

THE LIVING ROOT CELLAR

12 N. SIXTH STREET, REDLANDS, CA 92373 • 909.894.4057 • WWW.THELIVINGROOTCELLAR.COM

WINTER 2020 HOURS — Sun: 9 a.m. to 4 p.m. • Mon to Fri: 8 a.m. to 5 p.m. • Sat: CLOSED

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). Vegenaïse and tamari both contain soy; tahini is made from sesame seeds.

• BREAKFAST •

SERVED 8 A.M. TO NOON

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 (SERVED ALL DAY!) SF • NF\$8.50
Freshly mashed avocado mixed with your choice of basil & garlic, cucumber & dill, or spicy jalapeno. Topped with choice of our house-made Chedd-raw sauce or microgreens and cherry tomatoes.

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. 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. Served with organic ketchup, pico de gallo, or hot salsa.

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

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
Almond milk, grain cereal, banana, nuts, hemp seeds, cinnamon, dates, brown rice protein, and B-12 supplement. The perfect meal-in-a-glass!

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.

• SNACKS & TREATS •

AÇAÍ BOWL GF • NF\$6.75
Açaí blend served with house-made granola, fresh organic strawberries, fresh bananas, and topped with shredded coconut.

ADDITIONAL TOPPINGS (50¢ EACH)

Hemp Seeds • Chia Seeds • Sunflower Seeds • Walnuts, Pecans, or Cashews
Cacao Nibs • Almond or Peanut Butter

HANNAH'S CRACKERS & BEET HUMMUS GF • SF\$4.50
Herb-infused crackers made with almond pulp, oats, flax seed, and spices. Served with a side of our house-made beet hummus. The perfect "eat-at-your-desk" healthy snack!

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BLACK BEAN BROWNIES GF • SF\$4.50
Just tell them they're brownies! Chocolate goodness without the egg, butter, or dairy. Made with black beans, raw cacao powder, flaxseed, oat flour, almond pulp, dark chocolate chips, and agave.

"EGG" SALAD SANDWICH NF\$5.75
Tofu "egg" salad served with romaine lettuce on whole wheat or multigrain bread. Enjoy the flavor of a summer picnic any time of day, any day of the week. Our secret is in the spices!

FIT FUEL BAR GF • SF\$4.00
Packed with complex carbs for sustained performance, this vegan fuel bar is how all energy bars should be. Made with short-grain brown rice, dates, walnuts, hemp seeds, almond pulp, molasses, and spices.

• SANDWICHES & WRAPS •

We source our whole wheat or multigrain bread from one or more local bakeries.
Ask about our gluten-free bread options.

BEET BURGER\$8.50
Our claim to fame, this patty is made from beet and carrot pulp, beans, nuts, and spices, with lettuce, tomato, onion, and mayo and BBQ sauce on a bun. Served with choice of broccoli or cabbage salad.

B.I.A.T. SANDWICH NF\$9.50
Vegan bacon, lettuce, avocado, tomato, and onion, with Vegenaïse on sliced loaf bread. Served with choice of broccoli or cabbage salad.

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.

HUMMUS & VEGGIE SANDWICH NF • SF\$8.50
Lettuce, tomato, cucumber, red onion, and bell pepper, with our house-made hummus spread on multigrain bread. Served with choice of broccoli or cabbage salad. (side salads NOT SF)

SPICY RAW TACOS RV • GF • SF\$8.50
Carrot and kale pulp mixed with nuts, seeds, and spices and topped with pico de gallo, avocado, and Chedd-raw sauce in a cabbage leaf. Two tacos per order.

VEGGIE BURGER\$8.50
We make this patty with beans, cooked grains, carrot pulp, seeds, and almond pulp. Served on a bun with lettuce, tomato, red onion, Vegenaïse, and BBQ sauce. Served with choice of broccoli or cabbage salad.

SLOPPY JACK SANDWICH\$8.50
BBQ jackfruit and cole slaw served on a whole wheat or multigrain bun. Served with choice of broccoli or cabbage salad.

SANDWICH EXTRAS

Avocado \$1.50 • Microgreens \$1.00 • Veggies \$1.00 • Hummus \$1.00
Chedd-Raw Sauce \$1.00 • Vegan Bacon (one piece) \$1.00 • BBQ Sauce \$0.50

• SALADS & SOUPS •

BROCCOLI SALAD (9 OZ CUP) GF • NF\$4.00
Broccoli, sunflower seeds, Vegenaïse, vinegar, agave, and raisins.

CABBAGE SALAD (9 OZ CUP) GF • NF\$4.00
Cabbage, coconut shreds, tamari sauce, sunflower seeds, lemon, extra virgin olive oil, and spices.

MICROGREENS SALAD RV • GF • SF • NF\$6.50
Sprouts, leafy greens, red bell pepper, cherry tomatoes, sunflower seeds, and avocado served with a lemon-garlic dressing.

SEASONAL SOUP ALL SOUPS = GF • SF • NF
Fresh, organic, healthy, and delicious... yes, it's true! Served with a slice of our locally sourced bread. Substitute gluten-free bread for \$1.00 extra. Call the café or ask a staff member for the soup of the season.

Cup\$4.00
Bowl\$7.50

LRC LOVES A GOOD PARTY!

Let us CATER your next event—here at the café,
or anywhere in the Inland Empire!