

Menu Items May Contain Nuts

Raw Wraps and Sandwiches

Collard Leaf Wrap with Hummus	\$7.95
avocado, raw hummus, carrots, cucumbers tomatoes in a collard leaf- 1/2 order for \$5.00	
Flax Rolls with Avocado	\$9.00
hand-made raw flax tortilla, carrots, zucchini, tomatoes, spicy cashew dressing - 1/2 order \$5.00	
Cashew Vegetable Collard Wrap	\$7.95
shredded vegetables, spicy cashew dressing wrapped in a collard leaf	
Raw Sandwich	\$9.00
sunflower seed pâté, topped with avocado, tomato, lettuce and cashew crème on raw poppy seed bread	
Raw Enchilada	\$9.00
zesty pumpkin seed pâté, vegetables, spicy cashew crème in a flax wrap. 1/2 order \$5.00	
Nut Pâté Nori Roll	\$7.95
vegetables & brazil nut pâté in raw nori	
Avocado Nori Roll	\$7.95
avocado and shredded vegetables in raw nori	
Sunflower Nori Roll	\$7.95
cashew-sunflower seed pâté & vegetables in raw nori	

Raw Pizzas and Sides

Served on a 4" buckwheat crust. Perfect as a side or light lunch. Order 2 pizzas for \$9.50

Garden Pizza	\$5.00
carrots, zucchini, spicy cashew dressing, beets, pumpkin seeds	
Living Pizza	\$5.00
marinara sauce, cashew crème, zucchini, brazil nut parmesan on a crispy buckwheat crust	
Hummus Pizza	\$5.00
raw hummus, tomato, cucumbers, cashew dressing	

***Buckwheat is a GLUTEN FREE food**

We Use Organic and Local Produce

Pâté Hummus Platter	\$8.50
raw hummus, brazil nut or sunflower seed pâté, flax crackers, carrots, celery, cucumber. Add dressing or extra crackers : \$1.75 each	
Pâté and Crackers	\$6.00
raw nut or seed pâté served with flax crackers or vegetables. Add Raw hummus instead of pâté.	
Raw Vegetable Slaw	\$6.00
shredded vegetables-zucchini, carrots, beets tossed with spicy or ranch cashew dressing	
Zucchini Parfait	\$6.00
Raw zucchini noodles with marinara and cashew dressing, brazil nut parmesan	
Stuffed Avocado	\$5.75
avocado half, sunflower seed pâté, topped with cashew dressing	
Side of Raw Hummus or Raw Pâté	\$3.00
choose one the following: cashew-sunflower seed pâté; spicy pumpkin seed pâté, brazil nut pâté; or raw hummus. Add carrots or flax crackers: \$2.00	
Side of Raw Bread or Flax Crackers	\$3.75

Raw Salads

Raw Salad Dressing Choices: garlic ginger, cashew crème, spicy cashew, olive oil, lemon

Be Raw	\$7.95
lettuce, carrots, beets, zucchini, cucumber, tomato	
Hummus & Pâté Salad	\$8.95
assorted vegetables, sprouted hummus & nut pâté	
Live Raw	\$11.59
if you need a big salad- greens, zucchini, sunflower seeds, beets, avocado, tomato, carrots, cucumber	
Pâté Salad	\$8.95
assorted vegetables & mixed lettuces topped with raw brazil nut and sunflower seed pâté	
Taco Avocado Salad	\$8.95
lettuce, tomatoes, carrots, cucumbers, avocado, spicy cashew dressing & seasoned pumpkin seeds	

Raw Garden Salad	\$5.00
small tossed salad with raw dressing	
Side of Raw Dressing	\$1.75
garlic ginger; cashew cream; spicy cashew; olive oil; apple cider vinegar; lemon	

Organic Raw Juice Bar

12 oz. Size	\$5.50
16 oz Size	\$7.50
Apple Lemon Kale	
Carrot Ginger	
Carrot Apple Beet	
Apple Lemon Ginger Beet ("Tina Sparkle")	
House Blend: carrot , beet, celery, kale	
ER Cleanser: celery, cucumber, apple, lemon	
Green Juice = celery, kale, cucumber	
Green Juice with apple & ginger	
Lemonade Cooler - fresh raw lemonade	\$3.75
Master Cleanser Cooler - with spicy cayenne	\$3.75

Hot Beverages-

steamed with milk or vegan rice milk

Hot Tea - green, black and herbal	
Coffee 12oz, 16oz, 20oz	
Chai Latte 12oz, 16oz , 20oz	
Espresso, Lattes, Cappuccino, Americano	

Fruit Smoothies (vegan)

Blackberry- mixed berries, spirulina, apple juice	\$5.95
Mixed Berry Banana	\$5.50
Amazon Orange - orange juice, banana, acai	\$5.95
Green Banana - bananas, apple juice, spirulina	\$5.80
Green Smoothie - bananas, greens, strawberries	\$5.95
Orange Coconut Crème -O], coconut oil, banana	\$5.95
Strawberry Orange Banana	\$5.50

Vegan Nut Milk Smoothies -brazil nut milk

Banana Coconut Crème - coconut oil & banana	\$6.50
Chocolate Banana - raw cacao and banana	\$6.50
Neopolitan - chocolate, banana and strawberry	\$6.50
Maca Banana Chip - maca, cacao nibs, & banana	\$6.50
Strawberry Coconut Crème - strawberries, coconut oil .	\$6.50
Chocolate Mint Chip - cacao nibs, cocoa, banana, mint	\$6.50
Sun Warrior Protein Shake with Goji Berry & Banana	\$6.50
ULTIMATE SMOOTHIE - The world's top superfoods! cacao, goji, spirulina, bee pollen, coconut oil, banana	\$9.95

Organic Superfoods for Smoothies \$1.25

- Cacao Nibs : for added crunch and dark chocolate flavor
- Chlorella - highest source of chlorophyl- great detoxer
- Spirulina -protein and B vitamins, perfect energy booster
- Sunwarrior Protein - raw sprouted brown rice protein
- Hemp Protein - complete source of protein
- Bee Pollen- B vitamins, protein , immune booster
- Acai - excellent source of high potency antioxidants
- Maca - endurance, balances the body
- Coconut Oil - for great skin and metabolism

TRADITIONAL VEGETARIAN SELECTIONS

☯ Non-Raw Vegetarian Wraps

Wheat Flour Wrap Choices: Wheat, Spinach, Chili, Curry.
Gluten Free Rice Wrap Available If Requested

Hummus Avocado Wrap (vegan)	\$7.89
includes tomato, cucumber, lettuce, carrots	
Cashew Vegetable Wrap (vegan)	\$7.89
carrots, tomato,zucchini, beets, lettuce, cucumber, cashew dressing	
Salad Wrap (vegan)	\$7.89
carrots, beets, cucumber, tomato, zucchini, lettuce & side of dressing	
Nut Butter Banana Sandwich (vegan)	\$5.75
natural peanut butter, banana, sunflower seeds	
Cream Cheese Vegetable Wrap	\$7.89
includes carrots, tomato, lettuce, cucumber, zucchini	
Avocado Cheddar Wrap	\$7.89
includes carrots, tomato, cucumber, lettuce	

Extra Additions

Avocado Half or Side of Hummus	\$2.65
Cheese or Extra Veggies or Sunflower Seeds	\$1.00
Side of Regular Dressing	\$1.50
Hummus and Chips	\$5.65

House Salads

served with Wheat Flat Breads or Flax Crackers

House Salad - lettuce, tomato, carrots, cucumber	\$7.00
Hotel Salad	\$11.59
a nice big salad- zucchini, sunflower seeds, beets, avocado, tomato, carrots, cucumber	
House Salad plus Avocado	\$8.50
House Salad plus Hummus	\$8.50
House Salad plus Cheese	\$8.50

*Regular Salad Dressing Choices: house balsamic vinaigrette,
garlic ginger, ranch, oil and vinegar. Served on the side.*

MENU



*a vegetarian café
specializing in raw organic cuisine
since 2002*

610-647-9797

Business Hours

Tuesday - Friday
10:30am - 5:00pm

Saturday
10:30am - 4:00pm

Closed Sunday & Monday

We accept Visa, Mastercard, Discover, Amex

Menu Items are subject to change without notice

www.oasislivingcuisine.com

Address:

134 Lancaster Avenue, Frazer, PA 19355