

THE LIVING ROOT CELLAR

12 N. SIXTH STREET, REDLANDS, CA 92373 • 909.894.4057 • WWW.THELIVINGROOTCELLAR.COM
SPRING 2020 HOURS — Mon to Thu: 8 a.m. to 3 p.m. • Fri: 8 a.m to 4 p.m. • Sat: CLOSED • Sun: 9 a.m. to 3 p.m.

Our food is VEGAN and prepared in our cellar kitchen from scratch, using the freshest, healthiest ingredients available.
We make our delicious nut milks in-house, FRESH, from raw almonds and raw coconuts.

RV: Raw Vegan, GF: Gluten Free, SF: Soy Free, NF: Nut Free (seeds are not nuts). Veganaise and tamari both contain soy; tahini is made from sesame seeds.

• SUNDAY BRUNCH •

SERVED ALL DAY SUNDAY FROM 9 A.M. TO 3 P.M.

All dishes come with choice of ketchup or salsa, and maple syrup or fruit compote.

COMBO NO. 1 GF • NF\$10.50

Organic tofu scramble, organic Yukon gold country potatoes, and two strips vegan bacon.

COMBO NO. 2 GF\$15.00

Organic tofu scramble, organic Yukon gold country potatoes, and two (2) oat-nut pancakes.

COMBO NO. 3 GF\$12.50

Organic tofu scramble, two strips vegan bacon, and two (2) oat-nut pancakes.

COUNTRY POTATOES GF • SF • NF\$5.00

Organic Yukon gold potatoes seasoned and baked to perfection.

OAT-NUT PANCAKES GF* • SF

Flourless mix of rolled oats, banana, nuts, flax, olive oil, molassas, and spices, served with a side of real maple syrup or fruit compote.

Stack of Two.....\$6.00

Stack of Three.....\$7.50

*While oats are generally considered gluten free, they may have trace amounts of wheat as they may be packaged on equipment also used for wheat.

ANCIENT GRAINS POWER CEREAL SF\$4.50

Stove-cooked five-grain porridge (steel-cut oats, quinoa, amaranth, millet, and barley) served with almond milk, chopped dates or raisins, cinnamon, nuts, and fresh fruit.

MANAGERS' AVOCADO TOAST SF • NF\$8.50

Freshly mashed avocado mixed with your choice of basil & garlic, cucumber & dill, or spicy jalapeno.

BANANA-OAT & CACAO NIB MUFFIN GF • SF • NF\$3.50

By far our best selling treat—all the flavor of a baked muffin without the guilt. Made with rolled oats, flax meal, bananas, chia seeds, cacao nibs, coconut oil and spices, and lightly sweetened with brown sugar. Also available by the dozen (\$38.00).

BREAKFAST WRAP NF\$7.75

Tofu scramble, country potatoes, and vegan bacon wrapped in a whole wheat tortilla.

CHORIZO BURRITO SF\$7.50

Spicy nut meat with pico de gallo and avocado wrapped in a whole wheat tortilla and served with our special Chedd-Raw sauce.

GRANOLA & FRUIT GF* • SF\$4.50

House-made granola with nuts, strawberries, bananas, and choice of raisins or dates. Served with house-made almond milk.

*While oats are generally considered gluten free, they may have trace amounts of wheat as they may be packaged on equipment also used for wheat.

TOFU SCRAMBLE GF • NF\$5.50

Organic tofu, red onions, tomatoes, bell pepper, cilantro, garlic, and spices, baked to perfection.

ULTIMATE BREAKFAST SMOOTHIE SF\$8.00

House-made almond milk, grain cereal, banana, nuts, hemp seeds, cinnamon, dates, brown rice protein, and B-12 supplement blended to perfection.

VEGAN HASH GF • SF\$6.50

Spicy nut meat and country potatoes tossed with pico de gallo and topped with Chedd-Raw sauce and a BBQ sauce drizzle.