



Simply Delicious  
Living Vegan Food

1600 Dell Avenue, Suite B, Campbell, CA 95008  
(408) 712-5000 • fax (408) 854-8544  
www.thrivinedibles.com

## MENU for: September 6-10, 2010

### Important Information

**Pre-Ordered Take Out** is available Tuesday and Thursday this week, between 10:30 am & 12:30 pm.

**Pre-Ordered Delivery:** We have divided the **South Bay** into two delivery zones:

**Tuesday between 1-5 pm: The I-280 Zone includes:**

Campbell/Los Gatos/San Jose/ Cupertino /Mountain View/ Palo Alto/Los Altos/Woodside/Redwood City

**Thursday between 1-5 pm: The Hwy. 101 Zone includes:**

Campbell/Los Gatos/San Jose/Sunnyvale /Mountain View/San Carlos/Belmont/Burlingame.

**We are currently offering FREE DELIVERY\* for orders over \$40. Please note the following delivery fees for orders under \$40: for the South Bay:** per location/visit:

Dell Avenue, Hacienda Avenue or Knowles Street EAST OF WINCHESTER in Campbell: \$2

Between 1-10 miles from our Campbell kitchen: \$6

Between 11-15 miles from our kitchen: \$7

Between 23-27 miles from our kitchen: \$8.50

Between 21-25 miles from our kitchen: \$10

Between 26-35 miles from our kitchen: \$12

Over 35 miles, please call us.

**Friday Pick up in Oakland:** Delivery will be made to 35th Avenue in Oakland, the home of Chef Heather Haxo Phillips of Raw Bay Area. Please do the following to get your yummy Thrivin' Edibles:

- Place your order no later than **6 am** on Thursday for the week you want delivery.
- Pick up your order at Chef Heather's between 1 pm and midnight on Friday. If you don't pick it up before midnight, you will forfeit your order.
- No minimum order is required. Delivery is free for orders over \$40. Otherwise, the delivery is \$7.50 per order.
- Please pre-pay for your order by printing the last page of this document, Credit Card Authorization form, and fax/email it to us.
- We will send you Chef Heather's address with our email confirmation of your yummy raw food order.

If you live along Hwy 880 between Milpitas and San Lorenzo, please feel free to order! We'll be happy to delivery to you on Friday, along with our Oakland folks!

### **How to get your hands (and tastebuds!) on Thrivin' Edibles yummy cuisine:**

1. Send us an email and let us know the items you want or,
2. Print out the menu, and circle (in pen, please) what you'd like and fax it to us at (408) 854-8544. Please include your name on the sheet, or
3. Call or text us at (408) 712-5000, and leave your name and order.
4. If you getting your order delivered, please be sure to include your delivery address and how you plan to pay for your order.
5. We greatly appreciate receiving your order THIS WEEK by Saturday evening, *if possible*, as we do most of our produce shopping early Sunday morning at a local Farmers Market. It's part of our plan to keep our impact small on the planet and support our local farmers. NOTE: We purchase organic produce, or produce where the farmer is in transition and has stopped using chemicals for fertilizer and pesticides. Exception: Young Thai Coconuts.
6. Otherwise, please order at least 24 hours ahead of the day you'd like delivery or take out.
7. Payment for your order can be made with VISA or MasterCard, cash or check made out to Thrivin' Edibles. If you'd like to pay by credit/debit card, please fill out Page 5, "Credit Card Authorization", with your credit card information, and fax it back to us, or bring your credit/debit card with you when you pick up your order.

**TAKE OUT** your Thrivin' Edibles this week on Tuesday & Thursday this week. Here are the 2 ways to do it:

1. To pick up between noon and 12:30 pm: Call/text us at 408-712-5000, or fax/email with your order between 6 - 8 am and we'll have it ready for you by noon at our Campbell kitchen.
2. To pick up between 10:30 am & 12:30 pm: Get us your order (via email, fax, text or telephone) by midnight the night before you want to pick up, & we'll have it ready by 10:30 am. If you send your order via email or text, we will confirm that we received it with a return email/text by 7 am the day you want to pick up. IF YOU DON'T GET THE CONFIRMATION, please call us at (408) 712-5000. Also, please note timing exceptions on the menu -some items need advance notice.

**NOTE: If you must cancel your order, please allow at least 24 hours' notice. Due to our use of fresh ingredients, cancellations of less than 24 hours will result in a 100% charge, minus the delivery fee.**

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**FREE DELIVERY for orders over \$40, through September 2010\*.**

**Featured Entrée: Pumpkin Pad Thai** – Thai-spiced sweet pumpkin coconut sauce, over red cabbage, scallions, red bell peppers, and kelp noodles, with a sprinkle of almonds. Yum! \$11

**Featured Dessert: Sweet Basil and Strawberry Pudding** - Sometimes you have to think – and taste - outside the box. You will roll your eyes when you eat this – it's that good. \$6.75

### **REGULAR ENTREES: \$11.00, extras and half orders, as noted**

1. **Lasagna Du Jour:** A generous portion of thin-sliced zucchini as noodles, layered with rich marinara sauce, marinated mushrooms, olive tapenade, fresh spinach and almond ricotta cheese. (N)  
(Note: Substitute eggplant for the zucchini for a completely different – and yummy – taste.)  
**FAMILY SIZE: \$55 – serves 6-8.**
2. **Veggie Burger and Coleslaw:** One of our moist veggie burgers, with lettuce, tomato, onion & your choice of **BBQ sauce or Almond/Cashew Mayo**, with a generous side of coleslaw du jour.  
Extra Burger: \$3. Extra Mayo or BBQ Sauce/\$1 each ((N) with almond/cashew mayo)
3. **Facon, Lettuce and Tomato Sandwich (FLT):** Two slices of our terrific onion bread, with facon (eggplant 'bacon'), lettuce, tomato slices & our creamy almond/cashew mayo or BBQ Sauce. This is a kit, ready for you to put together. (N) Extra Mayo or BBQ Sauce/\$1 each. Extra facon/\$5.  
Add sprouts/50 cents. Half order of the sandwich: \$6.
4. **Veggie Sammie:** Deli-thin slices of cucumber **OR** zucchini, plus avocado, lettuce, tomato & sprouts, ready to be enjoyed between slices of our delicious onion bread, spread with almond/cashew mayo. (N)  
Half order of the sandwich: \$6.
5. **PIZZA!** We have *two choices* for you – **Tomato Sauce OR Pesto Sauce**. We'll pack it as a kit, and give you gently dehydrated onions and red bell peppers, and sundried black olive tapenade to top it, along with a sprinkle of hemp seed. (Pesto is made with chef's choice of walnuts or pecans, zucchini, basil + spices.)
6. **Pasta Marinara:** A kit of **your choice of Kelp noodles, or zucchini spirals**, as pasta, and tangy tomato/basil marinara, and hemp seed 'parmesan'. Add olives/\$1. Add marinated mushrooms/\$1.

### **SOUPS: \$10/16 oz., \$6/8 oz.**

7. **Borscht:** Beets, blended with avocados & cucumbers, & you have a lovely body-supporting treat to eat!
8. **Carrot Ginger Soup:** An incredible combo, blended with avocado and a touch of lime.

### **SALADS: \$11/large, \$6/small.** Add Avocado and/or Sundried Tomatoes to any of the salads for \$1 each.

9. **Arugula and Mango Salad:** A delightful mix of peppery arugula and sweet mango, with a lemon/olive oil dressing on the side, and a dollop of olive tapenade dujour on top.
10. **Kale Salad:** Our signature salad: a shimmering combination of shredded kale, slivers of onion, and bites of tomato in a tangy lime/Serrano pepper dressing, topped with a sprinkle of organic capers.
11. **Live Spinach OR Arugula Salad:** Spinach or Arugula, or a combo of both, with our eggplant facon, pumpkin seeds and avocado, make this a yummy treat. Comes with lime/olive oil dressing on the side.  
**Add sundried tomatoes for \$1 for an even more wonderful dish.**
12. **Arugula/Seaweed Salad:** With sesame seed oil, and lemon juice. Really good, and really good for you!
13. **Pumpkin Seed Rainbow Salad:** Made with cabbage, beets, radish, sweet potato, and red bell pepper, with pumpkins seeds and avocado, ready to be dressed with the side of orange/olive oil/mixed herbs dressing.

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**SNACKS: Prices as noted**

- 14. **HuuRaw™ Chips:** Our savory flaxseed chips are available in 2 flavors: red bell pepper/lime, or carrot/curry. \$6.75 for 4 oz. **NOTE:** We've lightened up the chips a bit –If you haven't had them in awhile, we invite you to try them again!
- 15. **HuuRaw™ Hummus and Veggies:** This hummus is made with zucchini and tahini instead of beans. It is extraordinarily tasty and light! 8 ounces, served with a generous portion of dipping veggies du jour, \$8. Without veggies, \$6. (Hummus ingredients: zucchini, tahini, lemon juice, olive oil, garlic, cumin)

**PARTS: Prices as noted**

- 16. **Almond Ricotta Cheeze** - A tangy blend of soaked and fermented almonds, lemon juice, garlic, Himalayan salt & onion. \$6 for 4 oz.
- 17. **Cashew Cream Cheeze**- An oh-so-smooth tasty treat of soaked cashews, salt, & lemon juice! \$6 for 4 oz.
- 18. **Nacho Cheeze**- Fill a tortilla with this blend of soaked cashews, macadamia nuts, red bell pepper, garlic, lime & Himalayan salt. \$7 for 4 oz.
- 19. **Mozzarella Cheeze**- Macadamia nuts and soaked cashews blended with coconut aminos and lemon juice – enjoy with basil & tomatoes. \$7 for 4 oz.
- 20. **Coconut Kefir**- Fermented coconut water – delicious and great for your digestive system! \$5/8 oz., \$9/16 oz., \$15/32 oz. **Please specify light or intense fermentation!**
- 21. **Facon**- Thin-sliced eggplant, marinated in olive oil and Ume plum vinegar, then dehydrate to a bacon-like crispiness. Fabulous in sandwiches, atop salads or as a snack. \$5.00/1.5 oz.
- 22. **Bread**- Yes, BREAD! Wheat-Free, Gluten-Free and Soy-Free Zucchini Onion bread. Besides the zucchini and onions, ingredients include: germinated sunflower seeds, ground flaxseeds, extra-virgin olive oil and Himalayan salt. \$6 for 4 slices (weight is approximately 6 ounces)
- 23. **Mayonnaise**- A delicious blend of almonds, cashews, cold-pressed olive oil, lemon juice, onion, garlic, Himalayan salt, and white pepper. \$5 for 4.5 oz. (N)
- 24. **Veggie Burger**- Two (2) yummy burgers that you can use with your own fixin's, or top a salad or pasta. \$5.50
- 25. **Tomato Marinara**- A lovely sauce of Roma tomatoes, garlic, onion powder, oregano, basil, a touch of lemon juice, and Himalayan salt. \$5/6 oz.
- 26. **Tortillas**- Use these 6" wraps instead of bread to make great lunch or dinner treats. Two flavors: Zucchini/Kale and Zucchini/Ripe Bell Pepper (the rest of the ingredients are: ground flaxseed, olive oil & psyllium). \$1.50 each, or \$10/7; \$20/16.
- 27. **NUT MYLKs:** A choice of different flavors! Add \$1 for chocolate or vanilla flavorings.

Nut	Cup	Pint	Quart
Almond	\$5.50	\$7.00	\$11.00
Walnut	\$6.00	\$7.50	\$12.00
Brazil Nut	\$6.50	\$8.50	\$13.00
Pecan	\$7.00	\$9.00	\$14.00
Macadamia	\$8.00	\$10.00	\$16.00
Nut Mylk Bag. \$9			

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**28. Juice: Organic Celery/Carrot.** We'll add any two of the following: Lemon Juice, Lime Juice, Himalayan salt, or Ginger (ginger/lime is my fav!). \$6/8 oz, \$9/16 oz, \$15/32. Packaged in glass jars with a \$1.00 container deposit or provide your own clean container!

**Juice feasting?** We can support you in that awesome endeavor. A couple of basics - you'll want to drink at least three quarts of juice per day to make sure you get enough calories. You may experience some of the following benefits: Increased energy, weight loss, clearer skin. Here's our pricing:

**3 Quarts of Veggie Juice for 7 days: \*\*\$189 (delivery included in the South Bay only)**

**4 Quarts of Veggie Juice for 7 days: \*\*\$225 (delivery included in the South Bay only)**

If you are planning a juice feast, please give us at least 3 days' notice, along with how many days you are planning to feast, so we can purchase that volume of veggies! Thank you.

**\*JUICE FEAST DELIVERY IS NOT INCLUDED IN OUR FREE DELIVERY OFFER.**

\*\*Given we must purchase vegetables in advance for your prepaid order, if you decide to cancel your feast before the end of your selected time (week or more) is up, we will charge you a daily rate of \$40 for 3 quarts or \$50 for 4 quarts, & credit your Thrivin' Edibles' account for any balance due, that you can use toward a future purchase.

**DESSERTS**

**Satisfy your sweet tooth** with these delightful indulgences sweetened with **ONLY** dates, other fresh or sun-dried fruit, or raw agave nectar.

Sweet Individual Servings	Price each	Cakes, Pies and Tarts .	8" / 4" mini
<b>Chocolate Chip Cookie</b> Ingredients: Almonds, Walnuts, Dates, Cacao nibs	\$3.00	<b>Sweet/Tart Apple Pie with Cashew Cream</b>	\$26 / \$18
<b>TiraMisu</b> Ingredients: Almonds, coconut meat and water, raw cacao, Irish Moss, vanilla, agave, decaf cold-pressed coffee	\$7.25	<b>Chocolate Cheezecake</b>	\$35 / \$25
<b>Dark Chocolate Mousse, 2.5 oz</b> Ingredients: Coconut Meat or Avocado, Raw Cacao, Agave	\$2.25	<b>Vanilla Cheezecake</b>	\$27 / \$20
<b>Chocolate Cheezecake</b> Filling Ingredients: Coconut Meat, Cashews, Cacao, Coconut Oil	\$6.25	<b>Almond Joyous Pan of Bars (approx. 8 bars)</b> Ingredients: Almonds, dates, coconut, raw cacao.	\$35.00
<b>Vanilla Cheezecake</b> Filling Ingredients: Coconut Meat, Cashews, Vanilla, Coconut Oil	\$5.75	<b>Congo Bars Pan of Bars (approx. 10 bars)</b> Ingredients: Walnuts, Pecans, almonds, coconut, raw cacao, dates.	\$50.00
<b>Coconut Flan</b> Ingredients: Coconut meat/water/oil, cashews, dates, agave, molasses & orange zest	\$7.50	<b>Baker's Dozen (13) Chocolate Chip (Cacao Nib)</b>	\$22.00
<b>Sugar-Free Coconut Flan</b> Ingredients: Coconut meat/water/oil, cashews, dates	\$8.50	<b>Please allow 24 hours' notice</b> for whole pies, cheesecakes or pans of bars. Thank you.	
<b>Fermented Coconut Pudding, 8 oz (Also known as Coconut Yogurt**)</b> <b>Please specify light or intense fermentation!</b>	\$8.00	<b>All Pie Crusts, unless otherwise noted, are made with pecans, raisins, a touch of Himalayan salt, and psyllium husks, for binding. If you'd like us to use a different nut for the crust, please let us know.</b>	
<b>Donut Holes</b> Ingredients: Almonds, Dates, Coconut, Pineapple, Vanilla, Himalayan Salt.	\$1.50 7/\$10	<b>We open the Thai young coconuts ourselves, and make every effort to remove the shell and husk from the final product. Please forgive us for any we miss.</b>	

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**Credit Card Authorization:**

**Fax to:** Chef Patti @ Thrivin' Edibles  
408-854-8544

**From:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**RE:** Credit card payment for: Food \_\_\_\_\_ Classes \_\_\_\_\_

(If payment is for classes, please indicate which class(es).)

**Name as it appears on Card:** \_\_\_\_\_

**Credit card number:** \_\_\_\_\_  
VISA or MASTERCARD only

**Expiration Date:** \_\_\_\_\_ **CCV Code:** \_\_\_\_\_  
(The 3-digit code on the signature line)

**Billing Zipcode:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Telephone:** \_\_\_\_\_

(Choose one of the following:)

Please keep this card on file for future use.

Please use this credit card for this transaction only and then shred this fax.

Thank you,

\_\_\_\_\_  
**Signature**

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