



CHACO CANYON ORGANIC CAFÉ

MENU



CLIMATE CHANGE

SEPTEMBER 1, 2016 - NOVEMBER 2, 2016



PUEBLO PLATE
WITH RISOTTO CAKES ^{GF}



BAHN MI SANDWICH



BREAKFAST BURRITO



TURMERIC TONIC
^{GF}



FRUIT YOGURT BREAKFAST BOWL ^{GF}



ORANGE CREAMSICLE CUPCAKE ^{GF}

PARTNER FARMS THIS MONTH

-  TONNEMAKER FARM & ORCHARDS
-  FINN RIVER CIDERY & FARM
-  HAPPY VALLEY SPROUTS
-  EARTH CONSCIOUS ORGANICS
-  HOGSTEAD FARM
-  RAMA FARMS
-  ALVAREZ FARM
-  NASH'S ORGANIC FARM
-  SNO-VALLEY MUSHROOMS



CHILDREN ARE EXPECTED TO BE SUPERVISED AT ALL TIMES OUT OF RESPECT FOR OUR COMMUNITY

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



SANDWICHES

NO SUBSTITUTIONS PLEASE

SERVED WITH CHOICE OF SOUP OR SIDE SALAD. UPGRADE TO A BOWL FOR \$2.30, LARGE SALAD \$3.60
WANT IT BY ITSELF? A LA CARTE \$3.50 OFF

- BAHN MI** 13.95
BAKED TOFU, PICKLED CARROTS, MARINATED ONIONS, CUCUMBER, VEGENAISE AND BASIL CILANTRO SAUCE ON HOUSEMADE BAGUETTE
- LENTIL BURGER** 15.50
SEATTLE'S BEST VEGGIE BURGER WITH MARINATED ONIONS, CUCUMBER, VEGENAISE SPECIAL SAUCE, SPROUTS & PICKLES ON A GRILLED POTATO ROLL
- ARTICHOKE MELT (ALSO AVAILABLE GLUTEN FREE)** 10.20 HALF / 14.05 FULL
ARTICHOKE PATE, VEGAN "CHEESY" SAUCE & VEGENAISE GRILLED ON SOURDOUGH BREAD, WITH CUCUMBERS AND SPROUTS
- GARDEN AVOCADO SANDWICH (ALSO AVAILABLE GLUTEN FREE)** 9.50 HALF / 13.25 FULL
AVOCADO, CUCUMBER, MARINATED ONIONS, SPROUTS & VEGENAISE ON MOLASSES WHEAT BREAD
ADD TEMPEH BACON 2.00
- VERY VEGGIE (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

PUEBLO PLATE

CHOOSE 1 ITEM FROM EACH CATEGORY
NO SUBSTITUTIONS

12.50

SAVORY

+

SIDE

+

DRINK

MUSHROOM GALETTE
RISOTTO CAKES ^{GF}
SAVORY POCKET
(SPINACH ARTICHOKE,
OR TEX-MEX)

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

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

SOUP & SALADS



CUP OR BOWL

CUP OF SOUP ^{GF}

SERVED WITH TOAST (SOURDOUGH, WHEAT, OR GLUTEN FREE), QUINOA, OR RICE
SERVED WITH SIDE SALAD OF CHOICE (NO TOAST/QUINOA/RICE)

5.60

9.45

BOWL OF SOUP ^{GF}

SERVED WITH TOAST (SOURDOUGH, WHEAT, OR GLUTEN FREE), QUINOA, OR RICE
SERVED WITH SIDE SALAD OF CHOICE (NO TOAST/QUINOA/RICE)

7.60

11.25

ROASTED CHICKPEA & PEPPER JACK SALAD ^{GF}

9.95

BIG HEARTY SPINACH SALAD WITH TEMPEH BACON BITS, HOUSEMADE PEPPER JACK CASHEW CHEESE, CHERRY TOMATOES AND COCONUT 'RANCH' DRESSING

POTATO SALAD ^{GF}

6.25 SMALL / 9.25 LARGE

YUMMY HERBED POTATO SALAD

HOUSE SALAD ^{GF}

6.25 SMALL / 9.25 LARGE

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

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



SMALL

LARGE

BOWLS

FRITTATA BOWL ^{GF}

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

9.95

RAW GINGER SESAME BOWL ^{GF}

GINGER-SESAME SAUCE MIXED WITH ZUCCHINI & KELP NOODLES, TOPPED WITH RAW MIXED VEGETABLES, TAMARI PUMPKIN SEEDS & CARROTS

10.95

SMOKEY YAM & KALE BOWL ^{GF}

SUPER POPULAR ROASTED YAMS & SMOKEY KALE WITH QUINOA AND TAHINI.

9.95

HIPPIE BOWL ^{GF}

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

9.10 / 12.75

THAI PEANUT BOWL ^{GF}

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

8.60 / 12.05

THE COMMUNITY 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.

BUILD YOUR OWN BOWL ^{GF}

PICK 3: PICK ANY 3 ITEMS & 1 SAUCE 7.95

PICK 5: PICK ANY 5 ITEMS & 1 SAUCE 10.95

EACH ADDITIONAL ITEM 2.00
EXTRA SAUCE 2.00
ADD SESAME SEEDS FREE

ITEMS

+

SAUCE

RICE	SESAME CABBAGE	GARLIC TAHINI
QUINOA	BAKED TOFU	PEANUT SAUCE
KELP NOODLES	TEMPEH BACON	GINGER SESAME SAUCE
CUCUMBER	CLOVER SPROUTS	HARISSA SAUCE
RAW ZUCCHINI	MIXED VEGGIES ~	
SPINACH	RAW OR STEAMED	
AVOCADO		

BREAKFAST - SERVED ALL DAY!

FRUIT YOGURT BREAKFAST BOWL

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

9.95

BREAKFAST BURRITO

TOFU, ZUCCHINI, AND PEPPERS FRITTATA WITH ROASTED CHICKPEA, AVOCADO, RICE. HARISSA SAUCE & CILANTRO WRAPPED IN A FLOUR TORTILLA

9.95

SAVORY MUSHROOM GALETTE

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

6.95

BREAKFAST POCKET PLATE

HOMEMADE SAVORY POCKET (TEX-MEX OR SPINACH ARTICHOKE) OR MUSHROOM GALETTE, GRILLED, AND SERVED WITH SOUP OR SIDE SALAD

10.50

FRENCH TOAST ^{GF}

HOUSEMADE GLUTEN FREE FRENCH TOAST WITH POWDERED SUGAR, MAPLE WHIP AND ORGANIC MAPLE SYRUP, SERVED WITH SIDE OF TEMPEH BACON

11.60

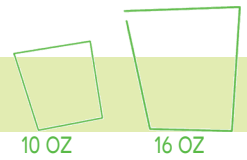
MAPLE CHIA PUDDING ^{GF}

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

5.50

FRESH JUICES

NO SUBSTITUTIONS PLEASE



SUNSHINE BEET JUICE	ORANGE, CARROT, GOLDEN BEET, LEMON	6.25 / 8.35
HOUSE JUICE	APPLE, ORANGE, CARROT, GINGER	5.20 / 6.95
PURE BLISS	APPLE, PINEAPPLE, SPINACH, MINT	6.25 / 8.35
GREEN CLEANSE	CUCUMBER, CELERY, KALE, PARSLEY, SPINACH, LEMON	7.05 / 9.00
THE BOOST	CARROT, APPLE, GINGER, WHEATGRASS	7.05 / 9.00
FLU BUSTER <small>SERVED HOT</small>	APPLE, ORANGE, LEMON, GINGER, GARLIC, SHAKE OF CAYENNE	4.75 / 6.05 / 6.70
HOT APPLE CIDER	APPLE, GINGER, SPRINKLE OF CINNAMON	3.85 / 4.60 / 5.30
APPLE JUICE	100% APPLE	3.95 / 5.20
CARROT JUICE	100% CARROT	3.95 / 5.20
ORANGE JUICE	100% ORANGE	4.70 / 6.25
INNER FIRE	2 OZ SHOT OF GINGER, LEMON AND GARLIC TOPPED WITH CAYENNE	3.55
WHEATGRASS	1 OZ SHOT ORGANIC FROM <i>GREEN</i> , THE WHEATGRASS COMPANY	3.15

BUILD YOUR OWN JUICE

PICK YOUR BASE, ANY COMBINATION + PICK 2 GOODIES 8.75 (16 OZ)

CARROT
APPLE
ORANGE
CUCUMBER

GINGER	GOLDEN BEET	PINEAPPLE
GARLIC	MINT	CELERY
LEMON	KALE	
PARSLEY	SPINACH	

EACH ADDITIONAL GOODIE 1.50

SMOOTHIES



KALE FOR BREAKFAST	BLUEBERRY, MANGO, BANANA, KALE, APPLE JUICE	7.95
ALOE REFRESHER	BANANA, PINEAPPLE, BASIL, APPLE JUICE, <i>TUMMY TEMPLE</i> ALOE JUICE	8.95
AVOCAD-O SMOOTHIE	AVOCADO, BANANA, PINEAPPLE, MINT, APPLE JUICE	8.05
CHOCO MACA	BANANA, RAW CACAO, MACA, MAPLE SYRUP, SALT, HEMP MILK	7.95
THE CLASSIC	STRAWBERRIES, BANANA, ALMONDS, AGAVE, ALMOND MILK	7.05
THE ELVIS	BANANAS, PEANUT BUTTER, AGAVE, SALT, ALMOND MILK	7.95
BLACKBERRY BURST	STRAWBERRIES, BLACKBERRIES, PINEAPPLE AND APPLE JUICE	7.95
WASHINGTON PEACH BERRY	<i>RAMA FARM</i> PEACHES, STRAWBERRY, RICE MILK	7.95

EXTRAS

PICK YOUR BASE,
ANY COMBINATION

+ PICK 1 LIQUID

+ PICK 2 GOODIES

BANANA
MANGO
STRAWBERRY

SOY MILK	COCONUT RICE
RICE MILK	MILK
HEMP MILK	APPLE JUICE
ALMOND MILK	

SPINACH	RASPBERRY	HEMP SEEDS
KALE	PEANUT BUTTER	CHIA SEEDS
PINEAPPLE	RAW CACAO	MAPLE SYRUP
BLUEBERRY	MACA POWDER	ALMONDS

EACH ADDITIONAL GOODIE 1.50
ADD AGAVE FREE

COFFEE & TEA

WE USE LOCALLY ROASTED DIRECT TRADE *STUMPTOWN* COFFEE
MILK OPTIONS: *DAIRY, SOY, RICE, ALMOND*

	8 OZ / 12 OZ / 16 OZ
DRIP COFFEE	1.95 / 2.45 / 2.70
AMERICANO	2.55
ESPRESSO	2.55
LATTE	3.40 / 4.25 / 4.70
COCONUT LATTE	4.50 / 5.35 / 5.80
MOCHA	3.60 / 4.50 / 4.90
HOUSEMADE CHAI	2.95 / 3.70 / 4.05
DIRTY CHAI (CHAI WITH ESPRESSO)	3.55 / 4.50 / 4.95
THE LONDON FOG	3.55 / 4.50 / 4.95
HOT TEA	2.55 CUP / 4.05 POT
BREVE (SOY CREAMER OR HALF & HALF)	4.50 / 5.40 / 5.80
CAPPUCCINO	3.40 / 4.25 / 4.70
HOT CHOCOLATE	2.70 / 3.40 / 3.70

EXTRAS & ADDONS

ADDITIONAL SHOT ESPRESSO	1.20
REFILL (DRIP/ICED TEA)	0.70
SUB PACIFIC HEMP MILK	0.70
SUB COCONUT RICE MILK	1.10
ADD SYRUP (VANILLA, CARAMEL, HAZELNUT)	0.50
ADD HOUSEMADE CHOCOLATE SYRUP	0.50

TEA LIST

BLACK
EARL GREY, ENGLISH BREAKFAST, ORANGE SPICE
GREEN
DAO REN, JASMINE, YERBA MATE
HERBAL
HIBISCUS HIGH, PEACE, PEPPERMINT, RED ROOIBOS, BLUES BLEND

ELIXIRS

TURMERIC GINGER TONIC	TURMERIC, GINGER, MAPLE, LEMON & HOT OR FIZZY WATER	3.95
TURMERIC GOLDEN MILK	TURMERIC, GINGER, LEMON & COCONUT RICE MILK	4.95
HOUSEMADE KOMBUCHA	ROTATING FLAVORS	3.10 / 4.95
GINGER LEMONADE SPRITZER	FIZZY WITH HOUSEMADE LEMON, GINGER, AGAVE MIX	2.95 / 4.15
LEMON GINGER ELIXIR	SERVED HOT WITH HOUSEMADE LEMON, GINGER, AGAVE MIX	2.80 / 3.95
ELDERBERRY TONIC	CHOICE OF HOT, FIZZY, OR COLD WATER WITH HOUSEMADE ELDERBERRY SYRUP	3.95
ELDERBERRY BOOCH	TODAY'S FLAVOR OF KOMBUCHA WITH HOUSEMADE ELDERBERRY SYRUP	4.95

BEER & WINE

BADGER MOUNTAIN RED 	6.50/GLASS
POWERS CHARDONNAY 2015 	5/GLASS
FINN RIVER CIDER 	6/PINT
ELLIOTT BAY ORGANIC DRAFT	5.40/PINT