



# ALLEY FARE™

\*\*Take Out Orders\*\*

(585) 264-9150

Open Daily until 9 PM  
7 Schoen Place  
Pittsford, NY 14534  
(585) 264-9150

Spring - Summer '07

...read me, share me, live me & then recycle me...

## Appetizers, Soups & Sides

**Soup du jour** - organic, seasonal soups **3.59/4.59**  
**Seasonal Salad** - side salad of og greens & veggies **4.99**

## Breakfast

**Peace Pancakes** **4.59/5.99**  
**Hippy French Toast** **4.95/6.25**  
**Cruncher Parfait** - seasonal fruit parfait **5.95**  
**Sunrise Scramble** - free range egg or tofu **7.99**  
**Om Omelet** - 3 egg omelet w/ cheese & veggies **7.99**  
**Granola, Oatmeal or Cereal** **4.19**

## Java - Tea - Cocoa

*organic, fresh, from around the world...* **12 oz 16 oz**  
**Single Source Java** - organic, fair trade **1.99 / 2.29**  
**Blended / Flavored Java** - og & fair trade **1.99 / 2.29**  
**Loose Leaf Teas** - 20 varieties, og, fair trade **2.29**  
**Cocoa** - og cocoa w/ milk, soy, rice, hemp or almond **3.95**  
**Soy Cappuccino** - delicious hot or over ice **3.95**  
**Chai Latte** - green tea or other seasonal blends **3.95**  
**Iced Tea / Iced Java** - homemade & delicious **2.59**

## Baked Goods & Desserts

**Muffins, Pastries, Scones, Coffee Cake** **2.75**  
**Cookies, Bars** **2.75**  
**Seasonal Desserts** **4.19**  
**Homemade Organic Ice Cream** **3.29/4.29**

## Kid's Meals

**Nut n' Jam** - peanut butter & jelly on country white **4.99**  
**Turkey / Tofurky** - on country white / ezeziel **5.79**  
**Grateful Cheese** - grilled on country white **4.99**

all meals above include seasonal fruit / veggie and a surprise.

## Super Juices To Go

*Acai Juice, Kombucha Tea, Pomegranate Juice, Hemp-milk, Soy milk, Mangosteen Juice, Coconut Water, Sol Mate and much more.*

Ask about our daily and seasonal specials!!

**Dietary Restrictions:** we cater to your special needs and have dishes that are gluten, soy, nut and/or dairy free. Just let us know when ordering...

OA is Rochester's first and only Organic Cafe...

\*\* Other Side for **JUNE** Sidings \*\*

[www.OrganicAlley.com](http://www.OrganicAlley.com)

## Wraps - Salads - Entrees

**Zen Delight™** - teriyaki glazed tofu w/ veggies, ginger, sesame & greens **7.39**  
**Loco Burrito™** - melted mozzarella, rice, beans, spices, salsa & sour cream **7.39**  
**Justa Quesadilla™** - cheeses melted with veggies & spices **6.99**  
**Kokopelli Burger™** - southwest tofu veggie burger w/ cheese & greens **7.39**  
**Cosmic Mountain™** - rice, beans, chic peas, veggies & Indian spices **7.39**  
**Super Tuna** - chilled or grilled in a melt with cheese, greens & carrots **7.39**  
**Smiling Vegan™** - loaded with greens, veggies, nuts, seeds, raisins **6.99**  
**Raw Sun Burger** - seed, nut & veggie burger w/ romaine & goddess drizzle **7.49**  
**Greek Odyssey** - walnuts, raisins, apples/grapes, feta, greens, rosemary **7.29**  
**Happy Hummus™** - homemade hummus w/ quinoa tabouleh, veggies **7.19**  
**Sunny Egg Salad** - homemade egg (free range) salad with lettuce **7.19**  
**Turkey / Tofurky Gobbler** - organic chilled or grilled w/ cheese & greens **8.29**  
**Samurai Stir Fry** - veggies & tofu served on rice or greens **8.95**  
**Philly Boomer** - portobella, onions, pepper, cheese & marinade **7.89**

## Supernatural Soma™

*raw, fresh pressed/extracted organic juice with prana (life force)* **12 oz**  
**Cosmic Sunset™** - carrot, apple, beet, ginger, celery **5.99**  
**Green Wonder™** - apple, kale, cilantro, pineapple, celery  
**Citrus Tiger™** - carrot with an array of citrus fruits  
**Wizard's Brew™** - tomato, celery, beet, carrot, garlic, ginger, turmeric, parsley  
**Wheat Grass Shot™** - deliciously sweet & organic (1 oz) **2.50**  
**Create Your Own** - choose your own seasonal fruits & vegetables combination.

## Celestial Smoothies™

*A blissfully juicy, radiantly healthy treat* **12 oz 16 oz**  
**Whole Fruit** - organic smoothie with your choice of fruit **4.79 / 5.99**

your choice:

- > strawberry
- > wild blueberry
- > peach
- > mango
- > banana
- > strawberry - banana
- > wild blueberry - banana
- > peach - mango
- > mango - banana

For special diets we can add organic soy, almond, rice or hempmilk

**Cosmic Dream™** - a celestial blend of peach, wildberry & yogurt **4.79 / 5.99**  
**Indigo Monkey™** - combo of wildberries, banana & juice **4.99 / 6.19**  
**Bolivian Blizzard™** - a bolivian java creamy treat **4.29 / 5.29**  
**Peace Warrior™** - pineapple, apple & strawberry **4.29 / 5.29**  
**Love Star™** - berries, dates, peanut butter, acai, milk, culture **4.79 / 5.99**  
**Jaya Juice™** - acai, apple & pomegranate **4.79 / 5.99**

## Add These Whole Food Fortifiers

Add these fortifiers to your smoothie or soma for an additional \$1.50 unless otherwise noted.

- **Probiotics:** cow (yogurt), soy, primal defense, kombucha
- **Digestive Aids:** digestive enzymes, barlean's forti-flax, gol super seed\*
- **Super Green Restorers:** gol perfect food\*, barlean's greens
- **Protein Builders:** brewers yeast, whey, pnt butter, almond butter (1.95)
- **Whole Foods:** dates, snflwer seed butter, pnt butter, almond butter (1.95)
- **Super Juice Cleansers** (2 oz): mangosteen\* (1.95), black cherry, pomegranate, blueberry, pineapple, acai\* (1.95), cranberry
- **Super Oils** (T): wheat germ (vitamin e), flaxseed, xtr-virgin coconut oil

\*50% or more of the product is organic

## Finger Lakes First

Organic Alley and local leaders are teaming up to start a local chapter of the Business Alliance for Local Living Economies or BALLE ([www.livingeconomies.org](http://www.livingeconomies.org)). Founded by Judith Wicks, BALLE is an international alliance of many independently operated local business networks with thousands of members dedicated to building Local Living Economies. University of Rochester Professors' James Allen & Judith Hook are leading the local push and organized a conference on sustainability called "Pathways to a sustainable world". The conference has held back in April by the University of Rochester. The speakers included Michael Shuman, author of *The SmallMart Revolution*, Judith Wicks, founder of the White Dog Cafe, and David Orr, one of the foremost experts on sustainability. If you are interested in getting additional information about our local efforts, please visit [www.FingerLakesFirst.org](http://www.FingerLakesFirst.org) or stop into Organic Alley to speak with Doug Miller.

## OA's Featured Product

### Acai Juice

What is Acai? It is a dark purple berry of the Acai Palm Trees, *Euterpe Oleracea*, found in the lush rainforests that are fed by the mighty Amazon River. These amazing berries contains up to 33 times the antioxidant content as red wine grapes. They have traditionally been used to increase energy, stamina, vitality, and to promote overall healthy living. In addition, Acai also improves mental clarity, combats premature aging and helps to bolster the immune system. Organic Alley™ carries several varieties and sizes of Acai juice, including capsules, frozen pints & bottled juices. You can even get Acai juice in your smoothie, nectar or soma at our Organic Cafe.



## Your Next Business Meeting

For a truly relaxing and healthy experience, book your next business meeting at Organic Alley. For details, please call our cafe at (585) 264-9150 or email us at [info@OrganicAlley.com](mailto:info@OrganicAlley.com).

## Alley Kids Summer Camp Introduced

OA has a new Summer Kids Camp that introduces kids to Yoga, Pilates, Creative Movement & Dance, Mandala Art, Healthy Eating and Living. Organic Lunches will be provided. The Camp is scheduled for the last 2 weeks in July and the first week in August. Please visit our website for further information at [www.OrganicAlley.com](http://www.OrganicAlley.com). You can also call (585) 264-9150. Register for a day, a week or for all three weeks!!!

## Green As Can Be

Since Organic Alley™ opened it's doors on December 6th, 2005, we have been green in everything we do. From our biodegradable cups, utensils, containers, to our reusing & recycling policies, we strive to make a positive impact in our environment. In fact, we are so green that we have more green policies and initiatives in our cafe and market

## OA Online

Visit our website to check out current class offerings, special events, health information, our latest specials and to sign up on our e-mail news list. [www.OrganicAlley.com](http://www.OrganicAlley.com)

## Healthy You

**Digestive Tips:** To improve digestion so your body has more energy to perform other necessary functions such as burn fat and flush toxins from your body, here are a few tips:

- **Eat only when you are hungry.** Don't eat because it is a certain time of the day.
- Take a **digestive enzyme** before your meal unless you are eating raw (uncooked) fruits and vegetables. Remember to take digestive enzymes especially when you are traveling.
- **Juice, Juice, Juice!** Juicing is the best thing you can do for your body. Consuming fresh, raw, organic juice increases metabolism, flushes toxins out of your body and reduces weight.
- **Avoid eating late.** Best time to stop is at least 2 hrs before bedtime.

## Healthy Planet

Our philosophy at Organic Alley™ is to re-use, reduce and then recycle - in that order. If we learn to use what we already have, this will make a much bigger impact on our environment than recycling. Keep a few clean travel mugs in your automobile and bring them in when you get that coffee, tea or cocoa. Organic Alley™ will give you a discount for bringing your own mug or cup in!

## Green Tips

- 1) If each American ate two fewer meat dishes each week for a year, the grain that otherwise would have been fed to feedlot animals would be enough to feed 225 million more people for a whole year.
- 2) You can use white vinegar as a cleaner, to help with the laundry, and even to get bugs off plants.
- 3) Start making educated and responsible decisions by getting informed at [www.OrganicAlley.com](http://www.OrganicAlley.com) and these sites:

- [www.Bioneers.org](http://www.Bioneers.org),
- [www.EarthIsland.org](http://www.EarthIsland.org)
- [www.Eco-Portal.com](http://www.Eco-Portal.com)

## The Studio @ OA Summer Schedule

Organic Alley has expanded it's offerings this summer. To complement our current Yoga offerings, we are pleased to welcome the following instructors and their healing arts:

- **Christa Tyson**, A Certified Yoga Teacher who will be teaching Adult, Kids, Prenatal, Postnatal and Gentle Yoga.
- **Shannon Basile**, a STOTT- Certified Pilates Instructor
- **Master J. DeVaul**, A Certified Master Instructor in Tang Soo Do and Haidong Gumdo Martial Arts for Adults and Children
- **Kathy Chiavaroli**, Mandala Artist & Cancer Counselor

You can check out our website for additional details and the summer schedule at [www.OrganicAlley.com](http://www.OrganicAlley.com)

Additional services will be offered in the upcoming months such as traditional Massage Therapy, chair massages, Acupressure, Shiatsu, Aromatherapy and more.