomato, and melted cheese stacked on toast, with dijon mustard, and a side of fruit* \$8.95
- The Avo Etc.** *Avocado, tomato, ripe olives, swiss cheese, and mayo on wheat bread* \$7.50
- Avo Stroller** *Avocado, tomato, cucumber, olives, red onions, lettuce, swiss, with a choice of hummus or creamy parmesan, dressing wrapped in a tortilla* \$7.50
- Turkey Stroller** *Choice of creamy parmesan dressing or hummus inside a tortilla with turkey tomato, cucumber, olives, red onion, lettuce, and swiss* \$7.95

1/2 orders are 2/3 the price

**Please ask your server for
vegan items and options.**

Beverages

Fresh-squeezed Carrot Juice

Small \$2.29 Large \$2.99 Extra Large \$3.99

Smoothies <i>a strawberry & banana blend</i>	\$2.99.....	\$3.99
Chai Tea <i>hot or Cold.....(Refill \$1.50)</i>	\$2.99	

Lemonade	\$1.89
Natural Soda and Soft Drinks	\$1.50
Milk <i>whole, skim, or soy</i>	\$1.40
Orange Juice	\$1.80
Apple, Cranberry, or Pineapple Juice	\$1.80
V-8	\$1.80
Coffee, Decaf, or Hazelnut <i>each pot freshly ground</i>	\$1.79
Iced Tea or Hot Tea	\$1.79
Hot Chocolate	\$2.99

Blueberry, Chamomile, Earl Grey, decaf Earl Grey, English Breakfast, Peppermint, Red Tea, Red Zinger, Orange Spice, Green Tea.

Bloody Mary	\$5.50
Cape Cod	\$5.50
Mimosa	\$5.50
Screwdriver	\$5.50

Ask your server for our beer and wine selection!

Side Orders

Any Style Egg(cage free).....	\$1.25	Fruit Cup	\$2.75
Avocado	\$1.75	Bagel	\$2.00
Hash Browns(breakfast only).....	\$1.95	Bagel and Cream Cheese	\$2.50
Yogurt	\$1.95	Salsa or Red Chile	\$1.25
Sour Cream	\$.95	Peanut Butter	\$1.50
Brown Rice	\$1.00	Peanut, Sesame, or Teriyaki Sauce	\$1.75
Steamed Vegetables	\$2.75	Black Beans	\$1.95
Grilled Tofu	\$1.95	Tortilla	\$.50
Grilled Tempeh	\$2.75	Toast or English Muffin	\$1.50
Ham or Bacon	\$2.75	Hummus	\$1.75
Grilled Chicken ...(lunch & dinner).....	\$3.00		

Take home a loaf of Rainbow bread today! - \$3.75

Split Orders - add \$1.00

An 18% gratuity added to parties of 6 or more

Half orders available for 2/3 the price