

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..... 10.95  
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 ..... 10.95  
Fresh seasonal vegetables steamed, served over organic brown rice, with tahini-ginger sauce. \*  
**V GFO** *Omit tahini-ginger sauce*  
ADD cheese or vegan cheese **GF** ..... .99  
ADD sautéed organic tofu\* or tempeh\* **V** 3.95  
**GFO** *Steam or sauté in olive oil only*  
ADD grilled mock chicken **V GF**..... 4.90  
ADD grilled chicken **GF**..... 3.95

VEGGIE STUFFED SPUD ..... 10.95  
Baked potato topped with steamed veggies, cheddar cheese\* and tahini-ginger sauce. \* **VO**  
*Sub vegan cheese GFO* *Omit tahini-ginger sauce*

TEMPTING TAMALE ..... 10.95  
Non-GMO corn, green chiles, pinto beans, ground peanut\* and garlic wrapped in corn masa with ranchero sauce and sour cream\* with organic brown rice, black beans, and a salad garnish. \*Contains nuts **VO** *Omit sour cream*

YOGI BLISS..... 10.95  
Organic tofu sautéed in ginger-soy sauce, with organic brown rice and a salad garnish. **V**

VEGGIE STIR FRY ..... 10.95  
Fresh seasonal veggies stir fried in a ginger-soy sauce served over organic brown rice. **V**  
ADD sautéed organic tofu or tempeh **V** .. 3.95

NIRVANA BURRITO ..... 11.95  
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*

INDIAN DAHL ..... 9.95  
Savory lentil dish served over organic brown rice. **V GF**

BLACK BEAN ENCHILADAS ..... 10.95  
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*

STUFFED VEGGIE QUESADILLA..... 10.95  
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*  
Sub. beans and rice **V GF**..... 1.95

TEMPEH TACOS ..... 9.95  
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*  
Sub. beans and rice **V GF**..... 1.95

INDIAN CURRY BOWL ..... 10.95  
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*

LOTUS BOWL..... 12.95  
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*

DAILY SPECIAL BOWL  
or SALAD ..... Market Price

## Chicken & Fish

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

CHICKEN-STUFFED SPUD..... 11.95  
Baked potato stuffed with chicken in ranchero sauce topped with sour cream and guacamole. With salad garnish. **GF**

CHICKEN ENCHILADAS ..... 11.95  
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..... 11.75  
Organic whole wheat chapati stuffed with ranchero chicken and cheddar, topped with salsa, sour cream and guacamole. With salad garnish.

ESCONDIDO BURRITO..... 11.95  
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 ..... 10.49  
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 ..... 11.45  
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..... 12.95  
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 ..... 2.95

VANILLA ORGANIC COCONUT ICE CREAM, Cup ..... 3.95

Add chocolate syrup..... 50

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 ..... 11.95  
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 ..... 11.95  
Veggie lasagna made of spinach, pasta, jack, parmesan, and ricotta cheese, fresh vegetables and marinara sauce with garlic bread.

PASTA SPECIAL, After 5 PM..... 11.95  
Chef's choice of pasta with homemade sauce served with a salad garnish and garlic bread.

## Beverages

**GF** All Beverages

KOMBUCHA ON TAP, 16 oz. .... 5.95

FRESH SQUEEZED JUICES  
ORGANIC CARROT  
12 oz. .... 3.99 16 oz. .... 4.99

ORGANIC VEGGIE  
Carrot, beet and celery.  
12 oz. .... 4.50 16 oz. .... 5.50

DAILY GREENS  
Spinach, kale, cucumber, parsley, celery and green apple.  
12 oz. .... 4.50 16 oz. .... 5.50

ORGANIC WHEAT GRASS, oz. .... 1.95  
**GF** *Gluten is converted into amino acids during sprouting*

GINGER SHOT, oz. .... 1.95

NATURAL BOTTLED JUICES  
12 oz. .... 2.99 16 oz. .... 3.99  
• Organic Apple • Orange (Fresh Squeezed)  
• Peach • Organic Lemonade  
• Papaya • Pineapple-Coconut

Check our cooler for assorted beverages.

## Coffee & Tea

COLD BREW ESPRESSO on TAP..... 5.95

ORGANIC LOTUS COFFEE ..... 2.95

HOT TEA..... 2.50

HOMEMADE INDIAN SPICE  
CHAI TEA (made with fresh ginger) ..... 3.75

HOT CHOCOLATE ..... 3.50

PASSION FRUIT ICED TEA..... 2.50

BLACK ICED TEA..... 2.50

ESPRESSO ..... 3.00

CAPUCCINO..... 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..... 4.95  
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

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..... 5.95  
Peanut Butter, Strawberry, Blueberry, Organic Almond milk

GO GREEN..... 5.95  
Kale, Spinach, Peach, Banana, Orange juice

PRIYA PITAYA ..... 5.95  
Organic Pitaya, Pineapple, Banana, Papaya juice

AVATAR ACAI ..... 5.95  
Organic Acai, Strawberry, Banana, Organic Apple juice

ACAI or PITAYA BOWL ..... 9.95  
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 ..... 4.95  
Vanilla ice cream, milk.

CHOCOLATE ..... 4.95  
Chocolate syrup, vanilla ice cream, milk.

STRAWBERRY ..... 4.95  
Strawberries, vanilla ice cream, milk.

PINEAPPLE-COCONUT..... 4.95  
Pineapples, vanilla ice cream, pineapple-coconut juice.

BLUEBERRY ..... 4.95  
Blueberries, vanilla ice cream, milk.

SWAMI'S CARROT ..... 4.95  
Organic carrot juice, vanilla ice cream, cinnamon and nutmeg.

PEANUT BUTTER..... 4.95  
Peanut butter, vanilla ice cream, milk.

ESPRESSO ..... 4.95  
Espresso, vanilla ice cream, milk.

CHOCOLATE ACAI ..... 5.95  
Chocolate syrup, vanilla ice cream, milk, organic acai.

BLUEBERRY PITAYA ..... 5.95  
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  
7:00 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  
view our  
website



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

031018





# BREAKFAST MENU

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

HUEVOS RANCHEROS .....	10.95	BALBOA BURRITO .....	8.95
Two cage-free eggs on organic corn tortillas, with homemade ranchero sauce, cilantro, & jack cheese. Served with organic brown rice, beans, guacamole & sour cream. <b>GF</b>		Cage-free scrambled eggs, cheddar, breakfast potatoes, avocado and salsa fresca in an organic whole wheat chapati.	
TWO EGGS AS-YOU-LIKE.....	8.95	ADD protein in your burrito .....	1.95
Two cage-free eggs with breakfast potatoes, 8-grain or sourdough toast,* & jam. <b>GFO Sub tortillas or GF bread</b>		Turkey bacon or sausage OR Veggie sausage or Soy bacon	
ACAI or PITAYA BOWL .....	9.95	VEGAN TOFU SCRAMBLE.....	9.95
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.* <b>HV GFO Omit granola VO Omit honey</b>		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. <b>V</b>	
THREE EGG OMELET .....	10.95	Veggie choices: mushroom, spinach, bell pepper, tomato, broccoli, red onion, black olives, squash, zucchini.	
Three cage-free eggs and 2 veggies of your choice with breakfast potatoes, 8-grain or sourdough toast,* and jam. <b>GFO Sub tortillas or GF bread</b>		ADD vegan cheese .....	.99
Veggie choices: mushroom, spinach, bell pepper, tomato, broccoli, red onion, black olives, squash, zucchini.		VEGAN BREAKFAST BURRITO .....	9.45
ADD jack, cheddar or Swiss cheese .....	.99	Tofu scramble, vegan cheese, breakfast potatoes, avocado and salsa fresca in an organic whole wheat chapati. <b>V</b>	
ADD protein in your omelet .....	1.95	ADD protein in your burrito .....	1.95
Turkey bacon or sausage <b>GF</b> OR Veggie sausage or Soy bacon		Veggie sausage or Soy bacon <b>V</b>	
FRIED EGG SANDWICH.....	8.95	HEARTY OATMEAL .....	7.95
Two cage-free eggs, garlic mayo, lettuce and tomato on toasted 8-grain or sourdough bread.* Served with organic Non-GMO blue corn chips. <b>GFO w/GF bread</b>		Organic oatmeal with fresh blueberries, walnuts, a side of brown sugar or honey,* and milk.* <b>VO Choose organic soy or almond milk.</b>	
ADD cheese .....	.99	<b>Breakfast Sides</b>	
ARTICHOKE SCRAMBLE .....	10.95	TURKEY BACON or SAUSAGE <b>GF</b> .....	3.75
Two cage-free eggs scrambled with artichoke hearts, jack cheese, green onion & tomato. With breakfast potatoes and 8-grain or sourdough toast.* <b>GFO w/GF bread</b>		VEGGIE SAUSAGE or SOY BACON <b>V</b> .....	3.75

## SPECIALTY BREAKFAST ITEMS SERVED DAILY UNTIL NOON

BUCKWHEAT <b>V GF</b> or BUTTERMILK PANCAKES .....	9.95	COCONUT FRENCH TOAST .....	9.95
Three pancakes* topped with seasonal fruit and real maple syrup on the side. <b>VO GFO Choose buckwheat pancakes</b>		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.	
FILLED PANCAKES .....	9.95	FRENCH TOAST COMBO .....	10.95
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. <b>VO GFO Choose buckwheat pancakes</b>		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.	
PANCAKE COMBO .....	10.95	SINGLE PANCAKE .....	2.99
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. <b>GFO Choose buckwheat pancakes and Turkey bacon or sausage</b>		EXTRA SYRUP .....	.75
ADD blueberry, strawberry, banana-nut or choc-chip.....	1.95		

## For Little Ones

FRENCH TOAST or PANCAKES..... 6.95  
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...

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



## Appetizers

NATURAL HOMEMADE SOUPS  
Cup..... 4.95 Bowl..... 5.95  
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..... 4.95 Bowl..... 5.95  
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..... 6.95  
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..... 7.95  
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 ..... 7.95 | Avocado dip served with organic Non-GMO blue corn chips and salsa. **V GF** |  |

NACHOS GRANDE..... 9.95  
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..... 7.95  
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 ..... 5.95 | 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 95¢*  
**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..... 5.95  
Organic whole wheat chapati,\* filled with jack and cheddar cheese.\* **VO Sub vegan cheese GFO Sub tortillas**

INDIGO CHILD'S WRAP ..... 5.95 | Organic whole wheat chapati\* folded over pinto beans and cheddar cheese.\* **VO Sub vegan cheese GFO Sub tortillas** |  |

KIDDIE GRILLED CHEESE ..... 5.95 | On crustless 8-grain bread\* with jack and cheddar cheese.\* **VO Sub vegan cheese and sourdough** |  |

P B & HONEY or JAM ..... 5.95 | On crustless 8-grain bread\* with crunchy peanut butter and honey or jam. **HV VO Sub sourdough, choose jam** |  |

KIDDIE PASTA ..... 6.49 | Chef's pasta of the day tossed with soy butter and Parmesan cheese. |  |

ADD marinara or pesto sauce..... .95  
LITTLE ONE'S TACO..... 6.49  
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..... 9.95  
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... 9.95  
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 ..... 9.95 | 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 & Sandwiches

Served with organic Non-GMO blue corn chips and salsa **V** Add a small side salad to any entree 3.95

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, Veganaise (ADD .50) GFO Sub GF bread or GF bun (ADD .95)**  
ADD cheese or vegan cheese ..... .99 | ADD portobello ..... | 2.95 |

LOTUS BEYOND BURGER **NEW!**..... 10.95  
Plant-based burger. No GMOs, soy, or gluten. **HVO VO GFO w/GF bun.**

GANDHI BURGER..... 9.95  
Organic, vegan veggie patty with a unique blend of whole grains and spices. **HVO VO**

SHANTI BURGER ..... 9.95 | Marinated vegan tempeh patty made w/ organic Non-GMO soy & organic wild and brown rice. **HVO VO** |  |

BEACON'S TURKEY BURGER..... 9.95  
Char-broiled ground turkey patty. **GFO w/GF bun**

VEGI CHILI DOG ..... 8.95 | A tofu hot dog on a whole wheat bun with our homemade vegetarian chili, cheddar\* and onions. **VO Sub vegan cheese** |  |

SHIVA PITA ..... 9.95 | 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 ..... 3.95 | ADD Organic Tofu or Tempeh ..... | 3.95 || ADD Veggie Mock Chicken ..... | 4.90 | ADD Grilled Chicken ..... | 3.95 |
| ADD Blackened Chicken ..... | 3.95 |  |  |

SOULFUL SALAD ..... 9.95 | Variety of organic baby leaf lettuce with carrots, red onions, jicama, red cabbage, radish, tomato, and organic sunflower sprouts. **V GF** |  || Half Salad ..... | 6.95 |  |  |

HIDDEN VALLEY..... 9.95  
Organic greens topped with organic brown rice, carrots, feta cheese,\* tomato, radish, and guacamole. **GF VO Sub vegan cheese**  | Half Salad ..... | 6.95 |

DAILY SPECIAL SALAD or BOWL ..... Market Price |  |  |

PIPE'S PITA ..... 9.95 | Falafel balls, organic lettuce, cilantro chipotle hummus, tomato, and shredded carrots with tahini-ginger sauce in a whole wheat pita. **V** |  || ARTICHOKE PESTO CHICKEN ..... | 10.95 | 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..... 10.50  
With feta cheese, pesto\* and spinach on 8-grain or sourdough bread. \*Contains nuts & cheese **GFO w/GF bread**

GRILLED PORTOBELLO ..... 10.50 | 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.... 10.95  
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 ..... 9.95 | 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 cheese ..... | .99 |  |  |

SPIRITUAL SPINACH..... 10.95  
With carrots, olives, artichoke hearts, radish, feta cheese,\* veggie-bacon bits and organic sunflower sprouts. **GF VO Sub vegan cheese**  | Half Salad ..... | 7.95 |

LOTUS CAESAR ..... 9.95 | Organic greens with tomato, avocado, croutons, parmesan cheese and vegetarian Caesar dressing. |  || Half Salad ..... | 6.95 |  |  |

CHAPATI ..... 10.75 | 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 ..... | 11.95 | Grilled seasonal veggies with balsamic vinaigrette on a bed of organic baby greens with carrot, tomato, radish and jicama. **V GF** |  |

QUINOA VEGGIE ..... 10.50 | 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 ..... | 7.50 |  |  |

AVOCADO HEAVEN ..... 9.95 | 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 ..... 8.45 | 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 ..... 9.95 | 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 cheese ..... | .99 |  |  |

RANCHERO CHICKEN..... 10.75  
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 ..... 14.95 | 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..... 14.95  
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 ..... 11.95 | 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..... 10.75  
Arugula, organic greens, cranberries, walnuts, blue cheese\* with balsamic vinaigrette. **GF VO Sub vegan cheese**  | Half Salad ..... | 7.75 |

SOUTHWEST SALAD ..... 10.75 | 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 ..... | 7.75 |  |  |

STUFFED AVOCADO ..... 11.95 | 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

1/2 FRESH AVOCADO <b>V GF</b> .....	Market Price
HARD BOILED EGG Cage-Free <b>GF</b> ...	1.95
SAUTÉED ORGANIC TOFU OR TEMPEH* <b>V</b> .....	3.95
*Steam or sauté in olive oil only for <b>GF</b>	
MOCK CHICKEN <b>V GF</b> .....	4.90
GRILLED PORTOBELLO <b>V GF</b> .....	3.95
CHUNK ALBACORE TUNA,Cup <b>GF</b>	3.95
ROASTED TURKEY, Cup <b>GF</b> .....	3.95
TURKEY BURGER PATTY <b>GF</b> .....	4.95
GRILLED CHICKEN <b>GF</b> .....	3.95
GRILLED WILD SALMON <b>GF</b> .....	8.95
TEMPEH RANCHERO <b>V GF</b> , Cup ...	3.95
CHICKEN RANCHERO <b>GF</b> .....	3.95
SAUTÉED FISH W/ RANCHERO SALSA <b>GF</b> .....	4.95
A LA CARTE NON-GMO TAMALE/ ENCHILADA .....	4.95
GRILLED VEGGIES W/BALSAMIC <b>V GF</b> .....	6.95
STEAMED VEGGIES <b>V GF</b> Cup .....	3.95 Bowl..... 4.95
STIR FRY VEGGIES <b>V</b> Cup .....	3.95 Bowl..... 4.95
BLACK or PINTO BEANS <b>V GF</b> Cup .....	2.95 Bowl..... 3.95
ORGANIC BROWN RICE <b>V GF</b> Cup .....	2.95 Bowl..... 3.95
ORGANIC RAINBOW QUINOA <b>V GF</b> Cup .....	3.95 Bowl..... 4.95
BAKED SWEET/REG POTATO <b>V GF</b>	3.95
SALSA <b>V GF</b> ... Cup .....	1.95 Bowl .2.95
GUACAMOLE <b>V GF</b> Side1.95 Cup...	3.95
HUMMUS <b>V GF</b> Side.....	1.95 Cup...3.50
CORN BREAD w/honey butter .....	2.75
SLICE OF BREAD, 8-GRAIN <b>HV</b> or SOURDOUGH <b>V</b> .....	1.50
GARLIC BREAD .....	1.95
GARLIC BREAD <b>GF</b> .....	2.50
ORGANIC WHOLE WHEAT CHAPATI (1) <b>V</b> .....	1.95
PITA BREAD (1) <b>V</b> .....	1.95
ORGANIC NON-GMO BLUE CORN CHIPS with SALSA <b>V GF</b> .....	3.95
ORGANIC NON-GMO CORN TORTILLAS (3) <b>V GF</b> .....	2.95