

All Organic And Raw Smoothies Made with
your taste buds and health in mind with our
Home made Raw mylks and a lot of love

Add-ins: 1.00

Maca Root, Vanilla Bean, Psyllium, Goji Berries, Hemp
Seeds, Spirulina, Chia Seeds or Cacao Beans

The OMG!

(Omega! Mineral! Greens!) \$11.00
Superfoods, Omegas & Antioxidants

Heaps of Spirulina,
Banana

Oranges & Citrus bioflavonoid

Vanilla bean
Hemp seeds

Maca root

Raspberries

Agave Nectar

Raw Vanilla Almond Mylk

Mothers' Mylk

(Drink of the Gods) \$7.50

Whole cacao beans

Banana

Dates

Shredded coconut

Raw Vanilla Coconut Mylk

Pistachio Mint

(completely Irresistible) \$7.00

Santa Barbara pistachios

Fresh mint leaves

Banana

Agave Nectar

Raw Vanilla Almond Mylk

Berry Bliss

(Berry yummy) \$7.50

Banana

Orange & Fresh Orange Zest

Hemp seeds

Shredded coconut

Agave nectar

Vanilla Coconut Mylk

Beverages and Chilled Drinks

Hibiscus Ginger Raspberry Iced Tea

\$3.00

Slowly brewed Hibiscus petals, GingerRoot and Organic
Rasberries. Lightly sweetened

Fresh Lemonade (Raw)

\$4.00

Fresh Squeezed Organic Lemons, Agave nectar
and Filtered water

Homemade Ginger Ale

\$4.00

Made with Raw Ginger juice, Raw Agave Nectar and Soda
Water. Surprisingly Revitalizing

Bottled Alkaline Ionic "Real Water" \$4.00

Hot Cup of Tea To Go

\$3.00

Lemon Ginger***** Earl Grey-Earl*****Herbal Coffee

Sides and Items to go

Extra Sides of Dressings or Sauces	\$2.00
Garlic Broccoli	\$6.00
Steamed Brown Rice	\$3.00
Veggies for Trio	\$2.00
Raw Mexican Crackers	\$4.00
Tempeh Bakin	\$2.00
Avocado	\$2.00
Organic Raw Basil Or Cilantro Pesto 8oz. Jar	\$10.00
Chycken or Soy Patties by the Pound	\$10.00

Raw Chocolate Ganache \$10.00

Raw Chipotle Cashew Cheeze 4 oz. \$7.00 8 oz 12.00

Raw Curried Almond Cheeze 4 oz. \$7.00 8 oz 12.00

Raw Macadamia & Chive Cheeze 4 oz. \$8.00 8 oz 14.00

1-805-641-FOOD(3663)

Tuesday-Thursday 4:00pm-9:30pm

Friday - Saturday 11:00am-9:30pm



*Our mission is to offer you a naturally
delicious dining experience. Our food is
prepared with a conscious effort not only
to nurture your mind, body and spirit
but also the wellness of our planet. We
have crafted a menu using organic and
Natural Vegan ingredients to their
utmost availability. So allow yourself to
indulge In the international treasures
that nature has to offer your palate
-bon appetite!*

Mary's Secret Garden

100 S Fir Street

Ventura, Ca 93001

*Salads *Pasta *Smoothies *Desserts
* Raw Food *Hot Soups *Sandwiches

Email us at: Info@maryssecretgarden.com

Visit us at: www.Maryssecretgarden.com

Healthy way to start your day

Starters

Soup of the Day

Cup \$6.00 Bowl \$8.00 Qt \$14.00

Grilled whole grain pita

\$2.00

Chipotle Cheezy Tortillas w/Salsa

sm. \$6.00 lg. \$12.00

Grilled corn tortillas filled with chipotle cashew cheeze and cilantro served with Roasted Salsa GF

Syrian Hummus Plate

Sm. \$9.00 Lg. \$15.00

Garbanzo beans blended with cilantro, tahini, lemon juice and olive oil: topped with cilantro pesto served w/ homemade flatbread, olives & cucumbers

The Cheeze Trio

\$15.00

Sample our homemade Raw chipotle cashew cheeze, Curried almond cheeze and macadamia chive cheeze with sliced tomatoes, cucumbers, olives and pesto; Served with raw crackers GF

Cilantro Chycken Salad

\$13.00

Romaine lettuce, roasted corn, red onions, red cabbage, avocado, tomatoes and grilled chycken Topped with a Creamy Cilantro Lime Dressing
Try it with Cheezy Tortillas \$6.00
Can Be ordered RAW

Raw Bistro Salad

\$11.00

Hearts of Romaine, Red Onions, Tomato, Persian Cucumbers, Kalamata Olives, Sunflower Sprouts and Raw Parmesan, Topped with our home-made Greek Vinagrette GF
Add Garbanzo Beans or Grilled Chycken \$2.00

Main Course Entrées

The Secret Burger

\$13.00

Homemade Secret sauce
grilled veggie patty, melted cheeze
lettuce, tomatoes, pickles and red onions
on a Whole Grain Bun
With soup or salad
Order it Mary Style Add \$3.00

Cilantro Chycken Sandwich

\$14.00

Cilantro pistachio pesto
Grilled Veggie Chycken
Chipotle cashew cheeze, Grilled jalapeños,
tomato, red onions and avocado
on a Whole Grain Bun
With soup or salad
We recommend you add Fakin Bakin \$2.00

Spanish Grande Burrito

\$14.00

Seasoned garbanzo beans and brown rice
Chipotle cashew cheeze
cilantro, tomatoes, black olives & red onions
In a spinach tortilla
with a Creamy Cilantro dipping sauce
and a Pico Salad
Gluten free Burrito Bowl Available
Add Chycken Fakin Bakin or Avocado \$2.00

Tofu Broccoli Pad Thai

(Mildly Spicy) \$18.00

Grilled Tofu, quinoa/rice pasta
in a ginger peanut sauce, fresh basil,
served with Chopped Cilantro, lime wedges,
shredded red cabbage and carrots GF

Deluxe Raw Tostada

\$18.00

Pumpkin Seed Tostada Shell,
Chipotle Cashew Cheeze, Pico De Gallo,
Guacamole, Red Cabbage, Raw Parmesan,
Kalamata Olives, Fresh cilantro, Creamy
Cilantro, Pico Salad GF

Desserts

Homemade Ice Cream Sundae

\$8.00

We make a Variety of different
Ice Creams
Call in and find out our
flavor of the day GF

Jumbo Cupcake Du Jour

\$8.00

Fresh Baked Jumbo cupcakes
with rich fillings and homemade
Frosting and Toppings.
Ask your server for the flavor of the day

Raw Pecan Pie

ala mode

\$9.00

Pecan almond date crust with a
coconut, pecan and medjool date filling.
Topped with a maple cream and our
coconut cashew Ice cream
GF

*If you are planning on dinning with us, we
highly recommend making reservations by
calling:

805-641-FOOD (3663)

Thank you, and Bon appetit!