



## Dragonfly Cafe &amp; Gardens \*\*

## Hours of Operation

<b>Sunday</b>	<b>5:00 PM - 9:00 PM</b>
<b>Monday</b>	<b>5:00 PM - 9:00 PM</b>
<b>Tuesday</b>	<b>5:00 PM - 9:00 PM</b>
<b>Wednesday</b>	<b>5:00 PM - 9:00 PM</b>
<b>Thursday</b>	<b>5:00 PM - 9:00 PM</b>
<b>Friday</b>	<b>5:00 PM - 9:00 PM</b>
<b>Saturday</b>	<b>5:00 PM - 9:00 PM</b>

## BEGINNINGS

<b>94. Edamame</b>	<b>\$4.50</b>
<b>95. Lettuce Wraps</b> <i>Marinated char-grilled chicken served with peanut sauce. With steak add \$2.50</i>	<b>\$9.00</b>
<b>96. Ahi Wontons</b> <i>Wonton crisps topped with seared ahi, avocado, sweet soy &amp; wasabi cream</i>	<b>\$11.25</b>
<b>97. Plantains with Caviar</b> <i>Plantains with a dollop of sour cream &amp; caviar</i>	<b>\$10.25</b>
<b>98. Crispy Shoestring Plantains</b> <i>Served with chipotle sour cream</i>	<b>\$6.75</b>
<b>99. Plantains with Carnitas</b> <i>Plantains with avocado, chipotle sour cream &amp; carnitas</i>	<b>\$10.25</b>
<b>100. Roasted Veggies</b> <i>Roasted eggplant, red bell peppers, green beans, yams, sweet potatoes &amp; portabello mushrooms</i>	<b>\$6.75</b>
<b>101. Dragon Potatoes</b> <i>Oven roasted sweet &amp; red potatoes with chipotle sour cream</i>	<b>\$6.25</b>
<b>102. Crispy Salted Plantains</b>	<b>\$6.75</b>
<b>103. Soup of the Day</b> <i>Call 541-488-4855 to find out what the soup of the day is.</i>	<b>\$6.50</b>

## ENSALADA

<b>83. Basic Salad</b> <i>With dressing of your choice</i>	<b>\$6.75</b>
<b>84. Ensalada de Casa</b> <i>Bed of mixed greens with avocado &amp; tomato, served with lemon &amp; olive oil</i>	<b>\$8.00</b>
<b>85. Tiger Garden Salad</b> <i>Crisp greens topped with orange, carrots, celery, bean sprouts and crispy wontons with a zesty oil-free citrus dressing</i>	<b>\$8.00</b>
<b>86. Tomato Pesto Salad</b> <i>Tomatoes &amp; mixed greens served with pesto, olive oil and balsamic vinaigrette</i>	<b>\$8.00</b>

## DINNER ENTREES

<b>87. Char-Grilled Chicken</b> <i>HALF CHICKEN \$18.50, QUARTER CHICKEN \$13.50. Half Chicken Quarter Chicken Choose from: LATINO STYLE with black beans, coconut rice, &amp; crisp salted plantains ASIAN STYLE with coconut rice, edamame &amp; peanut sauce DRAGON STYLE with oven roasted red &amp; sweet potatoes &amp; chipotle cream ISABEL STYLE with broccoli, zucchini, steamed brown rice, &amp; a side of our homemade pesto</i>	
<b>88. Ahi Platter</b> <i>Seared Ahi, avocado, sweet soy &amp; wasabi cream. Served with a side of wontons, coconut rice, &amp; edamame</i>	<b>\$21.50</b>
<b>89. Flat Iron Steak with Mojo</b> <i>Char-grilled steak served with portabello mushrooms, cilantro garlic mojo pico &amp; roasted red &amp; sweet potatoes</i>	<b>\$21.50</b>
<b>90. Double Happiness Lettuce Wraps</b> <i>Marinated steak &amp; chicken served with lettuce, cucumber kimchi, coconut rice, &amp; peanut sauce</i>	<b>\$16.50</b>
<b>91. Chicken Tamale</b> <i>Dragon-made chicken tamale with black beans &amp; rice or grilled zucchini with cheese &amp; red onion</i>	<b>\$15.50</b>
<b>92. Grilled Alaskan Salmon</b> <i>Marinated grilled salmon served with papaya mango mint salsa, green beans &amp; coconut rice</i>	<b>\$19.50</b>
<b>93. Asia Grill</b> <i>Grilled eggplant with red bell peppers, sweet potato &amp; green beans served with marinated tofu, peanut sauce &amp; brown rice topped with marinated grilled portabello mushrooms</i>	<b>\$14.50</b>
<b>94. Posole</b> <i>Choose a protein: Chicken, Carnitas or Zucchini</i>	<b>\$16.00</b>
<b>113. Mahi-Mahi Fish Tacos</b> <i>Comes with rice and beans.</i>	<b>\$18.50</b>

## BIG BOWLS

<b>104. Buddha Bowl</b> <i>Big bowl of steamy lemongrass miso &amp; coconut milk broth with shiitake mushrooms, noodles, veggies &amp; cilantro</i>	<b>\$10.50</b>
<b>105. Imperial Bowl</b> <i>Big bowl of steamy lemongrass miso &amp; coconut milk broth with shiitake mushrooms, brown rice, steamed zucchini, broccoli, beansprouts, &amp; julienne vegetables</i>	<b>\$12.50</b>
<b>106. Soul Bowl</b> <i>Steamy homemade Asian vegetarian broth with udon noodles, edamame, avocado, &amp; watercress &amp; grilled tofu or chicken</i>	<b>\$13.50</b>
<b>107. Brazil Bowl</b> <i>Marinated chicken, carnitas, or tofu with coconut rice &amp; black beans. Served with papaya mango salsa &amp; crispy plantains.</i>	<b>\$14.50</b>
<b>108. Udon Noodle Bowl</b> <i>Udon noodles with vegetable rainbow, portabello mushrooms, peanuts &amp; slightly spicy Asian peanut sauce</i>	<b>\$12.50</b>
<b>109. Pineapple Fried Rice Bowl</b> <i>Coconut rice with pineapple, roasted red bell pepper, eggplant, green beans, beansprouts, &amp; portabello mushrooms, stir fried with sweet chili sauce</i>	<b>\$12.50</b>
<b>110. Wok Fried Rice Bowl</b> <i>Crisp brown rice with sweet potato, roasted bell pepper, eggplant, green beans, bean sprouts &amp; portabello mushrooms, stir-fried with sweet chili sauce</i>	<b>\$12.50</b>

## DINNER DESSERTS

<b>116. Flourless Chocolate Cake</b>	<b>\$6.50</b>
<b>117. Coconut Flan</b>	<b>\$6.50</b>
<b>118. Banana Cantina</b>	<b>\$6.50</b>

## MISC

## 111. OPEN FOOD

## BREAKFAST

<b>1. Coconut French Toast</b> <i>Coconut bread grilled with coconut flakes on a palette of raspberry puree. Two eggs and bacon add \$2.</i>	<b>\$9.50</b>
<b>2. Blackberry Pancakes</b> <i>Three pancakes with blackberries, garnished with seasonal fruit, blackberry puree and powdered sugar. Two eggs and bacon add \$2.</i>	<b>\$7.50</b>
<b>3. Banana Blackberry Pancakes</b> <i>Three pancakes with bananas &amp; blackberries, garnished with seasonal fruit, blackberry puree and powdered sugar. Two eggs and bacon add \$2.</i>	<b>\$7.50</b>
<b>4. The King Cakes</b> <i>Three pancakes with peanut butter, bananas &amp; chocolate chips with raspberry puree. Two eggs and bacon add \$2.</i>	<b>\$9.00</b>
<b>5. Rosemary Potato Breakfast</b> <i>Crispy rosemary potatoes, scrambled eggs, sauteed tomatoes &amp; onions, &amp; grilled rosemary bread.</i>	<b>\$7.50</b>
<b>6. Fruit Bowl</b> <i>A seasonal array of fruit.</i>	<b>\$6.00</b>
<b>7. Artichoke Scramble</b> <i>Eggs scrambled with artichokes, cheese, green onions &amp; tomatoes served with crispy rosemary potatoes &amp; grilled rosemary bread.</i>	<b>\$9.00</b>
<b>8. Avocado Scramble</b> <i>Scrambled eggs with avocado &amp; cheese, served with jalapeno potatoes, black beans, and a tortilla.</i>	<b>\$9.50</b>
<b>9. Cantina Croissant</b> <i>Homemade croissant, with scrambled eggs, cream cheese, tomatoes, &amp; scallions, served with crispy rosemary potatoes.</i>	<b>\$9.00</b>
<b>10. Nirvana</b> <i>Marinated grilled tofu, brown rice, broccoli, zucchini, squash, egg whites &amp; salsa.</i>	<b>\$9.50</b>
<b>11. Crispy Dragon Potatoes</b> <i>Crispy rosemary potatoes topped with jalapenos, onions, tomatoes, black beans, avocado, cheese, sour cream &amp; salsa.</i>	<b>\$9.00</b>
<b>12. Continental Breakfast</b> <i>Grilled coconut bread with a cup of assorted fresh fruit &amp; raspberry puree.</i>	<b>\$6.50</b>
<b>13. Roast Beef Hash &amp; Eggs</b> <i>Char-grilled beef with onions &amp; tomatoes on crispy rosemary potatoes. Served with scrambled eggs, rosemary bread, &amp; horseradish cream.</i>	<b>\$12.00</b>
<b>14. Breakfast Burrito</b> <i>Eggs scrambled with cheese, scallions, and tomatoes wrapped in fresh tortillas. Served with black beans &amp; salsa.</i>	<b>\$7.50</b>
<b>15. Plata Tortillas</b> <i>Two fresh tortillas with scrambled eggs, cheese, tomatoes, scallions, salsa &amp; black beans.</i>	<b>\$7.50</b>
<b>16. Breakfast Tamales</b> <i>Housemade free range chicken &amp; roasted chili tamale served with scrambled eggs &amp; beans, garnished with cheese, sour cream, tomatoes, &amp; salsa.</i>	<b>\$9.50</b>
<b>17. Breakfast Quesadilla</b> <i>Bacon, cheese, green onion, tomatoes, &amp; cilantro grilled between two flour tortillas. Served with black beans &amp; salsa.</i>	<b>\$8.00</b>
<b>18. Coconut Granola</b> <i>Toasted oats with coconut, almonds, &amp; raisins. Fruit add \$2.</i>	<b>\$5.00</b>
<b>19. Oatmeal</b> <i>With apples, cinnamon and raisins.</i>	<b>\$5.00</b>

## POWER MENU

<b>20. Original Power Breakfast</b>	<b>\$9.00</b>
<i>Four scrambled egg whites, steamed brown rice, broccoli, zucchini, &amp; salsa fresca. Add chicken or tofu \$2.50.</i>	
<b>21. Power Breakfast Burritos</b>	<b>\$9.00</b>
<i>Egg whites scrambled with grilled chicken, cheese, green onion, and tomatoes wrapped in fresh tortillas served with black beans &amp; salsa.</i>	
<b>22. Power Black Beans &amp; Rice</b>	<b>\$10.00</b>
<i>Brown rice, black beans, broccoli, green onion, tomatoes, &amp; cilantro served with grilled chicken &amp; salsa.</i>	
<b>23. Poached Eggs &amp; Grilled Zucchini</b>	<b>\$7.50</b>
<i>With tomatoes, scallions, mixed greens, and grilled rosemary bread.</i>	
<b>24. Pesto Scramble</b>	<b>\$9.00</b>
<i>Four egg whites, pesto, green onion, tomato, served with black beans, brown rice &amp; salsa.</i>	
<b>25. Jalapeno Scramble</b>	<b>\$8.50</b>
<i>Four egg whites, jalapenos, green onion, tomato, served with black beans, brown rice &amp; salsa.</i>	
<b>26. Side of Grilled Tofu</b>	<b>\$3.50</b>
<b>27. Side of Pork Sausage</b>	<b>\$3.50</b>

## LATIN-ASIAN

<b>28. Wok Fried Rice</b>	<b>\$10.50</b>
<i>Brown rice stir-fried with broccoli, zucchini, squash, bean sprouts, carrots &amp; shiitake mushrooms. Marinated Tofu or chicken add \$3.50, Beef add \$4.</i>	
<b>30. Crispy Noodles &amp; Crunchy Vegetables</b>	<b>\$10.50</b>
<i>Pan fried noodles with fresh bean sprouts, julienne carrots, celery, cilantro, &amp; shiitakes. Marinated Tofu or Chicken add \$3.50, Beef add \$4</i>	
<b>31. Lettuce Wraps</b>	<b>\$10.00</b>
<i>Marinated chicken, crisp lettuce leaves, shredded cucumber, rice noodles &amp; peanut sauce. Served with brown rice.</i>	
<b>32. Double Happiness</b>	<b>\$12.50</b>
<i>Crisp brown rice &amp; seasonal vegetables accompanied by beef &amp; chicken with a side of peanut sauce.</i>	
<b>33. Single Happiness</b>	<b>\$11.00</b>
<i>Crisp brown rice and seasonal vegetables accompanied by chicken with a side of peanut sauce.</i>	
<b>34. Tofu Happiness</b>	<b>\$10.00</b>
<i>Crisp brown rice and seasonal vegetables accompanied by marinated tofu with a side of peanut sauce.</i>	
<b>35. Lunch Tamales</b>	<b>\$10.50</b>
<i>Housemade free range chicken tamale served with mixed greens, black beans, brown rice, cheese, &amp; salsa. Marinated Tofu or Chicken add \$3.50, Beef add \$4</i>	
<b>36. Nuevo Roll-Ups</b>	<b>\$10.00</b>
<i>Pan-fried noodles in ginger soy sauce with green onion, cilantro, julienne carrots, celery, &amp; sprouts, wrapped in a spinach tortilla. Served with mixed greens &amp; peanut sauce. Marinated Tofu or Chicken add \$3.50, Beef add \$4</i>	
<b>37. Chicken Burrito</b>	<b>\$10.00</b>
<i>Sesame chicken, lettuce, tomatoes, green onion, avocado, cilantro, &amp; sour cream in a chipotle tortilla. Served with chips &amp; salsa. Sub tofu for veggie option.</i>	
<b>38. Bonsai Burrito</b>	<b>\$9.50</b>
<i>With brown rice, corn, black beans, shiitake mushrooms &amp; our Asian ginger sauce. Served with chips &amp; salsa. Marinated Tofu or Chicken add \$3.50, Beef add \$4</i>	
<b>39. Chicken Quesadilla</b>	<b>\$10.00</b>
<i>With cheese, green onion, tomatoes, cilantro, and salsa. Grilled between two flour tortillas and served with black beans or mixed salad.</i>	
<b>40. Black Beans &amp; Rice</b>	<b>\$7.00</b>
<i>Served with fresh tortillas. Garnished with tomatoes, onions, cheese, sour cream, &amp; salsa. Marinated Tofu or Chicken add \$3.50, Beef add \$4</i>	

## SANDWICHES OR WRAPS

<b>41. Veggie Sandwich</b>	<b>\$8.50</b>
<i>With avocado, lettuce, cucumber, tomato, &amp; mayo.</i>	
<b>42. Grilled Chicken Sandwich</b>	<b>\$10.00</b>
<i>Chicken, lettuce, tomato and mayo.</i>	
<b>43. BLT</b>	<b>\$9.50</b>
<i>Bacon, lettuce, tomato, and mayo.</i>	
<b>44. Grilled Steak Sandwich</b>	<b>\$11.00</b>
<i>Grilled, marinated steak with lettuce, tomatoes, green onions and mayo.</i>	
<b>45. Pesto Chicken Sandwich</b>	<b>\$10.50</b>
<i>Chicken, lettuce, tomato, pesto, &amp; mayo.</i>	
<b>46. Carne Asada Sandwich</b>	<b>\$11.50</b>
<i>With cheese, salas, lettuce, tomato, avocado &amp; mayo.</i>	
<b>47. Chicken Asada Sandwich</b>	<b>\$11.00</b>
<i>With cheese, salsa, lettuce, tomato, avocado &amp; mayo.</i>	
<b>48. Chicken Salad Sandwich</b>	<b>\$10.50</b>
<i>Chopped chicken, lettuce, tomato, green onion &amp; mayo.</i>	

## LUNCH SPECIALS

<b>49. 1/2 Sandwich with Soup or Salad</b>	<b>\$6.00</b>
<i>BLT \$0.00, CHICKEN SALAD \$0.00, GRILLED CHICKEN \$0.00, VEGGIE \$0.00. Choose one half of a sandwich: Veggie, Grilled Chicken, BLT, or Chicken Salad With Your Choice of Homemade Bread: Rosemary or Wheat And Choose Any One of the Following: A bowl of our homemade soup: \$7.00 Blue Cheese Walnut Salad \$7.50, Our House Mixed Salad \$7.00</i>	
<b>50. Pick any Two Items</b>	<b>\$6.00</b>
<i>Pick any two of the following items: Cheese Quesadilla, Grilled Chicken Taco, Veggie Taco, Black Beans &amp; Brown Rice</i>	

## SOUP &amp; SALAD

<b>51. Cup of Soup</b>	<b>\$3.00</b>
<b>52. Bowl of Soup</b>	<b>\$5.00</b>
<i>Add a side of homemade rosemary bread for 1.00.</i>	
<b>53. Mixed Green Salad</b>	<b>\$7.00</b>
<i>Mixed greens, tomatoes, onions, balsamic vinaigrette &amp; grilled bread. Marinated Tofu or Chicken add \$2.50.</i>	
<b>54. Blue Cheese Walnut Salad</b>	<b>\$10.00</b>
<i>Mixed greens, tomatoes, onions, balsamic vinaigrette, and grilled bread. Marinated Tofu or Chicken add \$2.50, Beef add \$3.50.</i>	
<b>55. Soup &amp; Salad</b>	<b>\$9.00</b>
<i>A hearty bowl of soup, mixed green salad, and bread. With blue cheese &amp; walnut salad add \$1.00.</i>	
<b>56. Tiger Garden Salad</b>	<b>\$9.50</b>
<i>Crisp greens, orange slices, carrots, celery, bean sprouts and cucumber with an oil-free zesty citrus dressing. Marinated Tofu or Chicken add \$2.50, Beef add \$3.50.</i>	

## KID'S MENU

<b>57. Fruit Face Pancake</b>	<b>\$4.00</b>
<b>58. Cheese Quesadilla</b>	<b>\$5.25</b>
<i>Add chicken for \$2.00</i>	
<b>59. Eggs &amp; Bacon</b>	<b>\$4.00</b>

## SIDES

<b>60. Scrambled Eggs</b>	<b>\$2.50</b>
<b>61. Scrambled egg whites</b>	<b>\$3.00</b>
<b>62. Substitute Egg Whites</b>	<b>\$2.00</b>
<b>63. Two pieces of bacon</b>	<b>\$2.50</b>
<b>64. Four pieces of bacon</b>	<b>\$4.00</b>
<b>65. Pork Sausage</b>	<b>\$3.50</b>
<b>66. Raspberry/Blueberry Puree</b>	<b>\$1.00</b>
<b>67. Rosemary Potatoes</b>	<b>\$3.50</b>
<b>68. Tortilla</b>	<b>\$1.00</b>
<b>69. Tofu</b>	<b>\$3.50</b>
<b>70. Salsa</b>	<b>\$1.00</b>
<b>71. Chips &amp; Salsa</b>	<b>\$3.25</b>
<b>72. Sour Cream</b>	<b>\$1.00</b>
<b>73. Add cheese</b>	<b>\$1.50</b>
<b>74. Rosemary or Wheat Bread</b>	<b>\$2.00</b>
<b>75. Jalepeno Potatoes</b>	<b>\$4.50</b>
<b>76. Dressing</b>	<b>\$1.00</b>
<b>77. Peanut Sauce</b>	<b>\$1.00</b>
<b>78. Chipotle Cream</b>	<b>\$1.00</b>
<b>79. Pesto</b>	<b>\$1.75</b>
<b>80. Coco-Chili Sauce</b>	<b>\$1.00</b>
<b>112. Avocado</b>	<b>\$1.75</b>
<b>113. Coconut Rice</b>	<b>\$2.00</b>
<b>114. Brown Rice</b>	<b>\$2.00</b>
<b>115. Black Beans</b>	<b>\$2.00</b>