



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



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*

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.

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
CAPPUCCINO 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.



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.



BREAKFAST MENU

BREAKFAST SERVED ALL DAY
OPEN 9 AM ~ 7 DAYS A WEEK

HUEVOS RANCHEROS 11.95
Two cage-free eggs on organic corn tortillas, with homemade ranchero sauce, cilantro, & jack cheese. Served with organic brown rice, beans, guacamole & sour cream. **GF**

TWO EGGS AS-YOU-LIKE..... 9.95
Two cage-free eggs with breakfast potatoes, 8-grain or sourdough toast,* & jam. **GFO Sub tortillas or GF bread**

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**

THREE EGG OMELET 12.95
Three cage-free 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 cheese99
ADD protein in your omelet 2.95
Turkey bacon or sausage **GF** OR Veggie sausage or Soy bacon

FRIED EGG SANDWICH..... 10.95
Two cage-free 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 jack, cheddar or Swiss cheese99
ARTICHOKE SCRAMBLE 12.95
Two cage-free eggs scrambled with artichoke hearts, jack cheese, green onion & tomato. With breakfast potatoes and 8-grain or sourdough toast.* **GFO w/GF bread**

SPECIALTY BREAKFAST ITEMS SERVED DAILY UNTIL NOON

BUCKWHEAT V GF or **BUTTERMILK PANCAKES** 11.95
Three pancakes* topped with seasonal fruit and real maple syrup on the side. **VO GFO Choose buckwheat pancakes**

FILLED PANCAKES 11.95
Three buckwheat or buttermilk pancakes* all filled with a single choice of blueberries, strawberries, bananas-&-walnuts, or chocolate chips, with real maple syrup on the side. **VO GFO Choose buckwheat pancakes**

PANCAKE COMBO 12.95
Two buckwheat or buttermilk pancakes,* two eggs any style, breakfast potatoes and your choice of Turkey bacon or sausage OR Veggie sausage or Soy bacon. **GFO Choose buckwheat pancakes and Turkey bacon or sausage**
ADD blueberry, strawberry, banana-nut or choc-chip..... 1.95

BALBOA BURRITO 10.95
Cage-free scrambled eggs, cheddar, breakfast potatoes, avocado and salsa fresca in an organic whole wheat chapati.
ADD protein in your burrito 2.95
Turkey bacon or sausage OR Veggie sausage or Soy bacon

VEGAN TOFU SCRAMBLE..... 11.95
Savory tofu scramble sautéed 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 cheese 1.49

VEGAN BREAKFAST BURRITO 11.95
Tofu scramble, vegan cheese, breakfast potatoes, avocado and salsa fresca in an organic whole wheat chapati. **V**
ADD protein in your burrito 2.95
Veggie sausage or Soy bacon **V**

HEARTY OATMEAL 8.95
Organic oatmeal with fresh blueberries, walnuts, a side of brown sugar or honey,* and milk.* **VO Choose organic soy or almond milk.** .50

Breakfast Sides

TURKEY BACON or SAUSAGE GF 3.95
VEGGIE SAUSAGE or SOY BACON V..... 3.95
BREAKFAST POTATOES
SWEET POTATO or RED V GF..... 3.95
Red potatoes sautéed with bell peppers.
TWO EGGS ANY STYLE..... 3.95
SEASONAL FRUIT V 4.75
SOURDOUGH TOAST & JAM V..... 1.95
8-GRAIN TOAST & JAM HV 1.95
GLUTEN FREE TOAST & JAM GF..... 2.90

COCONUT FRENCH TOAST 11.95
Two slices of 8-grain or sourdough bread dipped in egg batter, spiced with cinnamon, coconut and vanilla, topped with seasonal fruit and real maple syrup on the side.
FRENCH TOAST COMBO 12.95
One slice of Coconut French Toast, two eggs any style, breakfast potatoes and your choice of Turkey bacon or sausage OR Veggie sausage or Soy bacon.
SINGLE PANCAKE 3.99
EXTRA SYRUP95

For Little Ones

FRENCH TOAST or PANCAKES..... 7.95
One slice of Coconut French Toast or two buckwheat or buttermilk pancakes* served with seasonal fruit and real maple syrup on the side. **GFO Choose buckwheat pancakes.**

Welcome...

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Appetizers

NATURAL HOMEMADE SOUPS
Cup 5.95 Bowl 6.95
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 SUB FRIES**..... 2.95

HEARTY VEGETARIAN CHILI
Cup 5.95 Bowl 7.95
Cheddar cheese* & fresh onion on top, with a side of corn bread & honey butter.* **VO Sub vegan cheese and sourdough GFO Sub tortillas, SUB FRIES** 2.95

CILANTRO CHIPOTLE HUMMUS AND PITA..... 8.95
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..... 8.95
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 8.95
Avocado dip served with organic Non-GMO blue corn chips and salsa. **V GF**

NACHOS GRANDE..... 11.95
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 CHQUITOS..... 9.95
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 6.95
Organic Non-GMO blue corn chips and homemade salsa. **V GF**



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.

For Little Ones

Served with organic Non-GMO blue corn chips and salsa V
KIDDIE QUESADILLA..... 7.95
Organic whole wheat chapati,* filled with jack and cheddar cheese.* **VO Sub vegan cheese GFO Sub tortillas**

INDIGO CHILD'S WRAP 7.95
Organic whole wheat chapati* folded over pinto beans, rice and cheddar cheese.
* **VO Sub vegan cheese GFO Sub tortillas**
KIDDIE GRILLED CHEESE 7.95
On crustless 8-grain bread* with jack and cheddar cheese.* **VO Sub vegan cheese and sourdough**

P B & HONEY or JAM 7.95
On crustless 8-grain bread* with crunchy peanut butter and honey or jam. **HV VO Sub sourdough, choose jam**

KIDDIE PASTA 8.49
Chef's pasta of the day tossed with soy butter and Parmesan cheese.

ADD marinara or pesto sauce99
LITTLE ONE'S TACO..... 8.49
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** 10.95
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 & SOUP BOWL .11.95
1/2 Sandwich* with your choice grilled cheese, avocado, vegetarian mock turkey, albacore tuna, roasted turkey breast,char-broiled eggplant/red pepper, or grilled portobello. **HVO & VO w/vegan soup, see sandwiches for modifications**

1/2 SANDWICH & SALAD 11.95
1/2 Sandwich* with your choice grilled cheese, avocado, vegetarian mock turkey, albacore tuna, roasted turkey breast,char-broiled eggplant/red pepper, or grilled portobello. With Soulful Salad. **HVO & VO See sandwiches for modifications**

Burgers

Served with organic Non-GMO blue corn chips

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, Veganaise (ADD .50) GFO Sub GF bread or GF bun (ADD .95)**

ADD cheese .99 or vegan cheese 1.49
ADD bacon: (turkey **GF** or soy **V**) 2.95

LOTUS BEYOND BURGER 11.95
Plant-based burger. No GMOs, soy, or gluten. **HVO VO GFO w/GF bun.**
Sub french fries for chips 2.95

GANDHI BURGER 10.95
Organic, vegan veggie patty with a unique blend of whole grains and spices. **HVO VO Sub french fries for chips** 2.95

SHANTI BURGER 10.95
Marinated vegan tempeh patty made w/ organic Non-GMO soy & organic wild and brown rice. **HVO VO Sub french fries for chips** 2.95

BEACON'S TURKEY BURGER..... 11.95
Char-broiled ground turkey patty. **GFO w/GF bun Sub french fries for chips** 2.95

SHIVA PITA 10.95
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 Sub mock chicken**

Salads

Homemade Dressings: Lemon Herb HV GF, Tofu Dill V, Italian V GF, Ranch, Tahini V, Balsamic Vinaigrette V GF, or Caesar. KALE and ARUGULA available upon request.

ADD Albacore Tuna Salad 4.95
ADD Organic Tofu or Tempeh 3.95
ADD Veggie Mock Chicken 5.90
ADD Grilled Chicken 3.95
ADD Blackened Chicken 4.45

SOULFUL SALAD 11.95
Variety of organic baby leaf lettuce with carrots, red onions, jicama, red cabbage, radish, tomato, and organic sunflower sprouts. **V GF**
Half Salad 8.95

HIDDEN VALLEY..... 11.95
Organic greens topped with organic brown rice, carrots, feta cheese,* tomato, radish, and guacamole. **GF VO Sub vegan cheese**
Half Salad 8.95

DAILY SPECIAL SALAD or BOWLMarket Price

Sandwiches

Served with organic Non-GMO blue corn chips **V GF**
SUB FRENCH FRIES 2.95 Add a small side salad to any entree 3.95 Add salsa .50

PIPE'S PITA 11.95
Falafel balls, organic lettuce, cilantro chipotle hummus, tomato, and shredded carrots with tahini-ginger sauce in a whole wheat pita. **V**

ARTICHOKE PESTO CHICKEN 12.95
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 & cheese **GFO w/GF bun**

CHAR-BROILED EGGPLANT & RED PEPPER..... 12.95
With feta cheese, pesto* and spinach on 8-grain or sourdough bread. *Contains nuts & cheese **GFO w/GF bread**

GRILLED PORTOBELLO 12.95
Marinated, grilled portobello mushroom with jack cheese, grilled onions, tomato, pesto* and garlic mayo, on 8-grain or sourdough bread. *Contains nuts & cheese **GFO w/GF bread**

CAJUN BLUE CHEESE CHICKEN.... 12.95
Blackened chicken or mock chicken with jack and blue cheese, grilled onion, lettuce, tomato, and garlic mayo, on a whole wheat bun. **GFO w/GF bun**

POSEIDON'S DREAM 12.95
Chunk albacore tuna (mixed with mayo, pickle relish and onions), lettuce, tomato and dijon mustard on 8-grain or sourdough bread* **GFO w/GF bread**
Make it a melt, ADD jack, cheddar or Swiss cheese..... .99

SPIRITUAL SPINACH 12.95
With carrots, olives, artichoke hearts, radish, feta cheese,* veggie-bacon bits and organic sunflower sprouts. **GF VO Sub vegan cheese**
Half Salad 8.95

LOTUS CAESAR 11.95
Organic greens with tomato, avocado, croutons, parmesan cheese and vegetarian Caesar dressing.
Half Salad 8.95

CHAPATI 12.95
Baked organic whole wheat chapati topped with black beans, organic brown rice, organic greens, carrots, organic sunflower sprouts, jicama, radish, salsa, sour cream* and guacamole. **VO Omit sour cream**

HARVEST 12.95
Grilled seasonal veggies with balsamic vinaigrette on a bed of organic baby greens with carrot, tomato, radish and jicama. **V GF**
Half Salad 8.95

QUINOA VEGGIE 11.95
Organic romaine lettuce, tossed with organic rainbow quinoa, tomato, carrots, corn, red onions, bell pepper, and our homemade tahini dressing.* **V GFO Sub dressing**
Half Salad 8.95

AVOCADO HEAVEN 11.95
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 10.95
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 12.95
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 jack, cheddar or Swiss cheese99

RANCHERO CHICKEN..... 12.95
Chicken* in ranchero sauce, with cheddar cheese,* red 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 16.95
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**

CAJUN SALMON SANDWICH 16.95
Blackened salmon, avocado, grilled onion, lettuce, tomato, and garlic mayo, on a whole wheat bun.* **GFO w/GF bun**
DAILY SPECIAL SANDWICH.. Market Price

COSMIC COBB 14.95
Organic greens with feta cheese,* veggie-bacon bits, roasted turkey* or veggie mock turkey, tomatoes, avocado and organic sunflower sprouts. **GF VO Sub vegan cheese, sub mock turkey**

CRANBERRY WALNUT SALAD..... 12.95
Arugula, organic greens, cranberries, walnuts, blue cheese* with balsamic vinaigrette. **GF VO Sub vegan cheese**
Half Salad 8.95

SOUTHWEST SALAD 12.95
Organic greens, topped with black bean avocado relish (black beans, bell pepper, red onion, avocado, cilantro), cheddar cheese,* and organic blue corn chips, with ranch dressing.* **VO Sub vegan cheese and dressing GFO Sub dressing**
Half Salad 8.95

STUFFED AVOCADO 13.95
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**

Salad Add-ons & Sides

FRENCH REG. or FRIES SWEET POT. V GF 3.95
CHILI CHEESE FRIES GF..... 7.95

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

HARD BOILED EGG Cage-Free GF... 1.95
SAUTÉED ORGANIC TOFU OR TEMPEH* V 3.95
*Steam or sauté in olive oil only for **GF**

MOCK CHICKEN V GF 5.90
GRILLED PORTOBELLO V GF..... 3.95
CHUNK ALBACORE TUNA,Cup GF 4.95
ROASTED TURKEY, Cup GF 3.95
TURKEY BURGER PATTY GF 4.95

GRILLED CHICKEN GF..... 3.95
GRILLED WILD SALMON GF 8.95
TEMPEH RANCHERO V GF, Cup ... 3.95
CHICKEN RANCHERO GF 3.95
SAUTÉED FISH W/

RANCHERO SALSA GF..... 4.95
A LA CARTE NON-GMO TAMALE/ ENCHILADA 4.95
GRILLED VEGGIES W/BALSAMIC V GF 7.95

STEAMED VEGGIES V GF
Cup 4.95 Bowl 5.95
STIR FRY VEGGIES V
Cup 4.95 Bowl 5.95
BLACK or PINTO BEANS V GF
Cup 3.95 Bowl 4.95

ORGANIC BROWN RICE V GF
Cup 3.95 Bowl 4.95
ORGANIC RAINBOW QUINOA V GF
Cup 4.95 Bowl 5.95
BAKED SWEET/REG POTATO V GF .3.95
SALSA V GF... Cup 2.50 Bowl .3.95

GUACAMOLE V GFSide.2.50 Cup...4.95
HUMMUS V GF Side.....2.50 Cup...3.95
CORN BREAD w/honey butter 3.25
SLICE OF BREAD, 8-GRAIN HV or SOURDOUGH V 1.75

GARLIC BREAD 2.25
GARLIC BREAD GF 2.95
ORGANIC WHOLE WHEAT CHAPATI (1) V..... 1.95
PITA BREAD (1) V 1.95

ORGANIC NON-GMO BLUE CORN CHIPS with SALSA V GF..... 3.95
ORGANIC NON-GMO CORN TORTILLAS (3) V GF..... 3.95
FALAFEL BALLS (3) 4.95