

THE LIVING ROOT CELLAR

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

WINTER 2022 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.

RV: Raw Vegan, **GF:** Gluten Free, **SF:** Soy Free, **NF:** Nut Free (seeds are not nuts).

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

• BREAKFAST •

SERVED UNTIL 2:00 P.M.

ANCIENT GRAINS PORRIDGE SF\$5.50
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.

BREAKFAST WRAP NF\$8.25
Tofu scramble, country potatoes, and bacon, wrapped in a whole wheat tortilla. Served with organic ketchup, pico de gallo, or hot sauce.

CHORIZO BURRITO SF\$7.50
Spicy nut "meat" with pico de gallo and avocado wrapped in a whole wheat tortilla and served with choice of salsas and our special cheddar sauce (made from cashews).

POTATOES & TOFU SCRAMBLE GF • NF\$10.50
Organic country potatoes and scrambled tofu, tossed with red onions, tomatoes, bell pepper, cilantro, garlic, and spices. Baked to perfection. Served with two bacon strips, plus choice of salsa or ketchup.

ULTIMATE BREAKFAST SMOOTHIE SF\$8.50
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 cheddar sauce and a BBQ sauce drizzle.

• SNACKS & TREATS •

AÇAÍ BOWL GF • NF\$7.25
Açaí blend served with house-made granola, fresh organic strawberries, fresh bananas, and topped with shredded coconut.

ADDITIONAL TOPPINGS (\$1.00 EACH)

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

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

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.

HERB CRACKERS GF • SF\$4.50
Herb-infused crackers made with almond pulp, oats, flaxseed, and spices.

• CATERING & SPECIALS •

Ask us about catering and
seasonal and manager's specials!

• SANDWICHES & WRAPS •

We source our breads from local bakeries.

Lettuce or cabbage leaves available as gluten-free options.

BEET BURGER\$11.50
Our claim to fame, this patty is made from beet and carrot pulp, beans, nuts, and spices, with lettuce, tomato, onion, and vegenaise mayo and BBQ sauce on a multigrain bun.

B.L.A.T. SANDWICH NF\$9.50
Vegan bacon, lettuce, avocado, tomato, and onion, with vegenaise mayo on sliced loaf bread.

THE GOLIATH NF\$15.00
House-made "bacon," (made from carrots!) avocado, onions, tomato, lettuce, with house-made ranch mustard. Stacked on our toasted whole-grain bread.

SPICY RAW TACOS RV • GF • SF\$9.50
Carrot and kale pulp mixed with nuts, seeds, and spices and topped with pico de gallo, avocado, and cheddar sauce in a cabbage leaf. Two tacos per order.

SLOPPY JACK SANDWICH NF • SF\$10.50
Pulled BBQ jackfruit topped with crunchy cole slaw. Served on a multigrain bun.

HUMMUS & VEGGIE SANDWICH NF • SF\$8.50
Lettuce, tomato, cucumber, red onion, and bell pepper, with our house-made hummus spread on multigrain bread.

"EGG" SALAD SANDWICH NF\$7.50
Tofu "egg" salad served with romaine lettuce on multigrain bread. Enjoy the flavor of a summer picnic any time of day, any day of the week. Our secret is in the spices!

MEDITERRANEAN WRAP NF • SF\$9.50
Chickpeas, tomato, onion, and vegenaise mayo wrapped in a whole wheat tortilla.

ADD A SIDE SALAD FOR \$2.00 • ADD A CUP OF SOUP FOR \$3.00

Broccoli Salad or Cole Slaw (4 oz. cup) • Ask a staff member for the soup of the season!

SANDWICH EXTRAS

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

• SALADS & SOUPS •

BROCCOLI SALAD (9 OZ CUP) GF • SF\$5.50
Broccoli florets tossed with sunflower seeds, vegenaise mayo, apple cider vinegar, raisins, and spices.

COLE SLAW (9 OZ CUP) GF • NF • SF\$5.50
Green and red cabbage, carrots, kale, and onion, shredded and tossed with apple cider vinegar and vegenaise mayo. Seasoned with dill, salt, and pepper.

MICROGREENS SALAD RV • GF • SF • NF\$7.50
Sprouts, leafy greens, red bell pepper, cherry tomatoes, sunflower seeds, and avocado served with a lemon-garlic dressing.

BLACK BEAN QUINOA SALAD GF • SF • NF\$9.50
Black beans, quinoa, cucumber, tomato, onion, and spices.

MEDITERRANEAN SALAD GF • SF • NF\$8.50
Chickpeas, tomato, onion, vegenaise mayo, and spices.

SEASONAL SOUP ALL SOUPS = GF • NF • SF
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

We offer easy ONLINE ORDERING and CURBSIDE PICKUP.

We happily deliver JUICE CLEANSE orders to your home or office.

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• COLD-PRESSED JUICES •

We make our juices twice a week from fresh, raw, organic produce.

Call for our current juicing schedule.

ALL JUICES = GF • SF • NF

16 OZ. BOTTLES (PLUS 5¢ CRV)

GREEN AWAKENING (45 CAL)	\$8.50
Celery, cucumber, kale, parsley, and lemon.	
HEARTBEET (110 CAL)	\$9.00
Carrot, apple, beet, kale, ginger, and lemon	
ELECTRIC LIME (90 CAL)	\$8.00
Celery, kale, apple, cilantro, and lime.	
ORANGE ENVY (100 CAL)	\$8.50
Locally grown oranges, spinach, and basil.	
SWEET & SASSY (110 CAL)	\$8.00
Carrots, seasonal locally grown oranges, and ginger.	
SCREAMING METALS (120 CAL)	\$8.50
Apples, celery, kale, cilantro, turmeric, ginger, and lime.	
EVERGREEN (50 CAL)	\$9.00
Kale, cucumber, celery, spinach, lemon, parsley, cilantro, chlorella, and moringa.	
CELERY JUICE	\$10.50
100% organic celery. Nothing more, nothing less. Available by pre-order only.	

JUICE CLEANSSES

Sub A one-day cleanse consists of six juices from our list of cold-pressed juices above. Substitutions may occur. Add 5¢ CRV per bottle. Delivery service available. Subscribe for monthly delivery and save \$\$\$; visit our website for details.

1-DAY CLEANSSE.....	\$49.50
3-DAY CLEANSSE.....	\$145.50
5-DAY CLEANSSE.....	\$240.50

• SUPERFOOD SMOOTHIES •

Featuring fresh nut milks house-made from raw almonds and raw coconuts!

Underlined items are considered nutrient-dense Superfoods.

For **NUT FREE (NF)** smoothies, ask for coconut milk.

SMALL (9 OZ.) OR LARGE (16 OZ.)

TROPICAL CALM GF • SF • NF.....	\$4.50/\$8.00
<u>Coconut milk</u> , <u>pineapple</u> , banana, <u>kale</u> , pea protein, D-ribose (for heart health), and agave.	
BRAZILIAN BEAUTY GF • SF.....	\$4.50/\$8.00
Almond milk, <u>mixed berries</u> , banana, <u>acai</u> , <u>hemp seeds</u> , MSM (for joint & skin health), and agave.	
VITALITY TONIC GF • SF.....	\$4.50/\$8.00
Almond milk, banana, raw <u>almonds</u> , peanut butter, <u>chlorella</u> (anti-aging), and agave.	
LIQUID LAZARUS GF • SF.....	\$4.50/\$8.00
Almond milk, banana, raw <u>cashews</u> , <u>cocoa powder</u> , plant protein, and agave.	
CINNABUN BUILDER GF • SF.....	\$4.50/\$8.00
Almond milk, banana, <u>nuts</u> , cinnamon, plant protein, L-glutamine (for building protein), and agave.	
SURFER DUDE GF • SF • NF.....	\$4.50/\$8.00
<u>Coconut milk</u> , <u>pineapple</u> , <u>strawberries</u> , <u>mango</u> , plant protein, cinnamon, and agave.	
SURFER GIRL GF • SF • NF.....	\$4.50/\$8.00
<u>Coconut milk</u> , <u>pineapple</u> , <u>mango</u> , <u>kale</u> , plant protein, cinnamon, and agave.	
FRUIT 'N' FUSION GF • SF.....	\$4.50/\$8.00
Packed with antioxidants! <u>Orange juice</u> , bananas, <u>pineapple</u> , <u>mixed berries</u> , and B-12.	
ULTIMATE BREAKFAST SMOOTHIE SF.....	\$8.50
Almond milk, grain cereal, banana, <u>nuts</u> , <u>hemp seeds</u> , cinnamon, <u>dates</u> , brown rice protein, and B-12 supplement. The perfect meal-in-a-glass!	

SMOOTHIE BOOSTS (\$1.00 EACH):

B-Complex • Vitamin D • Cal+Mag+Zinc • Zinc • Shot of Fresh Ginger • Maca Powder •
Mushroom Powder • Turmeric Powder • Cayenne Powder • Cacao Nibs • Coffee • Kale •
Plant Protein • Walnuts/Pecans/Cashews • Shot of Elderberry Syrup (1 oz.) \$1.50

Substitute Agave sweetener with Maple Syrup (50¢) or Dates (\$1.00)

• HAND-CRAFTED BEVERAGES •

ALL HAND-CRAFTED BEVERAGES = GF • SF • NF (EXCEPT AS NOTED) | 16 OZ. BOTTLES (PLUS 5¢ CRV)

BERRYADE	\$6.50
Light and refreshing, this alkaline water base entices with a faint taste of blueberries and a dose of D-Ribose (for muscle recovery + energy boost), L-Carnitine (boosts fat burning within cells), and lime.	
MUCUS BUSTER	\$6.50
Kick that mucus to the curb with this blend of alkaline water, lemon, cayenne pepper, agave, and ginger.	
NO WHEY SHAKE GF • SF.....	\$8.50
Filling blend of house-made almond milk, brown rice protein, cinnamon, vanilla, and brown sugar. Pairs perfectly with our Banana-Oat Cacao Nib Muffin!	
RECOVERY ELIXIR	\$8.50
Working out? Replace those electrolytes with our blend of Redlands orange juice, coconut water, sea salt, and liquid calcium+magnesium+zinc.	
SUMMER GO-TART	\$8.00
Redlands orange juice meets raspberries + pomegranate in this refreshing, tangy, thirst-quenching drink.	
TROPICAL Cs WITH B-12	\$8.00
A nutritional powerhouse! A light and refreshing drink of coconut water, Redlands oranges, pineapple, ginger, and a dose of B-complex.	
Z-D FENDER	\$8.50
A protective mix of strawberries, pineapple, orange juice, and ginger, boosted with vitamin D and zinc.	

• COFFEE, TEA & MORE •

WILDGOOSE BRAZILIAN COFFEE (16 OZ.) GF • SF • NF (W/OUT CREAMER).....	\$3.50
Locally roasted coffee, freshly brewed to order (regular or <u>decaf</u>). Take it up a notch with our almond milk creamer, and sweeten with maple syrup, or honey.	
CACAO CON LECHE (16 OZ.) GF • SF • NF (W/OUT CREAMER).....	\$5.00
Roasted cacao nibs, ground and brewed like coffee, blended with maple syrup, cinnamon, and house-made almond creamer.	
GERMAN ROASTED GRAIN (ROMA) (12 OZ.) SF • NF (W/OUT CREAMER).....	\$3.00
<u>Caffeine free</u> . Depth of flavor without the caffeine found in this cup of hearty roasted grains—chicory, barley, malted barley, and rye.	
TURMERIC LATTE (SOKU) (12 OZ.) GF • SF.....	\$5.50
<u>Caffeine free</u> . Nourishing, organic superfood spices and adaptogenic ingredients. Made with our fresh almond milk.	
GINGER-TURMERIC TEA (16 OZ.) GF • SF • NF.....	\$6.00
<u>Caffeine free</u> . Brewed ginger and turmeric roots with a hint of local honey.	
LOOSE-LEAF TEA (16 OZ.) GF • SF • NF.....	\$3.50
Freshly brewed. Choose from green, black, hibiscus, or chamomile. Served hot or over ice.	
HOT COCOA (16 OZ.) GF • SF.....	\$5.00
Never from a package, our hot cocoa is made from scratch with house-made almond milk, pure cocoa powder (not a syrup), spices, and lightly sweetened with brown sugar.	
ORANGE JUICE (16 OZ.) GF • SF • NF.....	\$6.00
Freshly squeezed oranges harvested from Redlands' own Old Grove Orange Farm.	

• SEASONAL & CUSTOM •

CAFE AZTECA (16 OZ.) GF • SF.....	\$9.00
Brewed coffee blended with roasted cacao nibs, almond creamer, brown sugar, and spices. Served hot or cold. May need to pre-order.	
APPLE CIDER (16 OZ.) GF • SF • NF.....	\$6.00
Freshly pressed apple juice brewed with fresh ginger and spices. Served hot or cold. May need to pre-order.	

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• KIDS' MENU •

KIDS' ANTS ON A LOG GLUTEN FREE • SOY FREE.....	\$4.00
Celery sticks with peanut butter and raisins.	
KIDS' FRUIT BOWL GLUTEN FREE • SOY FREE • NUT FREE.....	\$5.00
Fresh strawberries, fresh bananas, raisins, and frozen blueberries.	
KIDS' GRANOLA & FRUIT GLUTEN FREE* • SOY FREE.....	\$3.50
House-made granola with nuts, strawberries, bananas, and choice of raisins or dates. Served with house-made almond milk. For Nut Free , ask for no nuts and coconut milk.	
<small>*While oats are generally considered gluten free, they may have trace amounts of wheat if packaged on equipment also used for wheat.</small>	
KIDS' PB & J SANDWICH SOY FREE.....	\$3.50
Healthy peanut butter (peanuts and salt) with house-made fruit spread on whole wheat or multigrain bread.	
KIDS' MIXED NUTS (9 OZ.) GLUTEN FREE • SOY FREE.....	\$4.50
Almonds, pecans, walnuts, cashews. Lightly roasted with spices and lightly sweetened with maple syrup. Made to order; please allow 10 to 15 minutes.	

• KIDS' DRINKS •

KIDS' HOT COCOA (12 OZ.) GLUTEN FREE • SOY FREE.....	\$2.75
Never from a package, our hot cocoa is made from scratch with pure cocoa powder (not a syrup), spices, and lightly sweetened!	
KIDS' ORANGE JUICE (9 OZ.) GLUTEN FREE • SOY FREE • NUT FREE.....	\$3.50
KIDS' STRAWBERRY-BANANA SMOOTHIE (9 OZ.) GLUTEN FREE • SOY FREE.....	\$4.00
House-made almond or coconut milk, bananas, and strawberries, lightly sweetened with agave or date pieces.	

• SIDES & EXTRAS •

BROCCOLI SALAD (4 OZ.).....	\$1.50
COLE SLAW (4 OZ.).....	\$1.50
FRESH FRUIT CUP (4 OZ.).....	\$2.25
EXTRA AVOCADO	\$1.50
VEGAN BACON (one piece).....	\$1.00
SLICE OF BREAD (multigrain, French sourdough, whole wheat sourdough).....	\$0.50

• FUNCTIONAL HEALTH •

Ask the counter staff for a list of health benefits or visit the Superfoods page on our website.

ALL ITEMS = GF • SF • NF

Z-D FENDER (16 OZ.).....	\$8.50
A protective mix of strawberries, pineapple, orange juice, and ginger, boosted with zinc and vitamin D.	
COLD & FLU TONIC (2 OZ. OR 6 OZ.).....	\$3.50/\$9.00
Infuse your body with this potent blend of fresh ginger juice, fresh turmeric juice, apple cider vinegar, lemon, elderberry syrup, fresh minced garlic, Echinacea powder, and a touch of cayenne pepper.	
IMMUNITY SHOT (2 OZ. OR 6 OZ.).....	\$3.50/\$9.00
An energizing blend of apple cider vinegar, lemon, ginger juice, elderberry syrup, Echinacea powder, mushroom powder blend (agaricus, cordyceps, turkey tail, maitake, shiitake, reishi and antrodia), and cayenne pepper.	
GINGER SHOT (1 OZ.).....	\$1.50
TURMERIC SHOT (1 OZ.).....	\$1.50
WHEATGRASS SHOT (1 OZ. — ORDER ONE DAY IN ADVANCE).....	\$5.00
FULL-SPECTRUM CBD OIL (add to juice, smoothie, or coffee)	
20 mg.....	\$6.00
33 mg.....	\$10.00
46 mg.....	\$15.00

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RV: Raw Vegan, GF: Gluten Free, SF: Soy Free, NF: Nut Free (seeds are not nuts).

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

• SUNDAY BRUNCH •

SERVED ALL DAY SUNDAY FROM 9 A.M. TO 4 P.M.

Combo dishes come with choice of ketchup or salsa; pancake dishes come with choice of 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, molasses, 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 if 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 cheddar 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 if 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 cheddar sauce and a BBQ sauce drizzle.

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We make our delicious nut milks in-house, FRESH, from raw almonds and raw coconuts.

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• DINNER MENU •

SERVED THURSDAYS • 6 TO 9 P.M. ON STATE STREET

• RICE BOWLS •

- FAJITA RICE BOWL** GF • NF\$7.50
Short-grain brown rice served with fresh grilled onion, tomato, bell peppers, and garlic—seasoned with our special mix of Mexican spices!
- TERIYAKI RICE BOWL** GF • NF\$7.50
Short-grain brown rice served with fresh grilled cabbage, onion, snap peas, broccoli, ginger, and basil—seasoned with our special mix of Asian spices!
- PULLED “PORK” RICE BOWL** GF • NF\$7.50
Short-grain brown rice served with BBQ jackfruit, red cabbage, carrot, avocado, and cilantro.

• “FINGER” FOODS •

- 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.
- 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.
- 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 cheddar sauce in a cabbage leaf. Two tacos per order.

• STREET TACOS •

Two (2) or three (3) tacos per order • Choice of soft organic corn (GF) or flour tortillas • Sorry, no “mixed” orders

- APPLE JACK TACOS** SF • NF\$7.50/\$9.50
BBQ jackfruit, apple, homemade pickled onions, spinach, and mustard vinaigrette.
- SOUTHWESTERN TACOS** NF\$7.50/\$9.50
Black beans, BBQ jackfruit, bell peppers, pico de gallo, and avocado, drizzled with fresh Mexican crema (Vegenaïse, cumin, lime juice, and onion powder).
- ADOBO CHILI POTATO TACOS** SF\$7.50/\$9.50
Country potatoes, adobo chilis, BBQ jackfruit, pickled onions, cheddar sauce, and cilantro.

• SEASONAL SOUP •

- TOMATO HERB** GF • SF • NF
Fresh, organic, healthy, and delicious. Served with a slice of our locally sourced bread. Substitute gluten-free bread for \$1.00 extra (when available).
- Cup\$4.00
Bowl\$7.50
Quart (serves 3 to 4 people)\$15.00