



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: March 8 - 12, 2010

### Important Information

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

**Pre-Ordered Delivery:** Monday between 1–4 pm, between Campbell/Los Gatos & Burlingame/Redwood City.

#### How to get your hands 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.

If you getting your order delivered, please be sure to include your delivery address and how you plan to pay for your order.

- We greatly appreciate receiving your order by Saturday night, *if possible*, (though *not required*) as we do most of our produce shopping on 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.
- Otherwise, please order at least 24 hours ahead of the day you'd like delivery or take out.
- Having said all that, **PLEASE NOTE: If it's last minute, give us a call/text at (408) 712-5000 by 8 am the day you'd like your Thrivin' Edibles, and we'll try to accommodate you!**
- Payment for your yummy food 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.
- Monday Delivery Fees between Campbell/Los Gatos and Burlingame, per location/visit are as follows:  
If your delivery location is on Dell Street in Campbell, \$2  
If your delivery location is:  
Between 5-10 miles from our kitchen: \$6  
Between 11-15 miles from our kitchen: \$7  
Between 16-20 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.

**TAKE OUT** your Thrivin' Edibles this week on Monday & Friday. 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.

If you'd like delivery another day besides Monday or take out on Tuesday, Wednesday or Thursday, please have an order of \$100 or more. Additionally, your delivery fee (as applicable) is doubled, and subject to availability of driver.

NOTE: If you must cancel your order, please allow 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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**Featured Organic Juice:** Celery/Carrot/Basil. A delightful, different taste. \$6 for 8 ounces, \$10 for 16 ounces; \$18 for 32 ounces. Packaged in glass jars with a \$1.00 container deposit or provide your own container!

**Featured Entrée Special: Italian Sausage Stuffed Peppers:** We made up a recipe for the sausage of: eggplant, red bell peppers, garlic, rosemary, thyme, oregano, salt and pepper, and it's amazing. We'll stuff some slightly dehydrated red bell peppers, smother them with our luscious and tangy marinara sauce, with a dollop of almond mylk ricotta cheeze on top! That's (vegan) Italian! \$11

**Featured Dessert: Crème-Filled Chocolate Mint Cake:** These mini cakes are for chocolate lovers. We'll make 'em with hazelnuts, almonds, dates and mint, and fill them with coconut crème. Dreamy! \$6.75 each.

### REGULAR ENTREES:

1. **Veggie Sammie:** Deli-thin slices of cucumber, avocado, lettuce, tomato & sprouts, ready to slip between slices of our delicious onion bread, spread with almond/cashew mayo. Here by popular demand! \$11.
2. **Enchiladas with Chili Colorado:** Three of our veggie tortillas stuffed with a marinated combination of mushrooms, kale, sweet onion, red pepper & non-GMO corn with chili Colorado drizzled over them & topped with slices of avocado. HuuRaw™ Bell Pepper/Lime chips completes this taste sensation! \$11.
3. **Pheggkon, Lettuce and Tomato Sandwich (PLT):** Two slices of onion bread, with "pheggkon" (eggplant 'bacon'), lettuce, tomato slices & our creamy almond/cashew mayo. This is a kit, ready for you to put together. \$11. Extra Mayo/\$1 each. Extra pheggkon/\$5. Add sprouts/\$.50
4. **Pasta Marinara:** A kit of veggie spirals, as pasta, and tangy tomato/basil marinara, with a side of hemp seed 'parmesan'. \$11 Add olives for \$1.00. Add marinated mushrooms for \$1.00. Extra Sauce: \$5.75
5. **Taco Salad:** Chopped Romaine lettuce, with our savory Not Refried Beans, salsa dujour, tomato and avocado, with HuuRaw™ Bell Pepper/Lime chips on the side. \$11
6. **Thrivin' Edibles Sampler:** Try this if you're new to living cuisine/don't know what to order/want a variety of tasty bites, order this combination of five Thrivin' Edibles favorites. Kale salad, Almond Ricotta Cheeze, Onion Crackers, Alkalinizing Soup, and Dark Chocolate Mousse. \$11

### SOUPS:

7. **Alkalinizing Soup:** A terrific green soup that both calms & energizes. Made with kale, zucchini, ripe bell peppers, celery, onion, garlic, green beans, parsley, cilantro, ginger and olive oil with an optional touch of wheat-free, unpasteurized Namu Shoya. \$11/16 ounces, \$6/8 ounces.
8. **Butternut Squash Bisque:** A super immune-boosting soup, made of butternut squash, tomato celery, cilantro, parsley, ripe bell pepper, olive oil, Himalayan salt and black pepper. \$11/16 ounces, \$6/8 ounces.

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### SALADS:

9. **Kale Salad:** Our signature salad: a delicious combination of shredded kale, tomatoes & red onions slivers in a tangy lime/Serrano pepper dressing, with a sprinkle of organic capers. Large/\$11, Small/\$6. Add Avocado for \$1.25.
10. **Rainbow Salad:** A great toss of shredded cabbage, kale, ripe bell pepper and carrots, topped with tomatoes and avocado. A yummy, light lemon/lime/olive oil dressing is on the side. Large/\$11, Small/\$6.
11. **Winter Rainbow Salad:** A variation of our Rainbow Salad, made with cabbage, beets, Daikon radish, sweet potato, and red bell pepper, with pumpkins seeds and avocado, ready to be dressed with the side of orange/olive oil/thyme dressing. Large/\$11, Small/\$6.
12. **Live Spinach Salad:** Spinach, pumpkin seeds, avocado and our eggplant pheggkon make this a yummy treat. Comes with lime/olive oil dressing on the side. Large/\$11, Small/\$6.

### SNACKS:

13. **HuuRaw™ Chips:** Our savory flaxseed chips are available in 2 flavors: red bell pepper/lime, or carrot/curry. 4 ounces/\$6.75
14. **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 trio of dipping veggies, \$8. Without veggies, \$6. (Hummus ingredients: zucchini, tahini, lemon juice, olive oil, garlic, cumin)

### PARTS:

15. **Thrivin' Edibles Stainless Steel Water Bottle:** A ridiculously cute and useful 24 oz. water bottle, with our logo and a clip to attach the bottle to your belt or backpack. \$15
16. **Almond Mylk:** Germinated almonds, with purified water, and a touch of raw agave nectar. \$7.50 per pint. Make it chocolate (with raw cacao) for \$1 more.
17. **Almond Ricotta Cheeze:** Germinated raw almonds, nutritional yeast, onion, garlic, and lemon juice. 3.75 ounces for \$5.75. (N)
18. **Bread:** Yes, BREAD! Wheat-Free, Gluten-Free, Zucchini Onion bread. Besides the zucchini and onions, ingredients include: germinated sunflower seeds, ground flaxseeds, olive oil and wheat-free Namu Shoya. 4 slices for \$5.50. (weight is approximately 5 ounces)
19. **Almond/Cashew Mayonnaise:** A delicious blend of almonds, cashews, cold-pressed olive oil, lemon juice, onion, garlic, Himalayan salt, and white pepper. ounces for \$5 (N)
20. **Crackers:** Same great recipe as the bread and we add Chia seeds, and dehydrate a bit longer for a crispy cracker. Zucchini/Onion. 5 ounces for \$6.00
21. **Not Refried Beans:** This Mexican-spiced germinated sunflower seed and dried tomato pâté (along with Mexican spices & Himalayan salt) goes really, really well with the tortillas + salsa. 3.75 ounces for \$4.75.
22. **Salsa du jour:** A great combination of cucumbers, onions, tomatoes, lime juice, cilantro, Himalayan salt and a hint of Serrano pepper, and Chipotle! 6 ounces for \$4.95. Great with the HuuRaw™ chips!
23. **Pheggkon:** We marinate eggplant in olive oil and Ume plum vinegar and then dehydrate to a bacon-like crispiness. Fabulous as a snack or atop salads. 1 ounce for \$5.00.
24. **Tortillas:** We use these 6" wraps for enchiladas and burritos. You can fill them with anything you'd like! Two flavors: Zucchini/Kale and Zucchini/Ripe Bell Pepper (the rest of the ingredients are: ground flaxseed, olive oil & psyllium). \$1.50 each, or 7 for \$10; 16 for \$20

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**NUTS AND SEEDS**

- 25. **Sprouted Quinoa:** \$1.25 per ounce
- 26. **Raw Hemp Seeds:** \$1.25 per ounce.
- 27. **REALLY Raw Organic Almonds:** \$8 per pound.
- 28. **Raw Organic Walnuts:** \$8 per pound
- 29. **Raw Organic Macadamia Nuts:** \$13 per pound

**FAMILY STYLE DISHES:** These items feed 6-8 people. These are great to serve at potlucks and parties as well as delight your family at dinner! *Please give at least 12 hours' notice for the following items.*

- 30. **Lasagna:** Zucchini 'noodles', layered with our delicious marinara sauce, marinated mushrooms, fresh spinach and dollops of almond ricotta cheese. \$65
- 31. **Enchiladas with Chili Colorado:** Veggie tortillas stuffed with a marinated combination of mushrooms, kale, red onion, red bell pepper and non-GMO corn, with a chili Colorado drizzle & topped with slices of avocado. HuuRaw™ Bell Pepper/Lime chips included. \$65
- 32. **Spinach/Mushroom Quiche:** Fresh spinach and marinated mushrooms layered with our creamy zucchini filling, inside a sunflower seed and sundried tomato crust. \$60
- 33. **Kale Salad:** A delicious combination of shredded kale, slivers of red onions and tomatoes with a tangy lime/Serrano pepper dressing, with a sprinkle of organic capers. \$30
- 34. **Rainbow Salad:** Shredded cabbage, kale, ripe bell pepper and carrots, topped with tomatoes and avocado. A yummy, light lemon/lime/olive oil dressing is on the side. \$30
- 35. **Winter Rainbow Salad:** Shredded cabbage, beets, Daikon radish, sweet potato, & red bell pepper, with pumpkins seeds and avocado, ready to be dressed with the side of orange/olive oil/thyme dressing. \$30

**DESSERTS**

Satisfy your sweet tooth with these delightful indulgences made without white sugar, white flour, dairy products, trans-fats, or processed foods. All Desserts are sweetened with raw agave nectar, dates or other fresh or sun-dried fruit:

Sweet Individual Servings	Price each	Cakes, Pies and Tarts . All are made with nuts.	8"/4" mini
Chocolate Chip Cookie	\$2.75	Meyer Lemon Meringue Pie	\$37 / \$20
Dark Chocolate Mousse Shooters, 2oz	\$2.25	Apple Pie with Cashew Cream	\$37 / \$20
Mud Pie, slice	\$5.75	Almond Joyous Pan of Bars (approx. 8 bars)	\$35.00
Pumpkin Pie Pudding Shooters, 2 oz	\$2.00	Congo Bars Pan of Bars (approx. 10 bars)	\$50.00
Fermented Coconut Pudding, 8 oz (otherwise known as Coconut Yogurt) Please allow at least 24 hours' notice for the Fermented Coconut Pudding	\$9.00	Please allow 24 hours' notice for Congo Bars & Almond Joyous	

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

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

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

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

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

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

**Credit card number:** \_\_\_\_\_

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

**Billing Address 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,

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**Signature**



**Nutritional Values:**

1. Kale Salad – Small: Total calories: 90. 3 gr. Protein, 9 gr. Carbohydrates, 6 gr. Fat
2. Rainbow Salad - Small: Total Calories: 120. 1 gr. Protein; 7 gr. Carbohydrate, 10 gr. Fat
3. Live Spinach Salad – Small: Total Calories: 210. 2 gr. Protein, 6 gr. Carbohydrate, 21 gr. Fat
  
4. Alkalinizing Soup - 8 oz: Total calories: 70. 2 gr. Protein, 8 gr. Carbohydrates, 4 gr. Fat.
  
5. HuuRaw™ Bell Pepper chips–Per 1 oz.: Total calories; 40. 1.25 gr. Protein, 3.25 Carbohydrates, 2.5 gr. Fat
6. HuuRaw™ Carrot Curry- Per 1 oz: Total calories: 40. 1 gr. Protein, 4 gr. Carbohydrates, 2.5 gr. Fat
7. Salsa du jour: 6 ounces. Total Calories: 25. 1 gr. Protein, 6 gr. Carbohydrates, 0 gr. Fat
8. HuuRaw™ Hummus per ounce. Total calories: 40. 1 gr. Protein. 2 gr. Carbohydrate, 3 gr. Fat
9. Almond Milk for 8 ounces: Total calories: 80; 8 gr. Protein, 8 gr. Carbohydrates, 4 gr. Fat
10. Almond Ricotta Cheeze for 1.25 ounces: Total Calories: 160; 6 gr. Protein, 6 gr. Carbohydrates, 14 gr. Fat
11. Bread: per Ounce: 40 calories, 1 gr. Protein, 3 gr. Carbohydrates, 4 gr. Fat.
12. Mayonnaise - per .90 ounce: Total calories: 100, 2 gr. Protein, 6 gr. Carbohydrates, 8 gr. Fat.
13. Crackers - per 1 Ounce: Total calories: 50, 2 gr. Protein, 3 gr. Carbohydrates, 4.5 gr. Fat
14. Pheggkon – per 1 ounce: Total calories: 210. 2 gr. Protein, 12 gr. Carbohydrates, 18 gr. Fat.
15. Pheggkon Sandwich, with Mayo: Total calories: 390. 6 gr. Protein, 24 gr. Carbs, 24 gr. Fat.  
This calculation does not include the Lettuce and Tomato.
16. Not Refried beans for 3.75 ounces: Total Calories: 290, 11 gr. Protein, 14 gr. Carbohydrates, 24 gr. Fat
17. Tortillas – for 1 Tortilla: Total calories: 30. 1 gr. Protein, 3 gr. Carbohydrates, 2 gr. Fat.
18. Pasta Marinara: per serving: 140 calories. 4 gr. Protein, 14 gr. Carbohydrates, 10 gr. Fat  
With Hemp Seed Parmesan – add 20 calories, 1 gr. Protein, 1 gr. Carbohydrate, 1 gr. Fat
19. Sampler with Chocolate Mousse: Total Calories: 325, 6 gr. Protein; 17 gr. Carbohydrates, 26 gr. Fat.

Individual Items in Sampler	Total Calories	Protein	Carbs	Fat
Alkalinizing Soup	20	1	2	1
Chocolate Mousse	35	0	2	3
Onion Crackers	60	2	3	4.5
Almond Ricotta Cheeze	160	2	6	14
Kale Salad	52	1	4	3.5

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