

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
Note: Sub mock chicken, add 1.95; Sub vegan cheese, add 50¢
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 50¢ per slice
Note: GF means gluten free, but our kitchen is not gluten free.

Vegetarian Entrees

Add a small side salad to any entree **GF**..... 3.95

ENCINITAS VEGGIE GRILL..... 12.95
 Grilled fresh seasonal vegetables with balsamic vinaigrette served over organic brown rice. **V GF**
 ADD sautéed organic tofu or tempeh **V**... 3.95
 ADD grilled chicken **GF**..... 3.95

NOURISHING NATURAL or VEGGIE STIR FRY..... 12.95
 Fresh seasonal vegetables steamed and with tahini-ginger sauce,* or stir fried in a ginger-soy sauce.* served over organic brown rice.
 ***V GFO** *Omit tahini-ginger sauce, sauté in olive oil only.*

ADD cheese .99 or vegan cheese **GF**..... 1.49
 ADD sautéed organic tofu* or tempeh* **V** 3.95
GFO *Steam or sauté in olive oil only*
 ADD grilled mock chicken **V GF**..... 5.90
 ADD grilled chicken **GF**..... 3.95

VEGGIE STUFFED SPUD..... 11.95
 Baked potato topped with steamed veggies, cheddar cheese* and tahini-ginger sauce.* **VO**
Sub vegan cheese GFO Omit tahini-ginger sauce

TEMPEH TACOS..... 11.95
 Organic soy tempeh in ranchero sauce on organic Non-GMO corn tortillas with cheddar* and shredded lettuce. With chips and salsa. **GF VO**
Sub vegan cheese

YOGI BLISS..... 12.95
 Organic tofu sautéed in ginger-soy sauce, with organic brown rice and a salad garnish. **V**

BLACK BEAN ENCHILADAS..... 12.95
 Organic Non-GMO corn tortillas stuffed with black beans, organic brown rice and cheddar,* with mild enchilada sauce, sour cream* and guacamole. With salad garnish. **GF VO**
Sub vegan cheese, omit sour cream

NIRVANA BURRITO..... 12.95
 Sautéed veggies, pinto beans and organic brown 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

STUFFED VEGGIE QUESADILLA.... 12.95
 Organic whole wheat chapati stuffed with sautéed veggies and cheddar,* topped with guacamole, salsa and sour cream.* With salad garnish. **VO**
Sub vegan cheese, omit sour cream

GANESH'S VEGGIE TACOS..... 10.95
 Sautéed veggies* on organic Non-GMO corn tortillas with cheddar* and topped with shredded lettuce. With chips & salsa. **GFO**
Sub steamed veggies VO
Sub vegan cheese
 Sub. beans and rice **V GF**..... 1.95

FALAFEL BOWL..... 12.95
 A delectable ensemble of falafel, hummus, spring mix, olives, onions, quinoa, tomatoes, and tahini-ginger sauce.* **V GFO**
Omit tahini-ginger sauce

INDIAN CURRY BOWL..... 12.95
 Fresh steamed veggies in an Indian curry sauce served over organic brown rice with an organic whole wheat chapati.* **V GFO**
Sub tortillas

ADD sautéed organic tofu* or tempeh* **V** 3.95
GFO *Steam or sauté in olive oil only*

INDIAN DAHL BOWL..... 12.95
 Savory lentil dish with fresh ginger and lemon served over organic brown rice, topped with tomato and cilantro with an organic whole wheat chapati.* **V GFO**
Sub tortillas

LOTUS BOWL..... 13.95
 Black beans, spinach, organic brown rice sautéed with broccoli & carrot, red cabbage, sesame seeds, tahini-ginger sauce*, and blackened veggie mock chicken.
V GFO
Omit tahini-ginger sauce

BUDDHA BOWL..... 13.95
 Kale, spring mix, cranberry, cucumber, jicama, black beans, radish, salsa, organic sunflower sprouts, and blackened veggie mock chicken. **V GF**

Chicken & Fish

Add a small side salad to any entree **GF**...3.95

CHICKEN-STUFFED SPUD..... 13.95
 Baked potato stuffed with chicken in ranchero sauce topped with sour cream and guacamole. With salad garnish. **GF**

CHICKEN ENCHILADAS..... 13.95
 Organic Non-GMO corn tortillas stuffed with ranchero chicken, black beans, organic brown rice, and cheddar topped with ranchero sauce, sour cream and guacamole. With salad garnish. **GF**

CARLSBAD QUESADILLA..... 13.95
 Organic whole wheat chapati stuffed with ranchero chicken and cheddar, topped with salsa, sour cream and guacamole. With salad garnish.

ESCONDIDO BURRITO..... 13.95
 Chicken in ranchero sauce, pinto beans and organic brown rice in an organic whole wheat chapati topped with ranchero sauce, cheddar, guacamole, and sour cream. With salad garnish.

CHICKEN TACOS..... 11.95
 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**..... 1.95

NEPTUNE FISH TACOS..... 12.95
 Fish fillet sautéed in ranchero salsa on organic Non-GMO corn tortillas with jack cheese, shredded carrot, cabbage and lime. With chips and salsa. **GF**
 Sub. beans & rice **GF**..... 1.95

MT. PALOMAR STIR FRY..... 15.95
 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..... 3.95
 VANILLA ORGANIC COCONUT ICE CREAM, Cup..... 4.95
 Add chocolate syrup..... .75

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..... 13.95
 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 & cheese

SWAMI'S LASAGNA..... 13.95
 Veggie lasagna made of spinach, pasta, jack, parmesan, and ricotta cheese, fresh vegetables and marinara sauce with garlic bread.

PASTA SPECIAL, After 5 PM..... 13.95
 Chef's choice of pasta with homemade sauce served with a salad garnish and garlic bread.

Beverages

GF All Beverages
 KOMBUCHA ON TAP, 12 oz. 5.95
 FRESH SQUEEZED JUICES
 ORGANIC CARROT
 12 oz. 4.95 16 oz. 5.95
 ORGANIC VEGGIE
 Carrot, beet and celery.
 12 oz. 4.95 16 oz. 5.95
 DAILY GREENS
 Spinach, kale, cucumber, parsley, celery and green apple.
 12 oz. 4.95 16 oz. 5.95

ORGANIC WHEAT GRASS, oz. 2.50
GF *Gluten is converted into amino acids during sprouting*
 GINGER SHOT, oz. 2.50

NATURAL BOTTLED JUICES
 12 oz. 3.50 16 oz. 4.50
 • Organic Apple • Orange (Fresh Squeezed)
 • Peach • Organic Lemonade
 • Papaya • Pineapple-Coconut

Check our cooler for assorted beverages.

Coffee & Tea

ORGANIC LOTUS COFFEE..... 2.95
 HOT TEA..... 2.75
 HOMEMADE INDIAN SPICE
 CHAI TEA (made with fresh ginger) 3.95
 HOT CHOCOLATE..... 3.95
 PASSION FRUIT ICED TEA..... 2.75
 BLACK ICED TEA..... 2.75
 ESPRESSO..... 3.00
 CAPPUCINO..... 3.95
 CAFE LATTE..... 3.95
 CAFE MOCHA..... 4.50
 AMERICANO..... 3.50

Smoothies

V GF All Smoothies
 Frozen blended drinks made with fruit and fruit juice only..... 5.95
 ADD protein powder..... 1.95
 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

PINEAPPLE EXPRESS
 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

MOONLIGHT MANGO
 Mango, Pineapple, Peach Juice

PEANUT BUTTER & JELLY..... 7.95
 Peanut Butter, Strawberry, Blueberry, Organic Almond milk

GO GREEN..... 7.95
 Kale, Spinach, Peach, Banana, Orange juice

PRIYA PITAYA..... 7.95
 Organic Pitaya, Pineapple, Banana, Papaya juice

AVATAR ACAI..... 7.95
 Organic Acai, Strawberry, Banana, Organic Apple juice

ACAI or PITAYA BOWL..... 10.95
 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

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 Organic Coconut ice cream & Almond milk Shakes upon request. ADD..... 2.95

VANILLA..... 6.95
 Vanilla ice cream, milk.

CHOCOLATE..... 6.95
 Chocolate syrup, vanilla ice cream, milk.

STRAWBERRY..... 6.95
 Strawberries, vanilla ice cream, milk.

PINEAPPLE-COCONUT..... 6.95
 Pineapples, vanilla ice cream, pineapple-coconut juice.

BLUEBERRY..... 6.95
 Blueberries, vanilla ice cream, milk.

SWAMI'S CARROT..... 6.95
 Organic carrot juice, vanilla ice cream, cinnamon and nutmeg.

PEANUT BUTTER..... 6.95
 Peanut butter, vanilla ice cream, milk.

ESPRESSO..... 6.95
 Espresso, vanilla ice cream, milk.

CHOCOLATE ACAI..... 7.95
 Chocolate syrup, vanilla ice cream, milk, organic acai.

BLUEBERRY PITAYA..... 7.95
 Blueberries, vanilla ice cream, milk, organic pitaya.



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



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
 9:00 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

Scan to order from our website



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

