

PLEASE INFORM US OF ANY AND ALL ALLERGIES YOU HAVE EACH TIME YOU ORDER.

PUEBLO PLATE

CHOOSE 1 ITEM FROM EACH CATEGORY

12.50

SAVORY

MUSHROOM GALETTE
RISOTTO CAKES ^{GF}
SAVORY POCKET
SEE DELI CASE FOR TODAY'S
FLAVORS

+

SIDE

SOUP
SEE BOARD FOR
TODAY'S FLAVORS
SALAD
HOUSE OR DELI SALAD

+

DRINK

KOMBUCHA 16 OZ
LATTE 12 OZ
FRESH JUICE 10 OZ
ANY COMBO OF: APPLE,
CARROT, CELERY, GINGER

ENTREES

VERY VEGGIE SANDWICH (ALSO AVAILABLE GLUTEN FREE)

13.95

ROASTED ORGANIC *ALVEREZ FARMS* EGGPLANT, GOLDEN BEETS, MARINATED ONIONS, GRILLED & SERVED ON HOUSEMADE ROSEMARY FOCACCIA WITH MIXED GREENS & AVOCADO

FRITTATA BOWL ^{GF}

9.95

TOFU, ZUCCHINI, AND PEPPER FRITTATA SERVED WITH HARISSA, ROASTED CHICKPEA, AVOCADO, & CILANTRO OVER RICE

THAI PEANUT BOWL ^{GF}

8.60

SPICY PEANUT SAUCE ATOP BROWN RICE, SESAME-BAKED CABBAGE, & FRESH BABY SPINACH, TOPPED WITH TOASTED PEANUTS

SMOKEY YAM & KALE BOWL ^{GF}

9.95

ROASTED YAMS & SMOKEY KALE WITH QUINOA AND LEMON GARLIC TAHINI

HIPPIE BOWL ^{GF}

9.10

HOUSEMADE GARLIC TAHINI DRIZZLED OVER BAKED TOFU, QUINOA, CARROTS, SPROUTS, TOPPED WITH SESAME SEEDS

COMMUNITY DAAL BOWL ^{GF}

SLIDING SCALE \$2 - 9

GREEN LENTIL DAAL OVER QUINOA AND RAW MIXED VEGETABLES, TOPPED WITH CILANTRO. PAYMENT IS DETERMINED BY YOU. ALL PROFITS COLLECTED FROM THIS BOWL ARE GIVEN BACK TO THE COMMUNITY BY WAY OF SUBSIDIZED MEALS, OR DONATIONS TO LOCAL FOOD BANKS.

SOUP & SALADS

HOUSE SALAD ^{GF}

6.25 SMALL / 9.25 LARGE

APPLE GARLIC VINAIGRETTE, MIXED GREENS, CUCUMBERS, CARROTS, MARINATED ONION, SPROUTS AND SESAME SEEDS

CUP OF SOUP ^{GF}

SERVED WITH CHOICE OF GLUTEN FREE TOAST OR QUINOA

5.60

SERVED WITH SIDE SALAD OF CHOICE

9.45

BOWL OF SOUP ^{GF}

SERVED WITH CHOICE OF GLUTEN FREE TOAST OR QUINOA

7.60

SERVED WITH SIDE SALAD OF CHOICE

11.25

DELI SALAD ^{GF}

6.25 SMALL / 9.25 LARGE

BREAKFAST - SERVED ALL DAY!

SAVORY MUSHROOM GALETTE

6.95

RUSTIC HAND-FORMED QUICHE WITH MUSHROOM, SPINACH AND CASHEW FILLING IN A PAPRIKA PASTRY

BREAKFAST BURRITO

9.95

TOFU, ZUCCHINI, AND PEPPERS SCRAMBLE WITH CHICKPEA, AVOCADO AND RICE WRAPPED IN A FLOUR TORTILLA AND TOPPED WITH HARISSA AND CILANTRO

FRUIT YOGURT BREAKFAST BOWL ^{GF}

9.95

FRESH SEASONAL FRUIT, COCONUT YOGURT, MAPLE SYRUP & BUCKWHEAT CEREAL

MAPLE CHIA PUDDING ^{GF}

5.50

CHIA SEED BASED PUDDING WITH MAPLE SYRUP, HEMP AND COCONUT MILK, WITH BANANA, TOASTED ALMONDS & COCONUT FLAKES

FRENCH TOAST ^{GF}

11.60

HOUSEMADE GLUTEN FREE FRENCH TOAST, MAPLE WHIP, MAPLE SYRUP & SIDE OF TEMPEH BACON