

Organic Sunshine Breakfast Served All Day

♥ **These items are or can be made Gluten Free**
****All Omelettes come w/ side of Roasted Potatoes & Toast**

Philly Cheese Un-Steak Omelette** - Two Eggs, Seasoned Soy Beef, Sautéed Bell Peppers, Red Onions, Mozzarella Cheese - **9.95**
Grain Sausage Omelette** - Two Eggs, Vegan Grain Sausage, Spinach, Cheese - **8.95**
Simply Cheese Omelette** - Two Eggs, Cheddar, Pepper Jack, Mozzarella Cheese - **8.95**
Veggie Omelette** - Two Eggs w/Veggies, Sliced Avocado - **8.95**
Un-Ham Cheese Omelette** - Two Eggs, Un-Ham, Jack Cheese, Sliced Avocado - **8.95**
Spinach & Feta Cheese Omelette** -Two Eggs, Spinach, Feta Cheese, Sliced Avocado - **8.95**
Mushroom & Swiss Omelette**-Two Eggs, Sautéed Mushrooms, Onions, Swiss Cheese, Sliced Avocado - **8.95**
Tofu Scramble - Seasoned Tofu & Vegetables w/ Brown Rice & Toast - **8.95**
Un-Ham & Egg Burrito - Un-Ham, Scrambled Eggs, Spinach, Red Onions, Brown Rice & Beans in a Whole Wheat Tortilla - **8.95**
Boomerang -Two Eggs any style, Fakin' Bacon, Vegetarian Sausage & Roasted Potatoes w/ Toast - **8.95**
Tofu Burrito ♥ - Seasoned Tofu, Veggies & Brown Rice in a Whole Wheat Tortilla - **8.95**
Veggie & Egg Burrito ♥ - Scrambled Eggs, Veggies & Brown Rice in a Whole Wheat Tortilla - **8.95**
"Breakfast Club" Melt - Two Fried Eggs, Un-Ham, Fakin Bacon, Pepper Jack Cheese, Tomatoes, Green Leafy Lettuce Veganaise on Nine Grain Bread - **8.95**
Soy-Rizo & Eggs - Two Eggs, Soy Chorizo & Onions Scrambled w/ Roasted Potatoes, Two Cactus Corn Tortillas & Salsa - **8.95**
Acai Bowl* - Granola, Acai Fruit Blend, Rice Milk & Fresh Fruit on Top - **8.95**
Pancakes & Eggs ♥ - Two Whole Grain Pancakes, Two Eggs any Style & Sausage w/ Real Maple Syrup - **8.95**
French Toast Plate - Two Slices of 9 Grain Bread in an Egg or Egg Substitute Batter & Served w/ Real Maple Syrup - **6.95**
Whole Grain Pancakes ♥ -Three Pancakes Served w/ Real Maple Syrup - **6.95**
Oatmeal Bowl - Served with Dates, Fresh Fruit, Crystallized Ginger & a Slice of Toast - **5.95**
Two Eggs Any Style* - **2.99**

Organic Cafe Entrees

♥ **These items are or can be made Gluten Free**

Fajita Plate -Bell Peppers & Onions Sautéed w/ Seasoned Soy Beef & Two Corn Tortillas w/ Brown Rice & Beans - **10.95**
Quesadilla Plate ♥ -Two Corn Tortillas w/ Mozzarella Cheese, Baked. Green Leafy Lettuce, Tomatoes, Purple Onions & Avocado w/ Sesame Corn Chips & Fresh Salsa - **8.95**
Soy Chicken Quesadilla - Soy Chicken, Mozzarella Cheese and Spinach Folded in Half on a Whole Wheat Tortilla w/ Side Salad - **9.95**
Blackened Soy Chicken Quesadilla- Blackened Soy Chicken, Mozzarella Cheese, Bell Peppers & Onions Folded in Half on a Whole Wheat Tortilla w/ Rice & Beans - **10.95**
Two Veggie Tacos ♥ - Soft Cactus Corn Tortillas with Sautéed Artichoke Hearts, Green Beans, Corn, Feta Cheese & Cilantro w/Brown Rice & Beans - **10.95**
Chinese Fried Rice - Brown Rice, Un-Ham, Soy Chicken, Soy Beef, Onions & Vegetables Stir-Fried W/Teriyaki or Tamari Sauce - **10.95**

Taco Plate - Two Corn Tortillas with Seasoned Soy Beef, Green Leafy Lettuce, Tomatoes, Red Onions & Avocado w/ Brown Rice & Beans. Your Choice of Soy Beef, Soy F'sh, Soy Chicken or Spicy Soy Chicken - **10.95**
Three Tacos - Soft Cactus Corn Tortillas w/ Green Leafy Lettuce, Tomatoes, Red Onions, Avocado & Fresh Salsa. Your choice of Soy Beef, Soy F'sh, Soy Chicken, or Spicy Soy Chicken - **10.95**

Organic Stir-Fry Entrée

***All Stir-Fries are made with Mixed Vegetables that includes, but is not limited to: Broccoli, Cauliflower, Zucchini, Squash, Red Cabbage, Carrots and Kale.**

Served w/ Organic Brown Rice - 10.95

•**Choose your Protein:** Soy Chicken, Soy Beef, Tofu, Tempeh, or Your Choice of Grain Sausage. (Mexican Chipotle, Smoked Apple Sage, Italian)

•**Choose your Sauce:** Garlic Ginger, Curry, Teriyaki, BBQ, Picante, or Tamari.

Organic Vegan Entrees

♥ **These items are or can be made Gluten Free**

Guacamole Plate ♥ - Made To Order Guacamole. Served w/Cucumber Slices, Sesame Chips & Salsa - **8.95**
Blackened Tempeh Taco Plate ♥ - Soft Cactus Corn Tortilla with Blackened Tempeh, Green Leafy Lettuce, Tomatoes, Red Onions & Avocado w/ Brown Rice & Beans - **10.95**
Tofu Ranchero ♥ - Sautéed Seasoned Tofu Steaks & Vegetables, Avocado & Two Corn Tortillas w/ Brown Rice & Beans - **10.95**
Tofu Steak Plate ♥ - Three Seasoned Tofu Steaks & Steamed Vegetables w/ Brown Rice - **10.95**
Tempeh Hong Kong ♥ - Seasoned Tempeh & Steamed Vegetables on top of Brown Rice served w/ Tahini Sauce - **10.95**
Tostada Plate ♥ - Green Leafy Lettuce, Tomatoes, Red Onions, Alfalfa Sprouts & Avocado on a Bed of Brown Rice, Beans & Two Corn Tortillas - **10.95**
Burrito Plate ♥ - Whole Wheat Tortilla, Brown Rice, Beans, Green Leafy Lettuce, Tomatoes, Red Onions, Alfalfa Sprouts & Avocado w/ Sesame Corn Chips & Salsa - **10.95**
Pasta Primavera - Angel Hair Pasta, Sautéed Vegetables, Marinara Sauce w/Two Slices of Garlic Bread - **10.95**
Pasta Picante - Angel Hair Pasta, Sautéed Vegetables, Sundried Tomatoes, Picante (Spicy) Sauce w/ Two Slices of Garlic Bread - **10.95**
Organic Moroheiya Green Noodle Plate - Sautéed Vegetables, Garlic & Extra Virgin Olive Oil - **10.95**
Azteca ♥ - Vegetables Steamed On Top of Brown Rice & Beans - **10.95**
Popos Steamed Veggies ♥ - Steamed Vegetables on Top of Brown Rice - **10.95**

Organic Gourmet Sandwiches

All sandwiches made on a Nine Grain Bread (Contains Honey)
***Served with Sesame Corn Chips & Fresh Salsa**

Nature's Club Deluxe - Un-Turkey, Un-Ham, Fakin' Bacon, Avocado & Vegenaise - **9.75**
Philly Un-Steak Sandwich - Oven Baked with Sautéed Bell Peppers, Red Onions, Seasoned Soy Beef & Melted Mozzarella Cheese - **9.75**
Fakin' BLT - Fakin' Bacon, Green Leafy Lettuce, Tomatoes & Vegenaise - **8.75**

***The Following Sandwiches Include: Green Leafy Lettuce, Alfalfa Sprouts, Tomatoes, Red Onions & Shredded Carrots**

Eggplant Sandwich - Garlic Toast, Basil, Bell Peppers, Feta Cheese - **8.75**
Western Tofu Steak -Two Seasoned Tofu Steaks & Vegenaise - **8.75**
The Un-Turkey - Un-Turkey & Vegenaise - **8.75**
Un-Ham & Cheese (Hot) - Un-Ham & Mozzarella Cheese Baked in the Oven - **8.75**
Mock Egg - Seasoned Crumbled Tofu w/ Vegenaise - **8.75**
Avocado Grande - Avocado & Vegenaise - **8.75**
Vegetarian Delight - Avocado & Hummus - **8.75**
Classic Baked Cheese (Hot) – Baked Mozzarella Cheese - **7.75**
Add Avocado to any Sandwich for 2.00

Gluten Free Flat Breads w/Organic Toppings

(Please Allow Approximately 15-20 Minutes)

Simply Cheese - Mozzarella, Cheddar, Parmesan Cheese, Marinara Sauce & Italian Seasonings - **7.95**
Italian Sausage - Italian Grain Sausage, Mozzarella Cheese, Onions, Marinara Sauce & Fresh Garlic - **9.95**
BBQ Soy Chicken - Soy Chicken, Red Onions, Cilantro, Mozzarella Cheese & **Wraps can**
Hawaiian - Pineapple, Un- Ham, Red Onions, Mozzarella Cheese & Marinara
Cheesy Mushroom - Portabella Mushroom, Mozzarella Cheese & Marinara Sauce topped w/ red onions - **9.95**
Organic Garden Spinach, Mushrooms, Green Peppers, Red Onions, Mozzarella Cheese & Marinara Sauce - **9.95**
Mediterranean - Artichoke Hearts, Sun Dried Tomatoes, Red Onions, Greek Olives, Feta Cheese Pesto Sauce - **9.95**

Add any Vegetable for 1.00 Add Any Meat Substitute for 2.75

Organic Cafe Vegetarian Burgers

All Burgers Made on Whole Wheat Buns (Contains Honey)
Served w/ Sesame Corn Chips & Fresh Salsa.

Portabella Mushroom Burger - Grilled Portabella Mushroom, Marinated Roasted Red Peppers, Spinach, Mozzarella Cheese & Vegenaise - **9.75**
Patty Melt Burger - Boca Patty, Mozzarella Cheese, Grilled Red Onions & Vegenaise - **9.75**
Blackened F'sh Burger - Fillet of Soy F'sh, Shredded Green Cabbage, Tomato, & Aioli - **9.75**

***The Following Burgers Include: Green Leafy Lettuce, Alfalfa Sprouts, Tomatoes, Red Onions & Shredded Carrots. Add Avocado to any Burger for 2.00**

Boca Burger - Grilled Boca Patty & Vegenaise - **8.95**
Spicy Soy Chicken Burger - Baked Seasoned Soy Chicken Patty & Vegenaise - **8.95**
Big Bacon Burger - Grilled Garden Patty, Fakin' Bacon & Vegenaise - **8.95**
California Garden Burger - Grilled Garden Patty, Avocado & Vegenaise - **8.95**
Peruvian Lentil Burger - Seasoned Lentil Patty & Vegenaise - **8.95**
Eggplant Burger - Grilled Eggplant, Feta Cheese & Vegenaise - **8.95**
Falafel Burger - Grilled Falafel Patty & Hummus - **8.95**
Tempeh Burger - Grilled Seasoned Tempeh & Vegenaise - **8.95**

Nature's Organic Salads

These Nature's Salads Come with Grape Tomatoes, Red Onions, Shredded Carrots, Alfalfa Sprouts, Mixed Greens & Choice of Dressing

Nature's Super Salad – Sliced Apples, Pumpkin Seeds, Sunflower Seeds, Dried Pecans, Dried Cranberries Tossed in House Made Balsamic – **9.95**
Falafel Salad - Grilled Falafel, Greek Olives, Feta Cheese & Hummus - **9.95**
Taco Salad - Seasoned Soy Beef, Avocado, Sesame Corn Chips & Salsa - **9.95**
Greek Salad - Green Leafy Lettuce, Cucumbers, Green Peppers, Tomatoes, Red Onions, Greek Olives & Feta Cheese - **9.95**
Chef Salad - Un-Turkey, Un-Ham, Fakin' Bacon Bits & Mock Egg - **8.95**
California Soy Chicken Salad - Seasoned Soy Chicken, Mixed Greens, Fruit Slices & Raspberry Vinaigrette - **9.35**
Soy Chicken Caesar Salad - Green Leafy Lettuce, Vegan Caesar & Croutons - **9.95**
Super Sprout Salad - Sprout Variety & Avocado - **8.95**
Tossed Spinach Salad - Spinach, Red Onions, Pecans, Organic Dried Cranberries, Crumbled Gorgonzola Cheese & Raspberry Vinaigrette - **9.95**
Tossed Strawberry Spinach Salad - Strawberries, Button Mushrooms, Fakin' Bacon, Spinach & Raspberry Vinaigrette - **8.95**
House Salad - **5.95**
Side Salad - **3.95**
Salad Dressings: Lemon Tahini, Balsamic, Raspberry Vinaigrette, Low Fat Ranch, Greek & Vegan Caesar

Healthy Organic Wraps

Served in a Spinach Tortilla, Served w/Side Salad & Your Choice of Dressing
Wraps can be made with Gluten Free Rice Paper for 1.00

Garden Wrap - Hummus, Mixed Greens, Shredded Carrots, Red Onions, Tomatoes, Alfalfa Sprouts, Avocado & Raw Vegetables Wrapped in Rice Paper - **9.95**
Fakin' Bacon Wrap - Fakin' Bacon, Spinach, Avocado, Shredded Carrots, Red Onions, Alfalfa Sprouts, Crumbled Feta Cheese & Vegenaise - **9.95**
Spicy Soy Chicken Wrap - Spicy Soy Chicken, Mixed Greens, Avocado, Shredded Carrots, Red Onions, Alfalfa Sprouts & Vegenaise - **9.95**
Portabella Wrap - Mixed Greens, Portabella Mushrooms Lightly Sautéed in Virgin Olive Oil w/ Garlic, Red Onions, Bell Peppers & Vegenaise - **9.95**
Eggplant Wrap - Mixed Greens, Eggplant Lightly Sautéed in Virgin Olive Oil w/Garlic, Onions, Bell Peppers & Vegenaise - **9.95**
Braised Tofu Wrap - Braised Tofu Slices, Mixed Greens, Tomatoes, Cilantro, Vegenaise & Brown Rice - **9.95**
Artichoke Wrap - Hummus, Artichoke Hearts, Bell Peppers, Greek Olives, Sun Dried Tomatoes & Mixed Greens - **9.95**
Greek Chicken Wrap - Soy Chicken, Lettuce, Tomatoes, Greek Olives, Feta Cheese & Hummus - **9.95**
Grain Sausage Wrap - Your Choice of Sautéed Mexican Chipotle, Smoked Apple Sage or Italian Grain Sausage, Bell Peppers, Onions & Tomatoes - **9.95**
Guacamole Soy Chicken Wrap - Made To Order Guacamole, Soy Chicken, Cheddar Cheese & Lettuce - **9.95**
Guacamole Tempeh Bacon Wrap - Lettuce, Tomatoes, Onions, Carrots & Sprouts - **9.95**
Mediterranean Olive Wrap - Soy Chicken, Lettuce, Tomatoes, Olives, Hummus, Feta Cheese & Vegan Caesar Dressing - **9.95**

:We Make Every Effort To Use Organic Ingredients When Available!