



Dear Supporters of Arleta School,

As you may already know, the Woodstock Laughing Planet Café is hosting a fundraiser for your school on Tuesday, February 1st. The address is 4110 SE Woodstock Blvd. We'll donate 20% of the day's sales to the school.

We encourage you to come down, spread the word and make a big deal out of this event. The more burritos sold, the more money for the school. We're open from 11 am to 9 pm on Tuesdays.

Below you'll find a sampling of our menu, which includes lots of healthy, locally sourced options. Most of our menu is vegetarian – although we offer Draper Valley Natural Chicken in some of our burritos or as an add-on to almost anything. You'll also find a diverse selection of beverages including everything from micro brews to fresh-squeezed juices. And, our incredible smoothies are made with real (often local) fruit and unsweetened juices – that's it - no fillers, dairy or ice.

See you on Tuesday!

#### **Burritos**

**Bean & Cheese \$4.25:** pinto beans, organic brown rice, Tillamook jack cheese, pico de gallo (chopped tomatoes, onions and cilantro)

**Southwestern Green Chili \$5.50:** black beans, mild green chiles, local sweet corn, Tillamook jack cheese, organic brown rice, pico de gallo

**Holy Mole \$6.25:** pinto beans, brown rice, grilled Draper Valley natural chicken, Tillamook jack cheese, pico de gallo and our home-made mole sauce

**Grilled Chicken \$5.95:** pinto beans, organic brown rice, Tillamook jack cheese, pico de gallo, and grilled Draper Valley natural chicken

**Spinach & Black Bean \$4.95:** fresh steamed spinach, black beans, Tillamook jack cheese, organic brown rice and pico de gallo

**Grilled Veggies \$5.25:** black beans, mixed grilled veggies, Tillamook jack cheese, rice and pico de gallo

#### **Bowls**

**Steamed Veggies, Rice, & Beans \$4.75:** a medley of fresh veggies on a bed of pinto beans and brown rice, topped with pico de gallo

**Spanky's Bowl \$6.25:** organic mashed potatoes, steamed broccoli, local sweet corn, and Tillamook cheddar cheese

**Soylent Green \$7.25:** shiitake barley-quinoa pilaf, steamed chard, broccoli, organic tempeh and choice of cilantro pesto or shiitake mushroom sauce

**Chairman Meow Rice Bowl \$5.95:** steamed asian veggies on organic brown rice, topped with sesame seeds and choice of shiitake mushroom or thai curry peanut sauce

**Cuban Bowl \$5.50:** brown rice, black beans, plantains and sweet potatoes, pico de gallo

**Dr. No's Low-Carb bowl \$7.25:** steamed veggie medley, choice of Draper Valley natural chicken, organic tofu or organic tempeh and roasted garlic sauce/ add cheese .75