Welcome to Ecopolitan Restaurant, Juice Bar, Wine Bar, and Eco-Shop! Ecopolitan, a non-profit organization, is a component of the Eco-Health Network which promotes ECO-RAW LIVING - an educated lifestyle that harmonizes health sciences, nutrition, ecology, and community to promote a sustainable future on Earth! To learn more, refer to our CDs and DVDs by Ecopolitan founder Dr. Tel-Oren (“Dr. T”), attend our FREE lectures or films every Tuesday from 6:30pm-8:30pm, sign up for our FREE e-newsletter, and visit our website.

We are delighted to offer healthy and sustainable dining by creating 100% uncooked, plant-based meals with 100% organically-grown ingredients and no additives, GMOs, or toxic processing. Our menu is completely vegan (no animal products), contains no refined sugars or flours, and is free of most common allergens (no wheat, corn, soy, dairy, eggs, or peanuts)! Our fruits and vegetables (locally-grown when available) arrive fresh and are cleansed with purified water and food-grade hydrogen peroxide. We serve reverse-osmosis purified drinking water, operate an air filter in our dining room, and provide a smoke-free environment indoors and outdoors!

We do our part for the planet by utilizing recycled, reused, & biodegradable packaging, composting, providing organic hemp napkins, and using non-toxic cleaning products, paints, and construction materials. These items and many more healthy home and body products are available in our Eco-Shop.

You are welcome to use our BICYCLE RACKS, FREE PARKING LOT on the building’s south side, accessible through the back alley, and HANDICAP ACCESS RAMP at the back door. Thanks for visiting!

**Hours:** Monday - Thursday 9am-10pm  
Friday - Saturday 9am-11pm  
*Place orders at least 30 minutes before close.*

**Call us:**  (612) 87-GREEN (874-7336)

**Visit us online:**  [www.ecopolitan.com](http://www.ecopolitan.com)

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Gift Certificates available  
18% gratuity may be added to parties of 5 or more
**APPETIZERS**

$1 off during Happy Hour: Mon-Fri 3pm-6pm

|Item| Price
|---|---
|**HUMMUS & FLAX CRACKERS**| 6|
|**VEGGIES & CASHEW “RANCH”**| 6.50|
|**BRUSCHETTA**| 7|
|Served with balsamic onions & oat focaccia slices.|
|**CASHEW “CHEESE” LOG**| 8|
|Rolled in sun-dried tomatoes, olives, & fresh basil. Served with balsamic onions & flax crackers.|
|**PINE NUT NOT-CHO “CHEESE”**| 8.25|
|Served with eco-chips.|
|**TRIO SAMPLER**| 8.75|
Pesto, hummus, & olive tapenade served with flax crackers.

**GUACAMOLE & SALSA**| 9.75|
Served with eco-chips.

**SALADS**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td><strong>HOUSE SALAD</strong></td>
<td>8.25</td>
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</table>
Greens, bell pepper, carrot, sprouts, & house dressing.

|**BABY GREENS & SEEDS SALAD**| 8.75|
Baby greens, celery, sunflower seeds, pumpkin seeds, sesame seeds, & cashew “ranch” dressing.

|**PURPLE KALE SALAD**| 9.75|
|Kale, red cabbage, tomato, kiwi, fresh basil, sprouted quinoa, raisins, & tahini-garlic dressing.|

|**SWEET SPINACH SALAD**| 10.25|
Spinach, orange, red onion, strawberries, sunflower seeds, pecans, & balsamic vinaigrette.

|**MEDITERRANEAN SALAD**| 12.50|
Spinach, cucumber, tomato, olives, cashew “parmesan,” hummus, & balsamic vinaigrette.

|**TACO SALAD**| 13.75|
Baby greens, lentil "taco meat," bell pepper, tomato, avocado, onion, olives, cilantro, cashew "sour cream," hot sauce, & house dressing.

|**SIDE SALAD**| 4.75 + optional toppings|
Choose 1 or a mix of greens, a salad dressing, & optional toppings. See ↓.

|**CUSTOM SALAD**| 7 + optional toppings|
Choose 1 or a mix of greens, a salad dressing, & optional toppings. See ↓.

- **Salad Greens:** baby greens, spinach, kale, collard.
- **Salad Dressing:** house [olive oil, lemon or lime, pepper, sea salt], tahini-garlic, cashew “ranch,” balsamic vinaigrette, apple cider vinaigrette.
- **Extra Salad Dressing 1 oz**| 1 2 oz | 1.75

Optional Toppings... for Salads or Entrées.

<table>
<thead>
<tr>
<th>Simple Toppings</th>
<th>.50 each</th>
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</thead>
<tbody>
<tr>
<td>beet, bell pepper, cabbage, carrot, celery, cucumber, daikon, jalapeño, marinated mushrooms, onion, scallions, sprouts, tomato, zucchini, garlic, fresh basil, cilantro, parsley, pumpkin seeds, sunflower seeds, sesame seeds, apple, kiwi, orange, pear, dates, raisins, dried apricots, dried figs.</td>
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<thead>
<tr>
<th>Super Toppings</th>
<th>1 each</th>
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<tbody>
<tr>
<td>almonds, brazil nuts, cashews, hazelnuts, pecans, pine nuts, pistachios, walnuts, cashew “parmesan,” nutritional yeast, pickles, seaweed, sun-dried tomatoes, sprouted quinoa, berries, fresh pineapple, dried pineapple, dried mango.</td>
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<thead>
<tr>
<th>Divine Toppings</th>
<th>2 each</th>
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<tbody>
<tr>
<td>olives, avocado half, macadamia nuts.</td>
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<thead>
<tr>
<th>Ecocilicious Toppings</th>
<th>prices vary</th>
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<tbody>
<tr>
<td>Our dips, sauces, &amp; dehydrated goods; see Page 4.</td>
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**BREAKFASTS...** Served all day!

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
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<tr>
<td><strong>RAWNOLA</strong></td>
<td>6</td>
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</table>
Sweet & crunchy cinnamon-buckwheat cereal with dried fruit, nuts, & seeds. Served with coconut milk & fresh fruit.

|**OAT PORRIDGE**| 7.25|
A blend of oat groats, banana, apple, dates, nuts, & vanilla. Served with fresh fruit & coconut flakes.

|**FRUIT SALAD**| 8.25|
A variety of fresh & dried fruits served with date syrup, nuts, & coconut flakes.

|**FLAXJACK “PANCAKES”**| 9|
Two apple-walnut-flaxseed “pancakes” with sesame tahini, fresh fruit, date syrup, & cinnamon. **Half order** | 5.50

|**RAWMLETTES**| 11.50|
Two banana-coconut-flaxseed “omelette” shells with macadamia-cashew “cheese,” avocado, carrot, onion, & cilantro. Served with fresh fruit. **Half order** | 6.75

Do you have a food sensitivities, allergies, or a specific diet? We are here to help! Let us know your concerns; we can let you see our ingredient lists and offer some menu suggestions or substitutions.
**ENTRÉES**

**HUMMUS PLATE | 10.75**
Hummus, tomato, cucumber, olives, sprouts, & dates. Served on house-dressed greens with flax crackers.

**RAWVIOLI | 11.75**

**SAVORY CASSEROLE PLATE | 12.50**
Herbed cashew “cheese” & fresh vegetables layered with zucchini, avocado, & buckwheat “breadcrumbs.” Choose side salad, cup of soup, or today’s side (8 oz).

*Savory Casserole Slice, No Frills (no salad/soup/side) | 7.75

**GREEN BURRITO | 12.50**
A collard leaf wrap with curried hummus, lentil “taco meat,” fresh vegetables, sunflower seeds, sprouts, & hot sauce. Served with salsa & guacamole.

**“CHILI CHEESE” BURRITO | 13.50**
Like the Green Burrito except that not-cho “cheese” & cashew “sour cream” replace the curried cashew. Yum!

**FLAXSEED TOSTADAS | 13**

**LASAGNA PLATE | 13.50**
Sun-dried tomato sauce & cashew “cheese” layered with zucchini, mushrooms, bell pepper, & spinach. Served with oat foccacia. Choose side salad, cup of soup, or today’s side (8 oz).

Lasagna Slice, No Frills (no salad/soup/side) | 7.75

**MARINARA PASTA | 13.50**
Sweet sun-dried tomato marinara sauce on zucchini noodles with strawberries, red onion, olives, walnuts, & fresh herbs. Served on balsamic-vinaigrette-dressed spinach.

**SPICY THAI NOODLES | 13.75**
Coconut curry sauce on zucchini, carrot, & daikon radish noodles with bell pepper, pineapple, cilantro, almonds, & coconut flakes. Served on house-dressed greens.

**PESTO PASTA | 13.75**
Pine nut pesto on zucchini noodles with tomato, bell pepper, marinated mushrooms, & walnuts. Served on balsamic-vinaigrette-dressed spinach.

**MACADAMIA ALFREDO PASTA | 14.50**
Macadamia-cashew alfredo sauce on zucchini noodles with bell pepper, marinated mushrooms, pine nuts, & fresh herbs. Served on house-dressed greens.

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**PRE-ASSEMBLED MENU ITEMS** may be available for quick meals if you are in a rush. Check the cooler in the Juice Bar area or ask for current selections.

**FALAFEL WRAP | 14.50**
A collard leaf wrap with hummus, falafel, cucumber, tomato, olives, sprouts, & tahini-garlic dressing. Choose side salad, cup of soup, or today’s side (8 oz).

Falafel Wrap, No Frills (no salad/soup/side) | 9.25

**NOT-CHO “CHEESE” PLATE | 14.75**
Pine nut “cheese” on greens with bell pepper, cucumber, marinated mushrooms, onion, cilantro, cashew “sour cream,” & hot sauce. Served with eco-chips.

**ECO-BURGER PLATE | 15.50**
Mushroom-walnut “burger patty” on a buckwheat-herb bun with tomato, onion, sprouts, pickles, ketchup, & mustard. Choose side salad, cup of soup, or today’s side (8 oz).

Eco-Burger, No Frills (no salad/soup/side) | 10.75

**SURPRISE ENTÉE | 13.50**
Can’t decide? Let our chef create a meal!

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**PIZZAS**

Two slices served on buckwheat-herb crusts with spread/sauce, toppings, sprouts, and fresh fruit.

**MEDITERRANEAN PIZZA | 11**
Hummus, tomato, cucumber, olives, & tahini-garlic dressing.

Half order | 6.50

**PESTO PIZZA | 11.50**
Pine nut pesto, spinach, tomato, marinated mushrooms, & walnuts.

Half order | 6.75

**MARINARA PIZZA | 12.50**
Sweet marinara sauce, avocado, bell pepper, marinated mushrooms, onion, raisins, & fresh garlic.

Half order | 7.25

**HAWAIIAN PIZZA | 13**
Sweet marinara sauce, pineapple, bell pepper, onion, macadamia nuts, & cilantro.

Half order | 7.50

**RED AVOCADO PIZZA | 13**
Olive tapenade, avocado, zucchini, marinated mushrooms, pine nuts, & cilantro.

Half order | 7.50

**TACO PIZZA | 13.50**
Curried hummus, lentil “taco meat,” tomato, bell pepper, onion, cilantro, cashew “sour cream,” & hot sauce.

Half order | 7.75

**ECO-SAUSAGE PIZZA | 14**
Macadamia-cashew “cheese,” walnut eco-sausage, bell pepper, marinated mushrooms, onion, & ginger marinara sauce.

Half order | 8

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Bring your own TO-GO WARE!! If you forget or want us to provide it, consider these sustainable choices.

Biodegradable To-Go Container | .75 each
Biodegradable To-Go Fork | 25 each
Glass Jar... 16 oz | 1 deposit, refundable upon return

Ask about organic, raw SPECIAL EVENT MEALS and/or DESSERTS for large groups. Advance notice required and a 10% minimum gratuity applies.
SMOOTHIES... 16 oz | prices vary

APPLE PIE | 6
Banana, pear, & apple base with walnuts, dates, & cinnamon.

FUTURE SHOCK | 6
Banana & carrot juice base with lemon, ginger, & almond extract.

MANGO FUSION | 6
Coconut & pear base with dried mango & vanilla.

MINT MACHINE | 6
Coconut base with lime, dates, & fresh mint.

SESAME "MOCHA" | 6
Banana & coconut base with sesame seeds, dates, & carob.

VANILLA ALMOND | 6
Banana base with almonds, dates, & vanilla.

COCONUT SUPREME | 6.50
Coconut base with pecans, dates, ginger, & cinnamon.

HAZELNUT "FUDGE" | 6.50
Coconut base with hazelnuts, dates, carob, & vanilla.

ORANGE JULIA | 6.50
Banana base with orange, vanilla, & coconut oil.

PIÑA COLADA | 6.50
Banana & coconut base with orange, pineapple, & dates.

SWEET BASIL | 6.50
Coconut, pear, & apple base with macadamia nuts & fresh basil.

WHIMSY | 6.50
Can’t decide? Let us create a surprise smoothie!

ECO-GREEN SAVORY | 6.50
Avocado & tomato base with kale, parsley, garlic, salt, & pepper.

ECO-GREEN SWEETIE | 6.75
Coconut base with spinach, macadamia nuts, dates, & vanilla.

CUSTOM SMOOTHIE | 5 + additions
Choose 1 or 2 bases & optional additions. See ↓.
Coldest & Smoothest Bases: banana, coconut, pear,
Other Bases: apple, kiwi, orange, avocado, carrot juice, celery, cucumber, tomato
Extra Base (3+) | .50 each
Optional Smoothie Additions...
Simple Additions | .50 each
dates, raisins, dried figs, dried apricots, ginger, carob, vanilla, fresh mint, almonds, hazelnuts, pecans, walnuts, kale, parsley, spinach, cilantro, lemon, lime.
Divine Additions | 1 each
berries, fresh pineapple, dried pineapple, dried mango, macadamia nuts, coconut oil.
Add a Wheatgrass Shot... 1 oz | 1.50 2 oz | 2.50

We have ORGANIC RED & WHITE WINES! All our wines are raw (unpasteurized) and vegan with no sulfites added. Ask to see a list of current selections. $16 bottles during Happy Hour: Mon-Fri 3pm-6pm.

JUICES... 8 oz | 4.75 12 oz | 6.50

COOL CUCUMBER
Cucumber, celery, lemon, & parsley.

GINGER LEMONADE
Apple, lemon, lime, & ginger.

GRANDMA'S GARDEN
Carrot, tomato, celery, & a pinch of garlic.

GREEN HOUSE
Celery, cucumber, kale, & spinach.

HEAVENLY
Apple, celery, & ginger.

ORANGE DREAM
Orange, carrot, & ginger.

SWEET BEET
Beet, carrot, apple, kale, & ginger.

TASTY TONIC
Apple, cucumber, bell pepper, & lime.

CUSTOM JUICE
8 oz | 4 + additions 12 oz | 5.75 + additions
Choose 1 or 2 bases & optional additions. See ↓.
Bases: apple, orange, pear, beet, carrot, celery, cucumber, tomato.
Extra Base (3+) | .75 each
Optional Juice Additions...
Simple Additions | .75 each
ginger, lemon, lime, kale, spinach, parsley, cilantro, garlic.
Add a Wheatgrass Shot... 1 oz | 1.50 2 oz | 2.50

TEAS & Exotic DRINKS

HOT TEA...8 oz | 2
Herbal: chamomile, chamomile-spearmint, peppermint, liquorice-peppermint, blackberry, wildberry.
Caffeinated: jasmine-green.

CHILLED TEA...12 oz | 3
Seasonal. Ask for selections.

SWEET YOUNG COCONUT WATER... 12 oz | 3

CRACKED YOUNG COCONUT | 3.50
Sweet young coconut water & flesh. Served in the shell!

YOUNG COCONUT SHAKE... 16 oz | 5
Sweet young coconut water & flesh blended together.

WHEATGRASS SHOT... 1 oz | 2 2 oz | 3.50
A healthy kick of green nutrients & energy.

COMET'S TAIL SHOT... 2 oz | 2.50
Hot pepper, ginger, beet, & mint explosion.

MIMOSA... 6 oz | 4
Orange juice mixed with chilled white wine.

REJUVELAC... 12 oz | 3.75
Lemony fermented healer made from grain sprouts.
**DESSERTS**

Our dessert choices change often! Check the display case in the Juice Bar area or ask for today's selections.

Ecopolitan UNCOOKIE  small | 1.50  large | 3  
Ecopolitan PIE or CAKE SLICE | 6  
Ecopolitan "ICE CREAM" PARFAIT | 7.50  
Whipped frozen fruits served with coconut-date spread & nuts. Let us know if you want to include a specific fruit!

Glaser Farms CAROB FUDGY BROWNIE | 6  
Glaser Farms DESSERT BALLS | 4.75 each  
Banana balls, snow balls, temple balls, temple balls II.

Mom & Me BARS | price vary  
Pecan pie bar, almond crunch bar, fig bar.

Mom & Me COOKIES | 2.50 each  
Hazelnut fudge, ginger spice, apricot almond, lemon walnut, pecan sandies.

**Pre-Packaged EXTRAS**

UNCRAACKED YOUNG COCONUT | 2 each  
Case of 9 | 17  
Choice ORGANIC TEA BOXES | price vary  
Jasmine-green, chamomile, chamomile-spearmandmint, liquorice-peppermint, blackberry, wildberry.

Glaser Farms RAW SAVORY CRACKERS | 4.75 each  
Curry nori, sesame nori, cashew nori, chickpea croquettes.

Gopal’s POWER WRAP | 2.25 each  
Case of 24 | 48  
Nori-wrapped energy. Choose mexican or italian spices.

Gopal’s RAWMA BAR | 2 each  
Case of 24 | 45  
Sesame-mango, apple-delicious, walnut/fig, pineapple-nut.

Ecopolitan BULK FOODS | price vary  
Organic, raw, sulfite-free nuts, seeds, grains, legumes, & dried fruits packaged in non-toxic cellophane. Check the Juice Bar area for current selections.

Premier PINK SEA SALT...12 oz | 9.50  
Trace minerals & natural electrolytes abound in this unheated, solar-dried Mediterranean & Hawaiian sea salt.

Bariani EXTRA-VIRGIN OLIVE OIL | 500 milliliter | 13.75  
1 liter | 25.25  
Organic, stone-crushed, cold-pressed, antioxidant-rich, unrefined oil from hand-picked olives.

Tropical Traditions VIRGIN COCONUT OIL | 16 oz | 20  
32 oz | 30  
128 oz gallon | 77  
Certified organic, unrefined oil from the Philippines with many health benefits. Our prices are 20-30% off retail!

**ECOLICIOUS**

Our tasty dips, sauces, and dehydrated goods!

For large quantities of these items, a special order is required and a 10% minimum gratuity applies. For menu items not listed here, ask for availability & pricing.

Dips & Sauces...Keep refrigerated.

HUMMUS... 2 oz | 1.50  
BRUSCHETTA... 2 oz | 1.75  
SALSA... 2 oz | 1.75  
GUACAMOLE... 2 oz | 1.75  
NOT-CHO “CHEESE"... 2 oz | 2  
OLIVE TAPENADE... 2 oz | 2  
PESTO... 2 oz | 2  
DRESSINGS...1 oz | 1  
“SOUR CREAM"... 1 oz | 1  
HOT SAUCE... 1 oz | 1  
KETCHUP... 1 oz | 1  
MUSTARD... 1 oz | 1  

Dehydrated Goods...

Store in air-tight containers. Asterisks ( )* indicate semi-perishable items; keep refrigerated.

FLAX CRACKER | .50 each | 6+  
With flaxseeds, tomatoes, bell peppers, & cilantro.

ECO-CHIP | .75 each | 6+  
With sunflower seeds, pumpkin seeds, walnuts, sesame seeds, flaxseeds, tomatoes, onions, & spices.

OAT FOCACCIA SLICE | 1 each | 6+  
With oats, almonds, flaxseeds, rosemary, & garlic.

TOSTADA SHELL | 1 each | 6+  
With flaxseeds, sunflower seeds, & spices.

BUCKWHEAT CRUST | 2.50 each | 6+  
With carrots, herbs, & garlic. Crumble for "breadcrums!"

BUCKWHEAT BUN | 2.50 each | 6+  
With carrots, herbs, & garlic.

ECO-BURGER PATTY | 4 each | 6+  
Mushroom-walnut "burger". Crumble for eco-sausage!

LENTIL "TACO MEAT"... 4 oz | 2.50  
With carrots, mushrooms, tomatoes, & spices.

FALAFEL BALL | 1.50 each | 6+  
With hummus, sunflower seeds, garlic, herbs, & spices.

RAWNOLA...1 cup | 4 each | 3+ cups  
Cinnamon-buckwheat cereal with nuts, seeds, & dried fruit.

FLAXJACK "PANCAKE" | 2.50 each | 6+  
With apples, walnuts, flaxseed, raisins, walnuts, & spices.

RAWMLETT SHELL | 2.50 each | 6+  
With bananas, coconut, flaxseed, & spices.
HEALTH SERVICES

Set up appointments in person or by phone for these services at the Ecopolitan Restaurant today!

INFRARED CEDAR SAUNA
Relax while boosting immunity, increasing circulation, & detoxifying. Sessions are 30 minutes within a 1-hour appointment. Our sauna can seat up to 2 people. Bring or rent at least 3 towels.

| Intro Session for 1 Person | 15 |
| Regular Session for 1 Person | 25 |
| Package of 5 Sessions for 1 Person | 100, Save $25! |
| Bring A Friend | 5 per session |
| Towel Rental | 1 each |
| Lemon-Lime Endura... 36 oz carafe | 4 |

Replace electrolytes & refuel with this rehydrating drink.

OXYGEN THERAPY
Take deep breaths of concentrated oxygen, an essential element for every cell. Sessions are 15 minutes. Our machine can seat up to 2 people. Intro session includes nasal cannula(s).

| Intro Session... for 1 person | 10 for 2 people | 15 |
| Regular Session... for 1 person | 8 for 2 people | 10 |
| Nasal Cannula [Replacement] | 5 each |

EXERCISE with OXYGEN THERAPY (EWOT)
Treadmill exercise dramatically increases cellular oxygen uptake & especially helps those suffering from chronic diseases. Sessions are 30 minutes. First session includes nasal cannula.

1 Session | 45
Package of 3 Sessions | 120, Save $15!
Package of 6 Sessions | 210, Save $60!

TARGETED HYPERTHERMIA “SWEATLESS SAUNA” with CIRCULATORY LYMPHATIC ACCELERATED DETOXIFICATION (CLAD) MACHINE... Heal mind & body with radiant infrared heat while releasing tension & detoxifying with a passive aerobic workout.

30-Minute Session | 25
Package of 3 30-Minute Sessions | 60, Save $15!
1-Hour Session | 35
Package of 3 1-Hour Sessions | 85, Save $20!

RAW COMMUNITY

For an event schedule, check our website calendar.

FREE LECTURES or FILMS are held every Tuesday from 6:30pm-8:30pm. Dr. Tel-Oren or a guest speaker teaches about food, health, & sustainability. Meet downstairs.

“UNCOOKING” CLASSES taught by Ecopolitan chefs will enhance your raw food preparation skills. Group classes are often held on the last Sunday of every month before the Living Foods Potluck (See ↓). Private classes may also be scheduled. Email class@ecopolitan.com or ask restaurant staff for details.

FREE LIVING FOODS POTLUCKS are held on the last Sunday of the month. Share organic, vegan, & raw foods in community.

ECO-ADVENTURES with Dr. T include healing retreats, humanitarian treks, foraging weekends, & more.

FREE E-NEWSLETTER provides you with monthly Ecopolitan updates & information. Sign up in person or on our website today!

FREE MEETING SPACE is available for ecological or non-profit community groups. Ask for details.

Eco-Shop FEATURES

ART GALLERY
Take a look around the restaurant and Eco-shop to enjoy creative work by selected artists. Artwork may be for sale.

CDs, DVDs, & BOOKS
Look for the “Ask Dr. T” CD and DVD lecture series created by Dr. Tel-Oren. Find our books in the Juice Bar area. Topics include food, health, & sustainability.

HEALTH-RELATED EQUIPMENT
Air purifiers, rebounder exercise trampolines, oxygen therapy machines, SAD light therapy lamps, electromagnetic pollution filters, and more! Email supplements@ecopolitan.com.

NON-TOXIC HOME RENOVATION PRODUCTS
AFM Safecoat and SafeChoice paints, primers, stains, sealers, and cleaners create safer homes by reducing air pollution and preventing outgassing. Email store@ecopolitan.com.

NON-TOXIC BODY CARE
Soaps, shampoo, conditioner, lotion, deodorant, and more!

NUTRITIONAL SUPPLEMENTS at a discount!
An extensive stock of high-quality supplements at 10% off retail. Email supplements@ecopolitan.com.

ORGANIC CLOTHING, BEDDING, & ACCESSORIES
Durable products made from sustainably-grown cotton or hemp with no toxic chemicals and no polluting pesticides.

Eco-Health NETWORK

Set up appointments or request more details about these services using the listed contact information.

NUTRITIONAL, FUNCTIONAL, & ENVIRONMENTAL MEDICINE with Dr. T includes holistic, preventative, & restorative therapies such as nutrition plans, health screens, diagnostic laboratory tests, self-care education, & G5 therapy for reducing scar tissue. Email clinic@ecopolitan.com or call (612) 270-2974.

DIGITAL INFRARED THERMAL IMAGING (DITI) is a non-invasive, radiation-free screening for breast cancer, heart disease, & more. Email clinic@ecopolitan.com or call (612) 270-2974.

ECO-STAY RETREATS are full-immersion wellness, healing, weight loss, & detoxification programs individualized to the needs of each participant. Email clinic@ecopolitan.com or call (612) 270-2974.

INTOUCH MASSAGE offers healing services such as therapeutic massage, chinese medicine, & shiatsu. Call (612) 255-0484.

RAW BEAUTY ECO-SPA offers organic care for skin, nails, feet, body, & spirit in a chemical-free atmosphere. Call (615) 492-5500.

COLONIC HYDROTHERAPY offers gentle colon cleansing with an experienced practitioner. Call (952) 474-2627.

EYE MOVEMENT DESENSITIZATION & REPRESSING (EMDR) & BRAINSPOTTING is a speedy emotional healing process facilitated by world class therapist & author Frances Yoeli. For more information refer to our flyer, website, & CD. To schedule appointments, email drt@ecopolitan.com.

BODY COGNITION is a unique method of exercise & therapy based on creating body awareness to enhance strength, correct posture, improve coordination, & more! Group or individual sessions are available. Email bodyco@gmail.com.