

ORGANIC RED WINES

TERRA SANA (FR)
Vin du Pays d'Oc Lurton Syrah/Grenache, 2009
Bright fruits with a satin texture.
8/30

ORLEANS HILL (CA)
Amador County Zinfandel, 2010
Light and peppery. Smooth, well balanced.
No added sulfites.
8/30

TORTOISE CREEK (FR)
Pays d'Oc Pinot Noir, 2010
Bright cherry fruit, violet aromas,
smooth finish.
9/34

LA ROCCA (CA)
Sierra Foothill Cabernet Sauvignon, 2007
Rich berry fruit, bold character,
soft finish. No added sulfites.
10/38

DON DAVID (ARG)
Cafayate Valley Malbec, 2009
Dark fruit, light spice, nutty finish
10/38

ORGANIC WHITE WINES

RAUEN (GER)
Halbtrocken Riesling, 2010
Sweet lychee and citrus,
elderflower notes, crisp finish.
8/30

PASCAL JOLIVET 'ATTITUDE' (FR)
Loire Valley Sauvignon Blanc, 2009
Medium body, lingering citrus-apple,
aromatic finish.
10/38

CUMA (ARG)
Cafayate Valley Torrontes, 2010
Fresh and floral fruit, refreshing crisp acidity.
10/38

EUGENE MEYER (FR)
Alsace Pinot Blanc, Biodynamic, 2008
Dry and fresh with floral note.
12/46

BONTERRA (CA)
Mendocino County Chardonnay, 2009
Smooth, creamy, light butterscotch complexity.
9/34

BEERS

PINKUS HEFEWEIZEN
(Germany) Crisp and refreshing
unfiltered wheat beer, 17 oz.
10

SAMUEL SMITH'S ORGANIC LAGER
(England) Full bodied with
malty character.
8

PEAK ORGANIC I.P.A.
(Maine) Classic indian pale ale with
an organic blend of hops.
7

PEAK NUT BROWN ALE
(Maine) an English-style brown ale,
crisp nutty finish
8

SIDES

..... \$4 each

Brown Rice
Yellow Basmati Rice
Soba Noodles
Bean of the Day
Caramelized Onions
Coleslaw
Baked Sweet Potato

..... \$5 each

Steamed or Sautéed Broccoli
Steamed or Sautéed
Daily Vegetables
Steamed or Sautéed Daily Greens
Roasted Beets
Grilled Tempeh
Steamed or Grilled Tofu
Sea Vegetable Salad
Fried Potatoes
Quinoa-Vegetable Pilaf
Shallot-Potato Mash

DRESSINGS

Balsamic Vinaigrette Tahini Creamy Cranberry
Carrot Ginger Toasted Cumin Creamy Wasabi
Ginger Soy Spicy Peanut

SAUCES

Country Gravy · Roasted Garlic Tomato

GOOD FOOD PLATE

Choose a combination of four sides paired
with two Candle dressings or sauces.

Substitutions made when possible
and may require an extra charge.

APPETIZERS

EDAMAME

Soybeans steamed in the pod and sprinkled with sea salt.

8

SEITAN CHIMICHURRI

Citrus herb marinated seitan skewers.

9

MEZZE PLATE

Hummus, quinoa tabouli, lemon-date chutney, marinated olives, parata bread and zataar.

10

Add crudité 3

QUESADILLA

Whole wheat tortilla filled with bean purée, grilled vegetables and tapioca cheese. Served with daily salsa.

11

Add guacamole 3

SPRING ROLLS

Pickled cabbage, avocado, carrots, cucumber, apple, cilantro and tempeh bacon wrapped in rice paper and served with spicy peanut dipping sauce.

12

DAILY SOUP SELECTION or MAGICAL MISO

pt 7 / qt 13

GRILLED FOCACCIA

Served with miso-tahini spread or drizzled with roasted garlic olive oil.

4

SALADS

HOUSE SALAD

Mixed field greens with hearts of palm, red cabbage and carrots, with your choice of Candle dressing.

10

LIVING CRUNCHY SPROUT

Mixed field greens topped with assorted sprouts, carrots, raisins and sesame seeds with your choice of Candle dressing.

12

BEET SALAD

Arugula, apples, shaved fennel, almond cheese and toasted cashews. Served with creamy cranberry dressing.

15

SOBA NOODLE SALAD

Ginger grilled tofu, shiitake mushrooms, edamame, carrots, daikon, red cabbage, sugar snap peas and sesame seeds. Served over mesclun with creamy wasabi dressing.

16

AZTEC SALAD

Bi-color quinoa, black beans, red onion and jicama, topped with spiced pumpkin seeds and barbequed grilled tempeh. Served over mixed field greens with toasted cumin vinaigrette.

16

*

DRESSINGS

Balsamic Vinaigrette · Carrot Ginger
Ginger Soy · Creamy Cranberry
Toasted Cumin · Tahini
Creamy Wasabi · Spicy Peanut

ADD

Avocado 3

FARMERS' MARKET ENTREES

GINGER-MISO STIR-FRY

Seasonal vegetables and tofu in a ginger-miso sauce over brown rice.

16

PARADISE CASSEROLE

Layers of sweet potato, black beans and millet over steamed greens with country gravy.

16

MOJO DE AJO GRILLED TOFU

Quinoa-vegetable pilaf and sautéed green chard over a tomatillo-cumin sauce. Served with pineapple salsa and drizzled with chipotle coulis.

19

PORCINI CRUSTED SEITAN

Garlic-shallot-potato mash, sautéed spinach and string beans with grilled oyster mushrooms. Topped with home-style gravy.

20

TUSCAN LASAGNA

Grilled zucchini, peppers and onions, tofu basil ricotta, tapioca cheese and seitan ragout topped with tomato sauce. Served with sautéed greens.

17

Please inform your server of any allergies

*

A gratuity of 20% will be added to parties of six or more

SANDWICHES & BURGERS

MEDITERRANEAN WRAP

Hummus, tofu feta, roasted red peppers, chopped romaine, and carrots wrapped in a whole wheat tortilla. Served with a side of kalamata olive aioli and mesclun salad drizzled with balsamic vinaigrette.

13

CAJUN SEITAN SANDWICH

Pan-seared seitan, steamed greens, caramelized onions and avocado. Served on toasted focaccia with ancho chili aioli and coleslaw.

15

GRILLED SEITAN BURGER

Seitan burger on a seeded bun with fried potatoes, lettuce, sprouts, onion, coleslaw and pickles.

13

BBQ TEMPEH OR TOFU & SWEET POTATO SANDWICH

Wilted kale and grilled red onion on toasted multi-grain bread. Served with a shallot sage aioli and a mesclun salad drizzled with balsamic vinaigrette.

15

TUSCAN SEITAN PARMESAN SANDWICH

Breaded seitan cutlet with melted tapioca cheese and roasted garlic tomato sauce on a potato onion roll. Served with fried potatoes and a mesclun salad drizzled with balsamic vinaigrette.

14

ADD TOPPINGS

Tapioca Cheese 2

Caramelized Onions · Tempeh Bacon · Avocado 3

CANDLE COCKTAILS

GREEN GODDESS
*Mixed greens, apple, lemon
and ginger*
6/9

VIVA VERDE
Mixed greens
6/9

*
CANDLE COCKTAIL
*Carrot, celery, beet, mixed
greens and ginger*
6/9

CARROT APPLE SNAP
Carrot, apple and ginger
5/8

SOLAR POWER
Carrot and mixed greens
6/9

6/9

*

BLENDED SMOOTHIES

LIMONADE/STRAWBERRY LIMONADE

Lemon, lime, agave nectar and ice
7/8

APPLE BETTY

Apple, pear, banana, and cinnamon
8

CLASSIC COMBO

Apple, berries, and banana
7

BERRIES -N- CREAM*

*Soy milk, berries, banana and vanilla
protein powder*
8

MOCHA LATTÉ

*Mocha soy ice cream, coffee,
soy milk and fat-free fudge*
8

AMAZON MANIA

Raw acai, apple juice and banana
7

SUPREME PROTEIN SHAKE*

*Soy milk, banana, and vanilla or chocolate
protein powder*
7

SWEET POTATO PIE

*Sweet potato, almond milk, nutmeg,
cinnamon and maple syrup*
8

*Protein powder contains the supplement bee pollen

FARMACY

FLU AND COLD FIGHTER

*Ginger, orange, grapefruit, carrot, and lemon.
An immune system booster.*
8

SHOT OF WHEAT GRASS

*Packed with vitamins and minerals.
Nature's own healer.*
3/5

REFRESHERS

LEMON-GINSENG ICED TEA

3

NATURAL SODAS

China Cola or Maine Root Ginger Brew
4

ORGANIC TEAS

*Mint, Chamomile, Green, Jasmine Green,
Chai, Ginger, Bancha, Decaf Earl Grey
and English Breakfast*
3

CAPPUCCINO

Organic Regular, Decaf or Grain
4

COFFEE

Organic Regular, Decaf or Grain
2

ESPRESSO

Organic Regular or Decaf
Single.....3 Double.....5

*