



ALLEY FARE™

****Take Out Orders****

(585) 264-9150

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

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

Spring '07

Wraps - Salads - Entrees

Appetizers, Soups & Sides

Soup du jour - organic, seasonal soups	3.59/4.59
Mushroom Barley - homemade	3.59/4.59
Sweet Potato Carrot Curry - homemade	3.59/4.59
Seasonal Salad - side salad of og greens & veggies	4.99
Cheesy Nachos - organic nachos with cheese	3.99

Breakfast

Peace Pancakes	4.59/5.99
Happy French Toast	4.95/6.25
Cruncher Parfait - seasonal fruit parfait	5.95
Sunrise Scramble - free range egg or tofu	7.99
Granola, Oatmeal or Cereal	4.19

Java - Tea - Cocoa

<i>organic, fresh, from around the world...</i>	12 oz 16 oz
Single Source Java - organic, fair trade	1.99 / 2.29
Blended / Flavored Java - og & fair trade	1.99 / 2.29
Java au Lait - java & creamy milk	3.95
Loose Leaf Teas - 20 varieties, og, fair trade	1.99
Cocoa - og cocoa w/ milk, soy, rice, hemp or almond	3.95
Chai Latte - green tea or other seasonal	3.95
Iced Tea / Iced Java - homemade & delicious	2.59
Iced Latte - cream, coffee or chai tea on ice	3.95

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

Kids Meal

Nut n' Jam - on Rudi's country white	4.99
Turkey / Tofurky - on Rudi's country white	5.79
Grateful Cheese - grilled on Rudi's country white	5.29

seasonal fruit or veggies and surprise included.

Super Juices To Go

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

Ask about our daily and seasonal specials!!

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

**** Other Side for *ALLEY Tidings* ****

www.OrganicAlley.com

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

Supernatural Soma™

<i>raw, fresh pressed/extracted organic juice with prana (life force)</i>	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	
Jaya Juice™ - acai, apple, mangosteen, pomegranate, cherry	
Create Your Own - choose your own seasonal fruits & vegetables combination.	

Celestial Smoothies™

<i>A blissfully creamy, radiantly healthy treat</i>	12 oz 16 oz
Whole Fruit - organic smoothie with your choice of fruit	4.79 / 5.99
your choice:	
> strawberry	> strawberry - banana
> wild blueberry	> blueberry - banana
> peach	> peach - mango
> mango	> mango - banana
> 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, blueberry juice	4.99 / 6.19
Bolivian Blizzard™ - a bolivian java creamy treat	4.29 / 5.29
Peace Warrior™ - pineapple, apple & strawberry nectar	4.29 / 5.29
Love Star™ - berries, dates, peanut butter, acai, milk, culture	4.79 / 5.99

Culture/Probiotics: cow (yogurt), soy, primal defense

Add These Whole Food Fortifiers

The following is a list of fortifiers that can be added to your smoothie or soma for an additional cost of \$0.95 unless otherwise noted. We also sell these fortifiers in our market so you enjoy their benefits anywhere you go.

- **Priobiotics:** cow (yogurt), soy, primal defense, Kombucha Tea
- **Digestive Aids:** gol digestive enzymes, barlean's forti-flax, gol super seed*
- **Super Green Restorers:** gol perfect food*, barlean's greens
- **Protein Builders:** brewers yeast, whey, peanut butter, almond butter (1.95)
- **Whole Foods:** dates, sunflower seed butter, peanut 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, extra virgin coconut oil

*50% or more of the product is organic

Sustainability & BALLE

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). 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 have organized a conference on sustainability called "Pathways to a sustainable world". The conference will be hosted by the University of Rochester and is scheduled for April 13th & 14th, 2007. The speakers include 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, please visit www.ecotransformation.org to register.

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.



healthy you, healthy planet™

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.

OA FACT

All of Organic Alley's take out products, including cups, straws, lids, containers & utensils are made from biodegradable wheat, corn, cane sugar or paper.

Wifi Is Here

Organic Alley has just introduced a wireless internet service for its patrons. Wifi service is available in the market, cafe, studio and on our back porch.

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

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!

Mindfulness

Sharing is one of the most important things we can do in our lives. Our lives are filled with many challenges & opportunities and if we take time to share with others, we can change our world dramatically. Let that person go in front of you, take that extra time to actually listen to the person that is talking to you, or go out of your way to help people each day. You will see it come back to you in ways you can't imagine. Make it your practice to share with at least 3 people a day and be mindful when you are doing it. Then watch how your life situation improves.

Massage Therapy

Organic Alley is excited to introduce Massage Therapy coming in spring 2007. Massage is the practice of applying structured or unstructured pressure, tension, motion, or vibration to the soft tissues of the body, including muscles, connective tissue, tendons, ligaments, joints, lymphatic vessels, organs of the gastrointestinal system and reproductive system to achieve a beneficial response. Organic Alley will be offering traditional massage therapy, chair massages, Acupressure, Shiatsu and more.

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 than many certified green restaurants.