

Welcome...

Our Menu offers options for many dietary preferences. Use these icons to find items that fit your needs.

- V** VEGAN: as is
 - VO** VEGAN OPTION: can be made vegan
 - HV** HONEY-VEGAN: vegan with honey
 - HVO** HONEY-VEGAN OPTION: can be honey-vegan
 - GF** GLUTEN FREE: No wheat, rye, barley or oat gluten
 - GFO** GLUTEN FREE OPTION: Can be made GF
- Note: Sub GF bread, add 25¢ per slice*

Vegetarian Entrees

Add a small side salad to any entree **GF**..... 2.95

ENCINITAS VEGGIE GRILL..... 8.95
Grilled fresh seasonal vegetables with balsamic vinaigrette served over organic brown rice. **V GF**
ADD sauteed organic tofu or tempeh **V**... 1.95
ADD grilled chicken **GF** 1.95

NOURISHING NATURAL 8.95
Fresh seasonal vegetables steamed, served over organic brown rice, with tahini-ginger sauce.*
HV VO Omit tahini-ginger sauce GFO Omit tahini-ginger sauce

ADD cheese or vegan cheese **GF**80
ADD sauteed organic tofu* or tempeh* **V** 1.95
GFO Steam or saute in olive oil only

ADD grilled mock chicken **V GF**..... 1.95
ADD grilled chicken **GF** 1.95

VEGGIE STUFFED SPUD 8.95
Baked potato topped with steamed veggies, and cheddar cheese* or tahini-ginger sauce.* **HVO**
Sub vegan cheese (sauce has honey) VO Also sub tahini sauce with Tofu Dill GFO Omit tahini-ginger sauce

TEMPTING TAMALE 8.95
Non-GMO corn, green chiles, pinto beans, ground peanut* and garlic wrapped in corn masa with ranchero sauce and sour cream* with rice, black beans, and a salad garnish.
*Contains nuts **VO Omit sour cream**

YOGI BLISS 8.95
Organic tofu sauteed in ginger-soy sauce, with organic brown rice and a salad garnish. **V**

VEGGIE STIR FRY 9.45
Fresh seasonal veggies stir fried in a ginger-soy sauce served over organic brown rice. **V**
ADD sauteed organic tofu or tempeh **V**.. 1.95

NIRVANA BURRITO 9.95
Sauteed veggies, pinto beans and organic rice wrapped in an organic whole wheat chapati topped with ranchero sauce, cheddar,* sour cream* and guacamole. With salad garnish. **VO Sub vegan cheese, omit sour cream**

BLACK BEAN ENCHILADAS 9.95
Organic Non-GMO corn tortillas stuffed with black beans, rice and cheddar,* with mild enchilada sauce, sour cream* and guacamole. With salad garnish. **GF VO Sub vegan cheese, omit sour cream**

STUFFED VEGGIE QUESADILLA..... 9.95
Organic whole wheat chapati stuffed with sauteed veggies and cheddar,* topped with guacamole, salsa and sour cream.* With salad garnish. **VO Sub vegan cheese, omit sour cream**

GANESH'S VEGGIE TACOS 7.95
Sauteed veggies* on organic Non-GMO corn tortillas with cheddar* topped with shredded lettuce and sprouts. With chips & salsa. **GFO Sub steamed veggies VO Sub vegan cheese**
Sub. beans and rice **V GF**..... 1.75

TEMPEH TACOS 7.95
Organic soy tempeh in ranchero sauce on organic Non-GMO corn tortillas with cheddar,* shredded lettuce and sprouts. With chips and salsa. **GF VO Sub vegan cheese**
Sub. beans and rice **V GF**..... 1.75

INDIAN CURRY BOWL 9.95
Fresh steamed veggies in an Indian curry sauce served over organic brown rice with an organic whole wheat chapati. **V**
ADD sauteed organic tofu or tempeh **V**.. 1.95

Chicken & Fish

Add a small side salad to any entree **GF**...2.95

CHICKEN-STUFFED SPUD 9.95
Baked potato stuffed with chicken in ranchero sauce topped with sour cream and guacamole. With salad garnish. **GF**

CHICKEN ENCHILADAS 9.95
Organic Non-GMO corn tortillas stuffed with ranchero chicken, black beans, organic rice, and cheese topped with ranchero sauce, sour cream and guacamole. With salad garnish. **GF**

CARLSBAD QUESADILLA..... 9.95
Organic whole wheat chapati stuffed with ranchero chicken and cheese, topped with salsa, sour cream and guacamole. With salad garnish.

ESCONDIDO BURRITO..... 9.95
Chicken in ranchero sauce, pinto beans and organic rice in an organic whole wheat chapati topped with ranchero sauce, cheese, guacamole, and sour cream. With salad garnish.

CHICKEN TACOS 8.95
Chicken* in a ranchero salsa on organic Non-GMO corn tortillas with cheddar cheese,* topped with shredded lettuce. With chips and salsa. **GF VO Sub mock chicken and vegan cheese**
Sub. beans & rice **V GF** 1.75

NEPTUNE FISH TACOS 9.95
Fish fillet sauteed in ranchero salsa on organic Non-GMO corn tortillas with cheese, shredded carrot, cabbage and lime. With chips and salsa. **GF**
Sub. beans & rice **GF** 1.75

MT. PALOMAR STIR FRY..... 10.95
Grilled chicken,* stir fried with fresh seasonal vegetables in a ginger-soy sauce* served over organic brown rice. **VO Sub mock chicken GFO Sub steamed veggies**

FISH SPECIAL, After 5 PM ..Market Price
With organic brown rice and steamed vegetables.
*Check with kitchen if fish sauce is gluten free

Desserts

GF All Ice Cream
VANILLA ICE CREAM, Cup 2.75
VANILLA SOY ICE CREAM, Cup 2.95

Add chocolate syrup..... 25

We have a wonderful selection of fresh-baked vegan and gluten free creations. Please check the dessert case or ask the cashier.

Pasta

MOONLIGHT PASTA 9.95
Pasta of the day tossed with fresh homemade marinara and Parmesan cheese or pesto* and feta cheese, served with a salad garnish and garlic bread. *Contains nuts

SWAMI'S LASAGNA 9.95
Veggie lasagna made of spinach pasta, ricotta cheese, fresh vegetables and marinara sauce with garlic bread.

PASTA SPECIAL, After 5 PM..... 9.95
Chef's choice of pasta with homemade sauce served with a salad garnish and garlic bread.

Beverages

GF All Beverages

FRESH SQUEEZED JUICES

ORGANIC CARROT
12 oz..... 2.99 16 oz. 3.99

ORGANIC VEGGIE
Carrot, beet and celery.
12 oz..... 4.50 16 oz. 4.99

DAILY GREENS
Spinach, cucumber, parsley, celery and green apple.
12 oz..... 4.50 16 oz. 4.99

ORGANIC WHEAT GRASS, oz. 1.45
GF Gluten is converted into amino acids during sprouting

NATURAL BOTTLED JUICES
12 oz....2.99 16 oz.3.99

- Organic Apple
- Orange
- Peach
- Organic Lemonade
- Papaya
- Pineapple-Coconut

Check our cooler for assorted beverages.

Coffee & Tea

ORGANIC LOTUS COFFEE 1.95
HOT TEA.....1.95
HOMEMADE INDIAN SPICE CHAI TEA3.25
HOT CHOCOLATE2.95
PASSION FRUIT ICED TEA.....1.95

Smoothies

V GF All Smoothies

Frozen blended drinks made with fruit and fruit juice only..... 3.95
ADD protein powder 95
No ice, sherbet or fillers.

STRAWBERRY BANANA BOOST
Strawberry, Banana, Organic Apple juice

PEACH-ANANDA
Peach, Banana, Peach juice

BLU ARCTURIAN
Blueberry, Banana, Organic Apple juice

COC-ALOHA
Pineapple, Banana, Pineapple-Coconut juice

TROPICAL CALM
Pineapple, Banana, Papaya juice

STRAWBERRY SOOTHER
Strawberry, Peach, Banana, Peach juice

PEACHA COLADA
Peach, Pineapple, Pineapple-Coconut juice

PURPLE PRANA
Blueberry, Banana, Papaya juice

BLISSFUL BELLA
Strawberry, Blueberry, Organic Apple juice

SUMMER SUNRISE
Peach, Banana, Orange juice

PINEAPPLE BLUSH
Strawberry, Pineapple, Orange juice

PRIYA PITAYA 4.95
Organic Pitaya, Pineapple, Banana, Papaya juice

AVATAR ACAI 4.95
Organic Acai, Strawberry, Banana, Organic Apple juice

Recyclable. Please allow this menu to be re-used.

Lotus Cafe is dedicated to serving fresh, natural, healthy food at affordable prices, prepared with love, simplicity, and a joyful heart. Our ingredients are sourced with care and are always natural.

We appreciate your patronage and wish you radiant well-being and happiness.

Shakes

GF All Shakes

Topped with whipped cream.

VO Soy Shakes upon request. ADD 95

VANILLA 3.95
Vanilla extract, vanilla ice cream, milk.

CHOCOLATE 3.95
Chocolate syrup, vanilla ice cream, milk.

STRAWBERRY 3.95
Strawberries, vanilla ice cream, milk.

PINEAPPLE-COCONUT..... 3.95
Pineapples, vanilla ice cream, pineapple-coconut juice.

BLUEBERRY 3.95
Blueberries, vanilla ice cream, milk.

SWAMI'S CARROT 3.95
Organic carrot juice, vanilla ice cream, cinnamon and nutmeg.

PEANUT BUTTER..... 3.95
Peanut butter, vanilla ice cream, milk.

ESPRESSO 3.95
Espresso, vanilla ice cream, milk.

CHOCOLATE ACAI 4.95
Chocolate syrup, vanilla ice cream, milk, organic acai.

BLUEBERRY PITAYA 4.95
Blueberries, vanilla ice cream, milk, organic pitaya.



Rooted in the mud but blossoming above the water, completely uncontaminated by the mud, the Lotus represents purity and spiritual perfection which rises above worldly illusion, an example of glorious existence.

Cafe Menu



Open 7 days a week
8:00 am ~ 9:00 pm
for Breakfast, Lunch and Dinner

(760) 479~1977

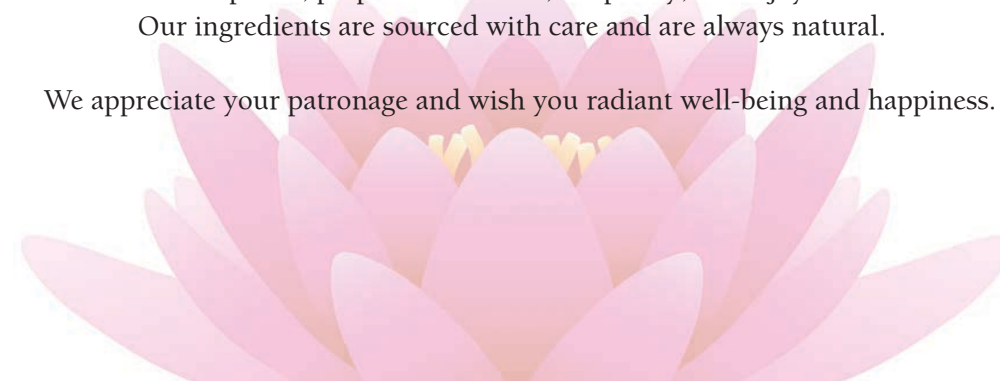
Phone ahead for Pick-Up

Located in The Lumberyard
765 South Coast Highway 101, Encinitas, CA 92024

www.lotuscafeandjuicebar.com

Lotus Cafe is one-of-a-kind, locally owned and operated.

“Change yourself and you have done your part in changing the world.
Every individual must change his own life if he wants to live in a peaceful world.”
— Paramahansa Yogananda



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HV HONEY-VEGAN: vegan with honey

HVO HONEY-VEGAN OPTION: can be honey-vegan

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GFO GLUTEN FREE OPTION: Can be made GF

Note: Sub GF bread, add 25¢ per slice

We now have a separate “Breakfast Served Until Noon” Menu. PLEASE PICK ONE UP!

Breakfast Served All Day

HUEVOS RANCHEROS 9.95
Two free-range eggs on organic corn tortillas, with homemade ranchero sauce, cilantro, & jack cheese. Served with organic brown rice, beans, guacamole & sour cream. **GF**

ARTICHOKE SCRAMBLE 9.95
Two free range eggs scrambled with artichoke hearts, jack cheese, green onion & tomato. With breakfast potatoes and 8-grain or sourdough toast. * **GFO w/GF bread**

TWO EGGS AS-YOU-LIKE..... 7.95
Two free-range eggs with breakfast potatoes, 8-grain or sourdough toast,* & jam. **GFO Sub tortillas or GF bread**

BALBOA BURRITO 7.95
Free-range scrambled eggs, cheddar, breakfast potatoes, avocado and salsa fresca in an organic whole wheat chapati. **ADD protein in your burrito** 1.95
Turkey bacon or sausage OR Veggie sausage or Soy bacon

ACAÍ or PITAYA BOWL 7.95
Organic acai or pitaya blended with organic apple juice, organic almond or organic soy milk, blueberries and banana; topped with fresh fruit, coconut, organic granola* and honey. * **HV GFO Omit granola VO Omit honey**

VEGAN BREAKFAST BURRITO 7.95
Tofu scramble, vegan cheese, breakfast potatoes, avocado and salsa fresca in an organic whole wheat chapati. **V**
ADD protein in your burrito 1.95
Veggie sausage or Soy bacon **V**

THREE EGG OMELET 8.95
Three free-range eggs and 2 veggies of your choice with breakfast potatoes, 8-grain or sourdough toast,* and jam. **GFO Sub tortillas or GF bread**
Veggie choices: mushroom, spinach, bell pepper, tomato, broccoli, red onion, black olives, squash, zucchini.
ADD jack, cheddar or Swiss cheese95
ADD protein in your omelet 1.95
Turkey bacon or sausage **GF** OR Veggie sausage or Soy bacon

HEARTY OATMEAL 6.95
Organic oatmeal with fresh blueberries, walnuts, a side of brown sugar or honey,* and milk.* **VO Choose organic soy or almond milk.**

Breakfast Sides

FRIED EGG SANDWICH..... 6.95
Two free range eggs, garlic mayo, lettuce and tomato on toasted 8-grain or sourdough bread.* Served with organic Non-GMO blue corn chips. **GFO w/GF bread**
ADD cheese95

TURKEY BACON or SAUSAGE GF 2.75
VEGGIE SAUSAGE or SOY BACON V... 2.75
BREAKFAST POTATOES
SWEET POTATO or RED V GF..... 2.75
Sauteed with bell peppers.

VEGAN TOFU SCRAMBLE..... 8.95
Savory tofu scramble sauteed in spices and olive oil and 2 veggies of your choice. Served with breakfast potatoes and your choice of veggie sausage or soy bacon. **V**
Veggie choices: mushroom, spinach, bell pepper, tomato, broccoli, red onion, black olives, squash, zucchini.
ADD vegan cheese95

TWO EGGS ANY STYLE..... 3.95
SEASONAL FRUIT V..... 3.75
SOURDOUGH TOAST & JAM V..... 1.95
8-GRAIN TOAST & JAM HV 1.95
GLUTEN FREE TOAST & JAM GF..... 2.45

Appetizers

NATURAL HOMEMADE SOUPS
Cup..... 3.95 Bowl 4.95
Made fresh in our kitchen every morning with Love. Served with 8-grain bread.* One soup is always vegan and one is usually gluten free! **VO Sub sourdough GFO Sub tortillas**

HEARTY VEGETARIAN CHILI
Cup..... 4.35 Bowl 5.35
Cheddar cheese* & fresh onion on top, with a side of corn bread & honey butter.* **VO Sub vegan cheese and sourdough GFO Sub tortillas**

CILANTRO CHIPOTLE HUMMUS AND PITA..... 5.95
Tasty spread made of ground garbanzo, sesame seeds, olive oil, lemon & garlic, cilantro and chipotle peppers served with wedges of whole wheat pita bread.* **V GFO Sub tortillas or GF bread for pita**

CARDIFF QUESADILLAS 6.75
Organic whole wheat chapati* grilled with jack and cheddar cheese,* and topped with sour cream,* guacamole and salsa. **VO Sub vegan cheese, omit sour cream GFO Sub tortillas for chapati**

GUACAMOLE WITH CHIPS 6.45
Avocado dip served with organic Non-GMO blue corn chips and salsa. **V GF**

NACHOS GRANDE..... 7.95
Organic Non-GMO blue corn chips topped with black beans, organic brown rice, olives, red onions, cheddar and jack,* salsa, guacamole, and sour cream.* **GF VO Sub vegan cheese, omit sour cream**

NACHOS CHIQUITOS..... 6.50
Organic Non-GMO blue corn chips topped with cheddar and jack,* sour cream,* salsa and guacamole. **GF VO Sub vegan cheese, omit sour cream**

CHIPS & SALSA 4.95
Organic Non-GMO blue corn chips and homemade salsa. **V GF**

For Little Ones

Served with organic Non-GMO blue corn chips and salsa **V**

KIDDIE QUESADILLA 4.95
Organic whole wheat chapati,* filled with jack and cheddar cheese.* **VO Sub vegan cheese GFO Sub tortillas**

INDIGO CHILD’S WRAP 4.25
Organic whole wheat chapati* folded over pinto beans and cheddar cheese.* **VO Sub vegan cheese GFO Sub tortillas**

KIDDIE GRILLED CHEESE 3.95
On crust less 8-grain bread* with jack and cheddar cheese.* **VO Sub vegan cheese and sourdough**

P B & HONEY or JAM..... 3.95
On crust less 8-grain bread* with crunchy peanut butter and honey or jam. **HV VO Sub sourdough, choose jam**

KIDDIE PASTA 4.95
Chef’s pasta of the day tossed with soy butter and Parmesan cheese.

Add marinara or pesto sauce..... .75

LITTLE ONE’S TACO..... 4.95
Chicken* or organic tempeh in ranchero sauce on an organic Non-GMO corn tortilla with cheddar.* **GF VO Choose tempeh or mock chicken, sub vegan cheese**



Combo Plates

SOUP BOWL & SALAD** 7.95
with Soulful Salad. Served with 8-grain bread.* **HVO VO Sub sourdough**
*One soup is always vegan **V***and one is usually gluten free **GF**

1/2 SANDWICH & SALAD 7.95
1/2 Sandwich* with your choice avocado, vegetarian mock turkey, albacore tuna, or roasted turkey breast. With Soulful Salad. **HVO & VO See sandwiches for modifications**

1/2 SANDWICH & SOUP BOWL... 7.95
1/2 Sandwich* with your choice avocado, vegetarian mock turkey, albacore tuna, or roasted turkey breast. **HVO & VO w/vegan soup, see sandwiches for modifications**

Sub Char-broiled eggplant/red pepper or grilled portobello 1/2 sandwich
ADD50

Burgers & Sandwiches

Served with organic Non-GMO blue corn chips and salsa **V** Add a small side salad to any entree 2.95

All burgers are served on a whole wheat bun with lettuce, tomato, grilled onion and 1,000 Island dressing. **HVO Sub 8-grain bread, alternate dressing VO Sub sourdough, alternate dressing GFO Sub GF bread (ADD .50) or GF bun (ADD .75)**
ADD cheese or vegan cheese95
Add portobello 1.95

LOTUS BURGER 7.95
A seasoned, textured vegan soy patty. **HVO VO**

GANDHI BURGER 7.95
Organic, vegan veggie patty with a unique blend of whole grains and spices. **HVO VO**

SHANTI BURGER 7.95
Marinated vegan tempeh patty made w/ organic Non-GMO soy & organic wild and brown rice. **HVO VO**

BEACON’S TURKEY BURGER..... 7.95
Char-broiled ground turkey patty. **GFO w/GF bun**

VEGI CHILI DOG 7.25
A tofu hot dog on a whole wheat bun* with our homemade vegetarian chili, cheddar* and onions. **VO Sub sourdough and vegan cheese**

PIPE’S PITA 7.95
Falafel balls, organic lettuce, cilantro chipotle hummus, tomato, and shredded carrots with tahini-ginger sauce* in a whole wheat pita. **HV VO Omit tahini sauce**

SHIVA PITA 7.95
Grilled natural chicken tenders or veggie mock chicken* in a light marinade, with organic lettuce, tomato, and red onion in a whole wheat pita with dijon mustard. **VO**

ARTICHOKE PESTO CHICKEN 8.95
Grilled chicken tenders or veggie mock chicken with an artichoke pesto,* jack cheese, grilled onion, lettuce, tomato, and garlic mayo on a whole wheat bun. *Contains nuts **GFO w/GF bun**

CHAR-BROILED EGGPLANT & RED PEPPER 8.45
With feta cheese, pesto* and spinach on 8-grain or sourdough bread. *Contains nuts **GFO w/GF bread**

GRILLED PORTOBELLO 8.45
Marinated, grilled portobello mushroom with jack cheese, grilled onions, tomato, pesto* and garlic mayo, on 8-grain or sourdough bread. *Contains nuts **GFO w/GF bread**

CAJUN BLUE CHEESE CHICKEN..... 9.95
Blackened chicken or mock chicken with jack and blue cheese, grilled onion, lettuce, tomato, and garlic mayo, on a whole wheat bun.

POSEIDON’S DREAM 7.95
Chunk albacore tuna mixed with mayo, pickle relish and onions with lettuce, tomato on 8-grain or sourdough bread* with dijon mustard. **GFO w/GF bread**
Make it a melt, ADD cheese95

Salads

Homemade Dressings: Lemon Herb HV GF, Tofu Dill V, Italian V GF, Ranch, Tahini V, Balsamic Vinaigrette V GF, or Caesar

SOULFUL SALAD 7.95
Variety of organic baby leaf lettuce with carrots, red onions, jicama, red cabbage, radish, tomato, and organic sunflower sprouts. **V GF**
Add Albacore Tuna Salad 1.95
Half Salad 5.25

HIDDEN VALLEY 8.95
Mixed organic greens topped with organic brown rice, carrots, feta cheese,* tomato, radish, and guacamole. **GF VO Sub vegan cheese**
Half Salad 5.95

SPIRITUAL SPINACH..... 8.95
With carrots, olives, artichoke hearts, radish, feta cheese,* veggie-bacon bits and organic sunflower sprouts.**VO Sub vegan cheese**
Half Salad 5.95

LOTUS CAESAR 8.75
Mixed organic greens with tomato, avocado, croutons, Parmesan cheese and vegetarian Caesar dressing.

Half Salad 5.75
ADD Organic Tofu or Tempeh 1.95
ADD Veggie Mock Chicken 1.95
ADD Grilled Chicken 1.95
ADD Blackened Chicken 2.50

CHAPATI 8.95
Baked organic whole wheat chapati topped with black beans, rice, mixed organic greens, carrots, organic sunflower sprouts, jicama, radish, salsa, sour cream* and guacamole. **VO Omit sour cream**

HARVEST 9.95
Grilled seasonal veggies with balsamic vinaigrette on a bed of organic baby greens with carrot, tomato, radish and jicama. **V GF**

QUINOA VEGGIE 8.95
Organic romaine lettuce, tossed with organic rainbow quinoa, tomato, carrots, corn, red onions, bell pepper, and our homemade tahini dressing.* **V GFO Sub dressing**

AVOCADO HEAVEN 7.95
Avocado with lettuce, tomato, cucumber and red onion on 8-grain bread* with garlic mayo.* **VO Sub sourdough, omit mayo GFO w/GF bread**

GRILLED CHEESE 6.95
The classic with jack and cheddar cheese* and tomatoes on 8-grain bread.* **VO Sub vegan cheese and sourdough GFO w/GF bread**

THE PILGRIM 7.95
Fresh home-roasted turkey breast* with lettuce, tomato, red onion on 8-grain bread* with dijon mustard and garlic mayo.* **VO Sub mock turkey and sourdough, omit mayo GFO w/GF bread**
Make it a melt, ADD cheese95

FRIED EGG 6.95
Two free range eggs, garlic mayo, lettuce and tomato on toasted 8-grain or sourdough bread.* **GFO w/GF bread**

RANCHERO CHICKEN..... 8.95
Chicken* in ranchero sauce, with cheddar cheese,* grilled onion, lettuce, tomato, and garlic mayo,* on 8-grain bread.* **VO Sub mock chicken, sourdough, & vegan cheese, omit mayo GFO w/GF bread**

SALMON SANDWICH 11.95
Grilled salmon with black bean avocado relish (black beans, bell pepper, red onion, avocado, cilantro), lettuce, tomato, and garlic mayo, on a whole wheat bun.* **GFO w/GF bun**

DAILY SPECIAL SANDWICH.. Market Price

COSMIC COBB 10.75
Organic greens with feta cheese,* veggie-bacon bits, roasted turkey* or veggie mock turkey, tomatoes, avocado and organic sunflower sprouts.**VO Sub vegan cheese, sub mock turkey**

CRANBERRY WALNUT SALAD..... 8.95
Spinach, organic greens, cranberries, walnuts, blue cheese* with balsamic vinaigrette. **GF VO Sub vegan cheese**

SOUTHWEST SALAD 8.95
Organic greens, topped with black beans, bell pepper, onion, cilantro, avocado, cheddar cheese,* and organic blue corn chips, with ranch dressing.* **VO Sub vegan cheese and dressing GFO Sub dressing**

STUFFED AVOCADO 10.95
1/2 avocado stuffed with chunk albacore tuna mixed with mayo, pickle relish and onions atop a bed of organic romaine lettuce and accompanied by a Soulful Salad side. **GF**

DAILY SPECIAL SALADMarket Price

Salad Add-ons & Sides

1/2 FRESH AVOCADO **V GF**.....Market Price

HARD BOILED EGG *Free Range* **GF** .1.95

SAUTEED ORGANIC TOFU OR TEMPEH* **V** 2.95
**Steam or saute in olive oil only for GF*

MOCK CHICKEN **V GF** 2.95

GRILLED PORTOBELLO **V GF** 2.95

CHUNK ALBACORE TUNA,Cup**GF** 2.95

ROASTED TURKEY, Cup **GF** 2.95

TURKEY BURGER PATTY **GF** 3.95

GRILLED CHICKEN **GF**..... 3.45

GRILLED WILD SALMON **GF** 6.95

TEMPEH RANCHERO **V GF**, Cup ... 2.95

CHICKEN RANCHERO **GF**..... 2.95

SAUTEED FISH W/ RANCHERO SALSA **GF**..... 3.95

A LA CARTE NON-GMO TAMALE/ ENCHILADA 3.95

GRILLED VEGGIES W/BALSAMIC **V GF**..... 5.75

STEAMED VEGGIES **V GF**
Cup 3.25 Bowl..... 4.25

STIR FRY VEGGIES **V**
Cup 3.25 Bowl..... 4.25

BLACK or PINTO BEANS **V GF**
Cup 2.50 Bowl..... 3.50

ORGANIC BROWN RICE **V GF**
Cup 2.95 Bowl..... 3.95

BAKED SWEET/REG POTATO **V GF** 3.95

SALSA **V GF**... Cup 1.95 Bowl .2.95

GUACAMOLE **V GF**Side.95 Cup... 3.95

HUMMUS **V GF** Side.....95 Cup... 3.50

CORN BREAD w/honey butter 1.95

SLICE OF BREAD, 8-GRAIN **HV** or SOURDOUGH **V** 1.25

GARLIC BREAD 1.95

GARLIC BREAD **GF** 2.25

ORGANIC WHOLE WHEAT CHAPATI (1) **V**..... .95

PITA BREAD (1) **V** 1.50

ORGANIC NON-GMO BLUE CORN CHIPS with SALSA **V GF** 3.45

ORGANIC NON-GMO CORN TORTILLAS (3) **V GF**..... 1.50