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

## Organic + Vegan + Raw Food Lunch & Delivery

### Gorilla food

#### International Ital

Gorilla Food is modern, organic, vegan, raw food cuisine  
inspired by creativity, vitality,  
health, optimum nutrition and a connection to  
what's natural.

#### Vegan

We believe that a vegan lifestyle promotes a deeper connection to peace on  
Earth.

#### Organic

Organic agriculture meets a level of care  
that is in harmony with nature.

Gorilla Food believes in and supports  
sustainable, earth-friendly and community farming.

#### Raw

In the raw/living foods cuisine, fruits, vegetables, nuts and seeds are

prepared in a way as to avoid over-heating sensitive enzymes, nutrients, essential oils and vitamins.

In the raw/living foods cuisine nuts and seeds are often soaked in water to germinate, sprout and bring them to life because it is said that soaked and sprouted seeds and nuts are more easily assimilated by the body.

## Daily Lunch & Delivery Menu

### Wraps and Rolls

#### Leaf Wraps

##### **Thai Fresh Wraps - 6**

Three collard leaf wraps filled with a sprouted sunflower seed and veggie pate, sesame seasoned coleslaw and a side dip of raisin chutney.

##### **Tepanade and Veggie Fresh Wraps - 7**

Two collard leaf wraps filled with a savory olive tapenade, sesame garlic goo, live fresh veggies and sprouts. Served with a side dip of raisin chutney.

##### **Falafel Wrap - 7.5**

A romaine lettuce wrap filled with spicy seed and veggie falafel balls on a bed of zucchini hummus and topped with a seasoned tahini sauce and grainless tabouli.

Add a Veggie Flat Bread Wrap - 2

##### **Green Taco - 7**

A taco-style romaine lettuce leaf filled with a spiced chili-walnut ground, fresh guacamole and salsa.

Add a Veggie Flat Bread Wrap - 2

#### Sea Wraps

### **International Maki - 8**

Rolled nori seaweed with a savory-sweet sprouted sunflower ginger pate, cut veggies, mango-concoct and fresh sliced avocado.

### **S'weed as Green Curry Veggie Maki - 7**

A hand-rolled nori wrap filled with wilted greens and selected veggies sauced and marinated in a thai-style green cashew and coconut sauce.

### **Ocean Wrap - 7.5**

A nori seaweed wrap rolled with a salty dulse and wanut-hemp-sunflower pate, seasonal veggies, sprouts and some salty mango-concoct.

## **Monkey Sandwiches**

Italicious Monkey sandwiches are served in two slices of veggie-flax bread or curry squash bread. Your choice!

Add soup - 4

### **Livity Love - 7**

Guacamole, sprouts, cucumber slices and tomato.

### **Main St. Monkey - 7.75**

Avocado mash-up, zucchini hummus, tangee olive tapenade, sprouts, tomato slices, and cucumber.

### **Bonobos Carnival - 6.5**

Creamity Cream Cashew cream cheez with fresh live sliced veggies and sprouts.

### **Sunny Gorilla - 7**

Sprouted sunflower ginger pate with avocado mashed-up, fresh veggie slices, shreds and sprouts.

## Soupsations

Soups come with two slices of bread and hummus.

### **Chili Verde - 6.5**

A gentle and alkalizing broth made from seasonal greens, oils and spice.

### **Dreamy Cream Avocado Carrot and Basil - 6.5**

A sweet concoction for a creamy experience.

## Super Salad Radiance

### **Sea Ceaser - 7.50**

Romaine lettuce leaves tossed in a creamy cashew and sea vegetable dousing.

### **Jungle Coleslaw - 5**

A top ranking colorful cole-salad dressed in a smooth sweet avocado dressing.

### **Sprouted Quinoa Tabouli - 6**

A wheat-free, watery, fresh and raw take on a classic parsley, cucumber and tomato salad.

### **Water Wisdom Seaweed Salad - 6.5**

A delicious and unique selection of three seaweeds, tenderized kale, tossed veggies, hazelnuts and sesame seeds marinated in a sesame-ginger-apple dressing.

### **The Mix-up – 6.5**

**A mineral rich, nutritionally packed, tenderized toss of dark greens and seasonal veggie niblets.**

**Served with your choice of dressing.**

**- Ginger Avocado, Walnut Cilantro, Lemon Herb Flax, Curry Cream**

### **Dynamo Leaf Salad – 7**

**A mix of sometimes dozens of different bio-dynamically grown and wild local leaves, varying from season to season. Served with your choice of dressing.**

**- Ginger Avocado, Walnut Cilantro, Lemon Herb Flax, Cream Curry**

### **The Great Gorilla – 13**

**A grand combo salad of delish and mineral rich leafy greens, veggies, chili almonds, pate, olives, sprouts and a creamy avocado, almond, hempseed, super-food dressing.**

## **Mains**

### **Nice Bowl – 10**

**A bowl of ryce made from veggies and seeds then mounded with warm marinated curry seasoned veggies, leaves and sprouts.**

### **"New"dles**

**Enlighten your life with prana pasta!**

**Kunda-Linguini Rising -- 9**

Sweet Pesto tossed "New"dles topped with a tomato marinara sauce and a tenderized kale veggie mix-up.

**Ahimsa Alfredo - 10**

Linguini "New"dles spun from zucchini then smothered in a rich white cashew cream. Served a la carte or with your choice of dressings and a side Medicinal Mesclun Salad.

**Rawmein "New"dles - 9**

Stirred not fried, warm softened seasonally selected veggies marinated in a nice'n spicy sesame chili sauce, stirred with sprouts and fresh live "new"dles.

**Stacked Veggie Burgers**

These beauties are served with two protein packed walnut-hempseed veggie burger patties and assorted toppings. They are served in a lettuce leaf bun or you can add on a veggie-flax seed bun.

Also add a side Medicinal Mesclun Salad or Jungle Coleslaw for the full experience!

**GO Veggie Burger - 8**

A stack of two veggie burger patties thickly topped with guacamole, fresh tomato slices, cucumber slices, shredded seasonal veggies and a ginger-tomato ketchup.

Served in a lettuce leaf bun.

Add on a veggie-flax bun. - 2

Add Medicinal Mesclun Salad or Jungle Coleslaw. - 4

**Southern Fire - 8.5**

An Hotty Herb salsa added to spice up the GO Veggie Burger.

Served in a lettuce leaf bun

Add a veggie-flax bun - 2

Add Medicinal Mesclun Salad or Jungle Coleslaw - 4

**Dehli Doubler - 9**

Spicy"ish" cashew curry sauce and marinated veggies top this double stacker of veggie burger beauty! Served in a lettuce leaf bun.

Add on a veggie-flax bun - 2

Add a side Medicinal Mesclun Salad or Jungle Coleslaw - 4

### **Pesto Primo - 8.5**

Sweet omega pesto hits the body with goodness and sweet basil fills you with enjoyment!

Served in a lettuce leaf bun

Add on a veggie-flax bun - 2

Add a side Medicinal Mesclun Salad or Jungle Coleslaw - 4

### **Pizza Party**

Dehydrated, wheat-free and gluten-free sprouted sunflower seed, buckwheat and carrot, flax seed crusts topped with your choice of flavors.

Add sm. soup and/or side medicinal meslun - 4

### **Pesto - 6.5**

Topped with a savory sun-dried tomato sauce and a smothering of aromatic hempseed basil pesto, generously sprinkled with a walnut "cheez" crumble and fresh tomato slices.

### **Ital Veggie - 6.5**

Dressed with a savory sun-dried tomato herb sauce and a heavy handful of tenderized kale veggie mix-up, then topped with a walnut "cheez" crumble.

### **Maui Wauai - 7**

As the Ital Veggie pizza and with a layer of sweet and fresh diced pineapple!

### **Morroccan Rawkin Olive - 8**

A variation again on the Ital Veggie pizza, but with a layer of black olive tapenade and spicy crushed chili almonds.

## **Side Elements / Add-ons**

**Add protein, add a flavor, throw in some culture, create your own adventure!**

**Build onto your meal and make it how you'd like it most!**

### **Goos:**

- Guacamole - 3.5
- Extra Salad Dressing - 1.50
- Zucchini Hummus - 2.5
- Raisin Chutney - 1.5
- Olive Tapanade - 3
- Lucious Hempseed Basil Pesto - 3
- Cashew Alfredo Sauce - 3

### **From the Dehydrator:**

- Tomato Herb Flax Crackers - 3
- Spicy Veggie Chili Crackers - 3.5
- Sunny Ginger Nori - 3.5
- Veggie Flax Bread - 2.5
- Curry Squash Bread - 3
- Pesto Walnuts - 6
- Spicy Chili Almonds - 6
- Savory Seeds - 4

### **Preserved Icons:**

- Olives - 3.5

### **Other Elements:**

## **Sweets, Desserts, Treats and Snacks**

### **Cookies**

**Gluten free, guilt free, sugar free!**

**Sweet dehydrated cookies made from only soaked seeds, nuts and fruit!!**

**Cinnamon Almond Crunch -2**

**Cinnamon Almond Goji Crunch -3**

**Orange Walnut Spice -2**

**Walnut Spice and Cream -2.5**

**Almond Pecan -2.5**

**Chocolate Almond Pecan -3**

**Fresh Apple Pie - 6**

**The seasons flow, so do the flavors! See the cooler.**

**Carrot Cake - 5.5**

**A fresh live carrot cake frosted with a creamy spiced cashew cream!**

**Chocolate Hempseed Pie - 6**

**As smooth as silk, creamy chocolate mousse!!**

**Dark Raw Chocolate Fudge - 2.50**

**Something that keeps gorillas coming to work even on days off!**

**Chocolate Truffles - 2.25**

Smooth creamy orbs of differing decadent delicious superfood pleasures!

Please see our display cooler for daily selections.

**Butterfly Bliss - 3.5**

Infused chocolate flowers topped with a fresh walnut and raw caramel.

**Maca Choco-Roons - 2**

Cacao, coconut, maca root and dates - these are definitely the new jazz haystacks!

**Chocolate Protein Orbs - 3**

Highly hemped and algae powered!

Sweet orbs made of cacao, seeds, nuts and body benefiting bounties!

**Drinks**

**Blended Smoothies**

**BC Blue - 5.5**

blueberries, bananas, orange juice, hempseeds

**BC Blue Green - 6.25**

bananas, blueberries, orange juice, kale, hempseeds

**Blue Green + BC Blue - 7.5**

orange juice, bananas, blueberries, kale, blue-green algae, hempseeds

**Strawberry Fields - 5.5**

strawberries, bananas, orange juice, hempseeds

**Strawberry Zing - 6**

strawberries, bananas, orange juice, hempseeds, ginger

**Helio-Tropic - 6**

bananas, orange juice, pineapple, kale

**Issa's Electric Kick Start - 6.5**

apple, flax oil, lemon, Himalayan salt

**Simple Green - 6**

apples, strawberries, kale, coconut oil

**Berry Berry Berry Green - 6.5**

Blueberries, strawberries, black berries, acai berry powder, seasonal leafy greens.

**Green Season - 5.5**

apples, seasonal greens, celery, flax oil

**Creamy Almond Shakes**

**Choco-Gorilla - 6.5**

almonds, cacao, bananas, hempseeds, date, coconut oil

**Blueberry Blaze - 6**

almonds, blueberries, bananas, hempseeds, date

**Strawberry Cloud - 6**

almonds, strawberries, bananas, hempseeds, date

**Strawberry Bliss - 7**

almonds, strawberries, bananas, hempseeds, coconut oil, vanilla, date

**Hempnotik - 6.25**

almonds, bananas, hempnut, hemp protein, date

**Hempstar Delight - 7**

almonds, bananas, hempnut, hemp protein, ginger, spices, date

**Sylky Mylks**

**Cashew, Almond or Hempseed - 7**

**Creamy, sweet and frothy flavored mylk made from your choice of nut, seed and spice:**

**Au Natural**

**Sweet Creamy Cacao**

**Vanilla Dream**

**Hot and Spicey Resonant Chocolate**

**Carrot and Cardamon Almond Sylk**

## Fresh Juices

**Our Daily Juice - 6**

Our daily selected concoction.

**Strictly Roots - 5**

carrot juice

**Om-ly Orange - 5**

orange juice

**Sweet Magenta - 5.5**

Carrot, apple and beet

**Roots Tonic - 5.5**

carrot, beet, ginger, sunchoke and burdock

**Green Glory - 6.25**

kale, apple, celery, lemon, parsley, ginger and seasonal greens

**Seasonal Green - 7.5**

seasonal greens, celery, cucumber and with optional lemon and/or ginger

**Tropical Twist - 5.75**

carrot, orange, pineapple, ginger

**Root Down - 5.5**

choose your own adventure - carrot juice with any of the following:

kale, celery, cucumber, parsley, ginger, sunchoke, beet, apple, orange, lemon, seasonal greens

## Hot Teas

**Earth Resonance InInfusion - 3**

**Loose Tea - 3**

**Gorilla Food's Advance Appologies and Disclaimers**

**We appologize that at times we may be out of certain foods due to the nature of fresh, alive, ripe and in season raw foods.**

**We prepare everything in small batches to preserve integrity and because we have only a small amount of storage space. Sometimes we can run out of certain items! Sorry for any disappointments!**

**We would also like to add a disclaimer that in working with bulk seeds and nuts a small shell piece or even a small stone could accidentally make it past our screening process.**

**Allergy Alert!!**

**We use many different nuts in our kitchen so please inquire about any nut or other food allergies.**