



Welcome to... Premier Raw Cafe!

Scrumptious, Fresh-made Natural Meals:
Raw Vegan, Vegetarian or Raw Paleo

We'd love to tell you about how **Premier Raw** is *different* than other restaurants and how eating delicious meals made with 100% natural, live-source ingredients can make a **big difference** in how you feel and look!

Did you know . . .

- ◆ We are the essence of the **neighborhood chef** who makes delicious, FRESH, homemade meals every day – all without hidden chemicals or toxic oils. Every week, we purchase only **organic and top quality ingredients** to make our culinary delights.
- ◆ Our trained culinary chef makes every dish from scratch **personally here on site** – never from a can or bottle. “Fresh” really is best! *Great taste without the toxics!*
- ◆ Our versatile menu and delicious entrees are perfect for your personal dietary choices: **Raw Vegan, Vegetarian or Raw Paleo**.
- ◆ Our entire menu is **100% gluten-free!**
- ◆ **Purified Water.** We use 100% purified water in our café to make all our food items such as drinks, various entrees, soups, etc. This means that you will NOT be consuming undesirable contaminants that are typically present in tap water. Another important factor in eating totally healthy!
- ◆ **Come on over for breakfast!** Our Banana Nut Pancakes are a smash hit here - delicious, filling and nutrient rich. Top it off with a Berry Blaster Smoothie and you're good to go!
- ◆ **Our house coffee** is organic and low temp-processed. No toxic, burned oils from coffee that has been roasted at too high a temperature or over-cooked during preparation! We use special equipment for our low-heat process so that the coffee is still raw, full of enzymes, full-bodied and delicious! We serve it hot or cold – your choice. We think you'll find it tastes superior to regular coffee!
- ◆ Our **flat bread** is freshly made every day without hidden chemicals you'd typically get, such as MSG and hydrogenated oil.
- ◆ **Hearty Salads.** Our salads are made with top quality ingredients. Our salad dressings are also made fresh daily – never from a bottle with preservatives. Our dressings are also 100% raw and natural – so you'll get lots of super enzymes – and there's NO MSG, hydrogenated oil or preservatives (which are too common elsewhere). They are filling and delicious!
- ◆ **Our house specialty** truly is our Premier Lasagna – and wow, is it delicious! It's made with layers upon layers of thinly mandolined zucchini with each layer boasting a delicious tomato and “ricotta” (macadamia base) sauce with fresh pesto and spinach. It's served with our distinctive Caraway Cole slaw and our raw garlic flatbread, you'll love this meal! Because this dish is not heated, all its enzymes are intact, making it easy to digest. In fact, after a few weeks of eating higher amounts of raw food, you may find that you can even “taste” food in a more robust way!
- ◆ **Try something different!** A very popular entrée is our Quantum Sliders – these are delicious “burger” stacks with a chewy veggie-herb “bun” that is loaded with lettuce, housemade pickles and “burger meat” (our unique sunflower seed pate). *You'll savor every bite!*
- ◆ **Ready for a super healthy lunch?** You'll love our selection of **100% raw entrees** for lunch. Have you tried our popular ALT? This sandwich is loaded with “A, L, T” (avocado, lettuce and tomato) and sprouts on raw “flat bread”; it comes with home-made pickles and natural raw chips.
- ◆ **Our bison (buffalo) meat** is naturally raised in the Midwest. If you are on a raw paleo diet, this is one the finest choices you can make. You may order your bison patty any way you like it – from pan-seared (which is still “raw” in the middle) to rare to more cooked.



Premier Lasagna



Premier Caesar Salad



ALT Sandwich



Quantum Sliders

♦ Do you really get enough vitamins and minerals in your diet every day? A great way to dramatically increase the quality of your nutritional intake is to drink a great-tasting **natural smoothie every day**.

♦ Our smoothies are made with fresh fruit, are 100% natural (no white sugar or preservatives) and taste absolutely delicious! They give you high amounts of natural fiber, antioxidants and are great as an energy pick-up. We'd especially love to recommend our very popular **Berry Blaster** and **Pumpkin Pie Bliss**.

♦ **Ahh-h-h! What's for dessert?** Our desserts are made fresh daily from all natural and organic ingredients. In addition, they are **100% raw**, so all their enzymes are intact! Now you can eat delicious, luscious desserts without guilt! We use only natural sweeteners (such as raw honey). No, you won't find any toxic ingredients such as white sugar, chemical flavorings or hydrogenated oil. The amazing flavor is from real ingredients only.

♦ Check out our **Special of the Week!** You can try one of our brand new, delicious dishes each week! Check us out online or jot down your email and we'll email you the "Special of the Week" each week.

♦ **The 10-Day Smoothie Challenge!** *Just do it!* Yes, you're invited to experience the 10-Day Smoothie Challenge - it's simple and very effective. It's like an intestinal upgrade! First, fill out a quick 5-question survey to assess how you feel *now*. Then, drink one freshly made Smoothie EVERY day for 10 days.

♦ After 10 days, take the follow-up questionnaire and compare it to your first survey. We think you'll be *surprised at the difference!* Then you'll know why we recommend a freshly made Smoothie as a DAILY Drink for literally everyone.

♦ **Eat more raw!** As you can see from our menu and even our restaurant name, we are encouraging you to eat a little more "live-source" RAW food each day. Raw food is full of life-giving enzymes and raw factors. Raw food meals can be absolutely delicious and at the same time, promote your great health and nutrition habits.

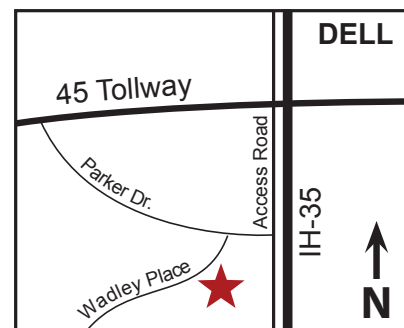
♦ **Dine outside!** Our beautiful outside decks are available for outside dining. Enjoy the fresh air, diffused sunlight and overall pleasant ambiance while eating premier cuisine.

♦ We are very **environmentally conscious**. We compost our fruit and vegetable scraps. We also use eco-friendly, natural, non-styrofoam take-out containers.



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Check us out online for our Weekly Specials.
www.premierraw.com



"No Cheese" Cheesecake



Premier Bison Burger



Berry Blaster Smoothie



Housemade Sorbet