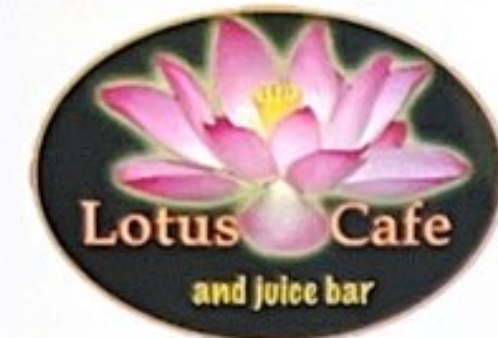


Welcome... Our Menu offers options for many dietary preferences. Use these Icons to find items that fit your needs.



V VEGAN: as is **VO** VEGAN OPTION: can be made vegan
Sub vegan cheese, add 95¢
GF GLUTEN FREE: No wheat, rye, barley or oat gluten
GFO GLUTEN FREE OPTION: Can be made GF
Note: Sub GF bread, add 95¢ per slice, GF Granola add 95¢
Note: **GF** means gluten free, but our kitchen is not gluten free.

Vegetarian Entrees

Add a small side salad to any entree **GF**..... 3.95

ENCINITAS VEGGIE GRILL..... 14.95
Grilled fresh seasonal vegetables with balsamic vinaigrette served over organic brown rice. **V GF**
ADD sautéed organic tofu or tempeh **V**... 4.95
ADD grilled chicken **GF**..... 4.95

NOURISHING NATURAL or VEGGIE STIR FRY..... 14.95
Fresh seasonal vegetables steamed and with tahini-ginger sauce,* or stir fried in a ginger-soy sauce,* served over organic brown rice.
***V GFO** Omit tahini-ginger sauce, sautéed in olive oil only.

ADD cheese 1.49 or vegan cheese **GF**..... 1.99
ADD sautéed organic tofu* or tempeh* **V 4.95**
GFO Steam or saute in olive oil only
ADD grilled mock chicken **V GF**..... 4.95
ADD grilled chicken **GF**..... 4.95

VEGGIE STUFFED SPUD..... 15.95
Baked potato topped with steamed veggies, cheddar cheese* and tahini-ginger sauce.* **VO**
Sub vegan cheese **GFO** Omit tahini-ginger sauce

TEMPEH TACOS..... 13.95
Organic soy tempeh in ranchero sauce on corn tortillas with cheddar* and shredded lettuce. With chips and salsa. **GF VO** Sub vegan cheese

YOGI BLISS..... 13.95
Organic tofu sautéed in ginger-soy sauce, with organic brown rice and a salad garnish. **V**

BLACK BEAN ENCHILADAS..... 14.95
Corn tortillas stuffed with black beans, organic brown rice and cheddar,* with mild enchilada sauce, sour cream* and guacamole. With salad garnish. **GF VO** Sub vegan cheese, omit sour cream

NIRVANA BURRITO..... 15.95
Sautéed veggies, pinto beans and organic brown rice wrapped in an organic whole wheat tortilla topped with ranchero sauce, cheddar,* sour cream* and guacamole. With salad garnish. **VO** Sub vegan cheese, omit sour cream

STUFFED VEGGIE QUESADILLA..... 14.95
Organic whole wheat tortilla stuffed with sautéed veggies and cheddar,* topped with guacamole, salsa and sour cream.* With salad garnish. **VO** Sub vegan cheese, omit sour cream

GANESH'S VEGGIE TACOS..... 12.95
Sautéed veggies* on corn tortillas with cheddar* and topped with shredded lettuce. With chips & salsa. **GFO** Sub steamed veggies
VO Sub vegan cheese
Sub. beans and rice **V GF**..... 2.95

FALAFEL BOWL..... 14.95
A delectable ensemble of falafel, hummus, spring mix, olives, onions, quinoa, tomatoes, and tahini-ginger sauce.* **V GFO** Omit tahini-ginger sauce

INDIAN CURRY BOWL..... 15.95
Fresh steamed veggies in an Indian curry sauce served over organic brown rice with an organic whole wheat tortilla.* **V GFO** Sub tortillas
ADD sautéed organic tofu* or tempeh* **V 4.95**
GFO Steam or sauto in olive oil only

INDIAN DAHL BOWL..... 13.95
Savory lentil dish with fresh ginger and lemon served over organic brown rice, topped with tomato and cilantro with an organic whole wheat tortilla.* **V GFO** Sub tortillas

LOTUS BOWL..... 16.95
Black beans, spinach, organic brown rice sautéed with broccoli & carrot, red cabbage, sesame seeds, tahini-ginger sauce*, and blackened veggie mock chicken.
V GFO Omit tahini-ginger sauce

BUDDHA BOWL..... 16.95
Kale, spring mix, cranberry, cucumber, jicama, black beans, radish, salsa, organic sunflower sprouts, and blackened veggie mock chicken. **V GF**

Chicken & Fish

Add a small side salad to any entree **GF**...3.95

CHICKEN-STUFFED SPUD..... 16.95
Baked potato stuffed with chicken in ranchero sauce topped with sour cream and guacamole. With salad garnish. **GF**

CHICKEN ENCHILADAS..... 16.95
Corn tortillas stuffed with ranchero chicken, black beans, organic brown rice, and cheddar topped with ranchero sauce, sour cream and guacamole. With salad garnish. **GF**

CARLSBAD QUESADILLA..... 15.95
Organic whole wheat tortilla stuffed with ranchero chicken and cheddar, topped with salsa, sour cream and guacamole. With salad garnish.

ESCONDIDO BURRITO..... 16.95
Chicken in ranchero sauce, pinto beans and organic brown rice in an organic whole wheat tortilla topped with ranchero sauce, cheddar, guacamole, and sour cream. With salad garnish.

CHICKEN TACOS..... 13.95
Chicken* in a ranchero salsa on corn tortillas with cheddar cheese,* topped with shredded lettuce. With chips and salsa. **GF VO** Sub mock chicken and vegan cheese
Sub. beans & rice **V GF**..... 2.95

NEPTUNE FISH TACOS..... 16.95
Fish fillet sautéed in ranchero salsa on corn tortillas with jack cheese, shredded carrot, cabbage and lime. With chips and salsa. **GF**
Sub. beans & rice **GF**..... 2.95

MT. PALOMAR STIR FRY..... 18.95
Grilled chicken,* stir fried with fresh seasonal vegetables in a ginger-soy sauce* served over organic brown rice. **VO** Sub mock chicken **GFO** Sub steamed veggies

FISH SPECIAL.....Market Price
With organic brown rice and steamed vegetables.
*Check with kitchen if fish sauce is gluten free

Pasta

MOONLIGHT PASTA..... 17.95
Pasta of the day tossed with fresh homemade marinara and parmesan cheese or pesto* and feta cheese, served with a salad garnish and garlic bread. *Contains nuts & cheese

SWAMI'S LASAGNA..... 16.95
Veggie lasagna made of spinach, pasta, jack, parmesan, and ricotta cheese, fresh vegetables and marinara sauce with garlic bread.

PASTA SPECIAL..... 19.95
Chef's choice of pasta with homemade sauce served with a salad garnish and garlic bread.

Beverages

KOMBUCHA ON TAP, 12 oz. 6.95
16oz. 7.95

FRESH SQUEEZED JUICES
ORGANIC CARROT
12 oz. 8.95 16 oz. 9.95

ORGANIC VEGGIE
Carrot, beet and celery.
12 oz. 8.95 16 oz. 9.95

DAILY GREENS
Spinach, kale, cucumber, parsley, celery and green apple.
12 oz. 8.95 16 oz. 9.95

ORGANIC WHEAT GRASS, 1oz. 3.95
2oz. 6.95

GF Gluten is converted into amino acids during sprouting

GINGER SHOT, 1oz. 3.50
2oz. 5.50

NATURAL BOTTLED JUICES
12 oz. 4.95 16 oz. 5.95

• Organic Apple • Orange (Fresh Squeezed)
• Peach • Organic Lemonade
• Papaya • Pineapple-Coconut

Check our cooler for assorted beverages.

Coffee & Tea

ORGANIC LOTUS COFFEE..... 3.95
ORGANIC LOTUS ICED COFFEE..... 3.95
HOT TEA..... 3.75
HOMEMADE INDIAN SPICE
CHAI TEA (made with fresh ginger) 4.95
HOT CHOCOLATE..... 4.95
PASSION FRUIT ICED TEA..... 3.95
BLACK ICED TEA..... 3.95
ESPRESSO..... 4.95
CAPPUCCINO..... 5.95
CAFE LATTE..... 5.95
CAFE MOCHA..... 6.95
AMERICANO..... 4.95

Desserts

GF All Ice Cream
VANILLA ICE CREAM, Cup..... 4.95
VANILLA ORGANIC COCONUT ICE CREAM, Cup..... 6.95
Add chocolate syrup..... .99

We have a wonderful selection of fresh-baked vegan and gluten free creations. Please check the dessert case or ask the cashier.

Smoothies

V GF All Smoothies
Frozen blended drinks made with fruit and fruit juice only..... 7.95
ADD protein powder..... 1.95
No ice, sherbet or fillers.

STRAWBERRY BANANA BOOST
Strawberry, Banana, Organic Apple juice

PEACH-ANANDA
Peach, Banana, Peach juice

BLU ARCTURIAN
Blueberry, Banana, Organic Apple juice

PINEAPPLE EXPRESS
Pineapple, Banana, Pineapple-Coconut juice

TROPICAL CALM
Pineapple, Banana, Papaya juice

STRAWBERRY SOOTHER
Strawberry, Peach, Banana, Peach juice

PEACHA COLADA
Peach, Pineapple, Pineapple-Coconut juice

PURPLE PRANA
Blueberry, Banana, Papaya juice

BLISSFUL BELLA
Strawberry, Blueberry, Organic Apple juice

SUMMER SUNRISE
Peach, Banana, Orange juice

PINEAPPLE BLUSH
Strawberry, Pineapple, Orange juice

MOONLIGHT MANGO
Mango, Pineapple, Peach Juice

PEANUT BUTTER & JELLY..... 8.95
Peanut Butter, Strawberry, Blueberry, Organic Almond milk

GO GREEN..... 8.95
Kale, Spinach, Peach, Banana, Orange juice

PRIYA PITAYA..... 9.95
Organic Pitaya, Pineapple, Banana, Papaya juice

AVATAR ACAI..... 9.95
Organic Acai, Strawberry, Banana, Organic Apple juice

ACAI or PITAYA BOWL..... 13.95
Organic acai or pitaya blended with organic apple juice or almond or coconut or oat milk, blueberries and banana; topped with fresh fruit, coconut, organic granola* and honey.* **GFO** Gluten Free Granola
VO Omit honey

Lotus Cafe is dedicated to serving fresh, natural, healthy food at affordable prices, prepared with love, simplicity, and a joyful heart. Our ingredients are sourced with care and are always natural.

We appreciate your patronage and wish you radiant well-being and happiness.

Shakes

GF All Shakes
Topped with whipped cream.
VO Organic Coconut ice cream with Almond or Oat milk..... \$3.95
ADD Vegan Whipped Cream..... .99

VANILLA..... 8.95
Vanilla ice cream, milk.

CHOCOLATE..... 8.95
Chocolate syrup, vanilla ice cream, milk.

STRAWBERRY..... 8.95
Strawberries, vanilla ice cream, milk.

PINEAPPLE-COCONUT..... 8.95
Pineapples, vanilla ice cream, pineapple-coconut juice.

BLUEBERRY..... 8.95
Blueberries, vanilla ice cream, milk.

SWAMI'S CARROT..... 9.95
Organic carrot juice, vanilla ice cream, cinnamon and nutmeg.

PEANUT BUTTER..... 8.95
Peanut butter, vanilla ice cream, milk.

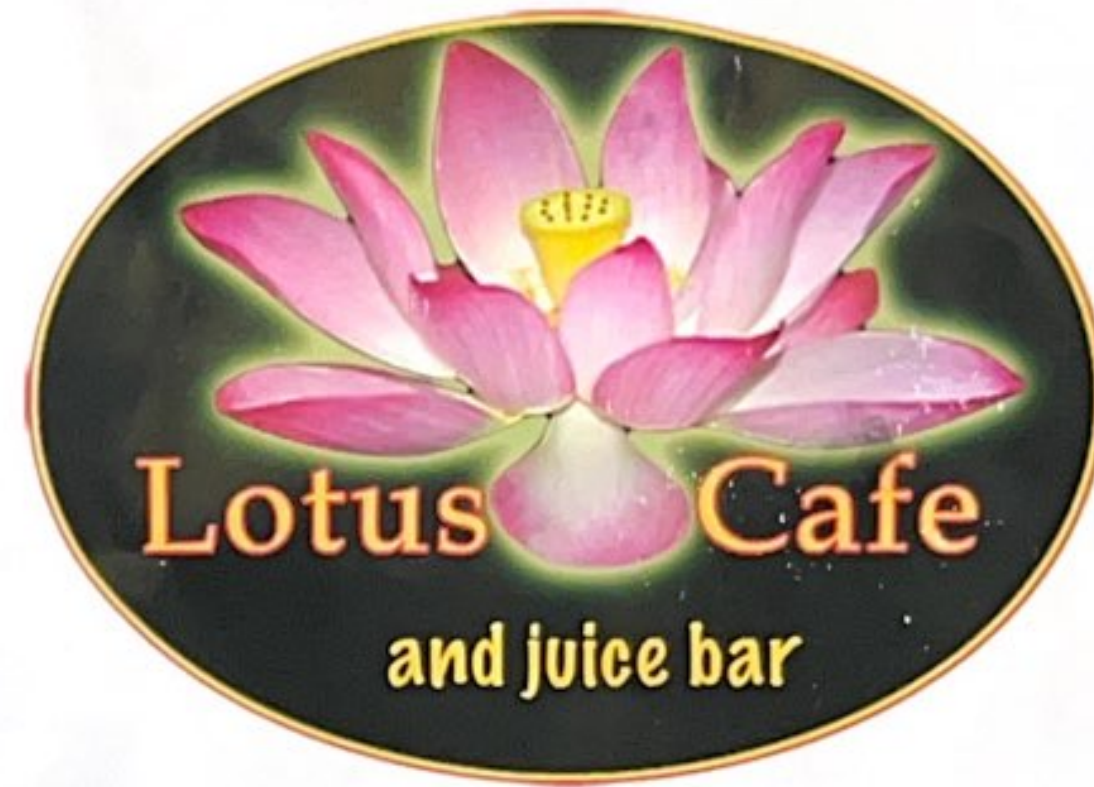
ESPRESSO..... 8.95
Espresso, vanilla ice cream, milk.

CHOCOLATE ACAI..... 10.95
Chocolate syrup, vanilla ice cream, milk, organic acai.

BLUEBERRY PITAYA..... 10.95
Blueberries, vanilla ice cream, milk, organic pitaya.



Recyclable. Please allow this menu to be re-used.



Rooted in the mud but blossoming above the water, completely uncontaminated by the mud, the Lotus represents purity and spiritual perfection which rises above worldly illusion, an example of glorious existence.

Cafe Menu



Open 7 days a week
9:00 am ~ 9:00 pm
for Breakfast, Lunch and Dinner

(760) 479~1977
Phone ahead for Pick-Up

Located in The Lumberyard
765 South Coast Highway 101, Encinitas, CA 92024

www.lotuscafeandjuicebar.com

Scan to order from our website



Lotus Cafe is one-of-a-kind, locally owned and operated.

"Change yourself and you have done your part in changing the world.
Every individual must change his own life if he wants to live in a peaceful world."

— Paramahansa Yogananda

BREAKFAST MENU

BREAKFAST SERVED ALL DAY
OPEN 9 AM - 7 DAYS A WEEK

- HUEVOS RANCHEROS** 13.95
Two cage-free eggs on 2 corn tortillas, with homemade ranchero sauce, cilantro, & jack cheese. Served with organic brown rice, black beans, guacamole, sour cream and salsa. **GF**
- TWO EGGS AS-YOU-LIKE**..... 11.95
Two cage-free eggs with breakfast potatoes, 8-grain or sourdough toast, * & jam. **GFO** Sub tortillas or GF bread
- ACAI or PITAYA BOWL** 13.95
Organic acai or pitaya blended with organic apple juice or almond or coconut or oat milk, blueberries and banana; topped with fresh fruit, coconut, organic granola* and honey.* **GFO** GF granola **VO** Omit honey
- THREE EGG OMELET** 13.95
Three cage-free eggs and 2 veggies of your choice with breakfast potatoes, 8-grain or sourdough toast,* and jam. **GFO** Sub tortillas or GF bread
Veggie choices: mushroom, spinach, bell pepper, tomato, broccoli, red onion, black olives, squash, zucchini.
ADD jack, feta, cheddar or Swiss cheese...1.49
ADD protein in your omelet 3.95
GF (Turkey bacon or Sausage) OR GF Veggie sausage or Soy bacon
- FRIED EGG SANDWICH**..... 12.95
Two cage-free eggs, garlic mayo, lettuce and tomato on toasted 8-grain or sourdough bread.* Served with organic Non-GMO blue corn chips with salsa. **GFO** w/GF bread
ADD jack, cheddar or Swiss cheese.....1.49
- ARTICHOKE SCRAMBLE** 14.95
Two cage-free eggs scrambled with artichoke hearts, jack cheese, green onion & tomato. With breakfast potatoes and 8-grain or sourdough toast.* **GFO** w/GF bread

- BALBOA BURRITO** 12.95
Cage-free scrambled eggs, cheddar, breakfast potatoes, avocado and salsa fresca folded over organic whole wheat tortilla.
ADD protein in your burrito 3.95
GF (Turkey bacon or Sausage) OR **GF** Veggie sausage or Soy bacon
- VEGAN TOFU SCRAMBLE**..... 14.95
Savory tofu scramble sautéed in spices and olive oil and 2 veggies of your choice. Served with breakfast potatoes and your choice of veggie sausage or soy bacon. **V**
Veggie choices: mushroom, spinach, bell pepper, tomato, broccoli, red onion, black olives, squash, zucchini.
ADD vegan cheese 1.99
- VEGAN BREAKFAST BURRITO** 13.95
Tofu scramble, vegan cheese, breakfast potatoes, avocado and salsa fresca folded over organic whole wheat tortilla. **V**
ADD protein in your burrito 3.95
GF Veggie sausage or Soy bacon **V**
- HEARTY OATMEAL** 10.95
Oatmeal with fresh blueberries, walnuts, banana and side of brown sugar or honey,* and milk.* **VO** sub organic coconut or almond or oat milk..75

Breakfast Sides

- TURKEY BACON or SAUSAGE GF** 4.95
- VEGGIE SAUSAGE GF or SOY BACON V**... 4.95
- BREAKFAST POTATOES**
- RED or SWEET POTATO V GF**..... 4.95
Red potatoes sautéed with bell peppers.
- TWO EGGS ANY STYLE GF**..... 4.95
- SEASONAL FRUIT V**..... 5.95
- SOURDOUGH TOAST & JAM V**..... 2.95
- 8-GRAIN TOAST & JAM V**..... 2.95
- GLUTEN FREE TOAST & JAM GF**..... 3.95

SPECIALTY BREAKFAST ITEMS SERVED DAILY UNTIL NOON

- BUCKWHEAT V GF or BUTTERMILK PANCAKES** 13.95
Three pancakes* topped with seasonal fruit and real maple syrup on the side. **VO GFO**
Choose buckwheat pancakes
- FILLED PANCAKES** 13.95
Three buckwheat or buttermilk pancakes* all filled with a single choice of blueberries, strawberries, bananas-& walnuts, or chocolate chips, with real maple syrup on the side. **VO GFO** Choose buckwheat pancakes
- PANCAKE COMBO** 15.95
Two buckwheat or buttermilk pancakes,* two eggs any style, breakfast potatoes and your choice of Turkey bacon or sausage OR Veggie sausage or Soy bacon. **GFO**
Choose buckwheat pancakes and Turkey bacon or sausage
ADD blueberry, strawberry, banana walnut or choc-chip 1.95

- COCONUT FRENCH TOAST** 13.95
Two slices of 8-grain or sourdough bread dipped in egg batter, spiced with cinnamon, coconut and vanilla, topped with seasonal fruit and real maple syrup on the side.
 - FRENCH TOAST COMBO** 15.95
Two slices of Coconut French Toast, two eggs any style, breakfast potatoes and your choice of Turkey bacon or sausage OR Veggie sausage or Soy bacon.
 - SINGLE PANCAKE** 4.95
 - EXTRA SYRUP** 1.49
- ### For Little Ones
- FRENCH TOAST or PANCAKE**..... 9.95
One slice of Coconut French Toast or one buckwheat or buttermilk pancake* served with seasonal fruit and real maple syrup on the side. **GFO** Choose buckwheat pancake.

Welcome...

Our Menu offers options for many dietary preferences. Use these Icons to find items that fit your needs.



Appetizers

- NATURAL HOMEMADE SOUPS**
- Cup 7.95 Bowl 8.95
 - Made fresh in our kitchen every morning with Love. Served with 8-grain or sourdough bread.* One soup is always vegan and one is usually gluten free! **VO GFO** Sub tortillas
 - SUB FRIES V GF** 2.95

- HEARTY VEGETARIAN CHILI**
- Cup 8.95 Bowl 9.95
 - Cheddar cheese* & fresh onion on top, with a side of corn bread & honey butter.* **VO** Sub vegan cheese and sourdough **GFO** Sub tortillas, **SUB FRIES** 2.95

- CILANTRO CHIPOTLE HUMMUS AND PITA** 9.95
Tasty spread made of ground garbanzo, sesame seeds, olive oil, lemon & garlic, cilantro and chipotle peppers served with wedges of whole wheat pita bread.* **V GFO** Sub tortillas or GF bread for pita

- CARDIFF QUESADILLAS** 10.95
Organic whole wheat tortilla* grilled with jack and cheddar cheese,* and topped with sour cream,* guacamole and salsa. **VO** Sub vegan cheese, omit sour cream **GFO** Sub tortillas for chapati

- GUACAMOLE WITH CHIPS** 10.95
Avocado dip served with organic Non-GMO blue corn chips and salsa. **V GF**

- NACHOS GRANDE** 14.95
Organic Non-GMO blue corn chips topped with black beans, organic brown rice, olives, red onions, cheddar and jack,* salsa, guacamole, and sour cream.* **GF VO** Sub vegan cheese, omit sour cream

- NACHOS CHIQUITOS**..... 11.95
Organic Non-GMO blue corn chips topped with cheddar and jack,* sour cream,* salsa and guacamole. **GF VO** Sub vegan cheese, omit sour cream

- CHIPS & SALSA** 8.95
Organic Non-GMO blue corn chips and homemade salsa. **V GF**



V VEGAN: as is **VO VEGAN OPTION:** can be made vegan
Sub vegan cheese, add 95¢
GF GLUTEN FREE: No wheat, rye, barley or oat gluten
GFO GLUTEN FREE OPTION: Can be made GF
Note: Sub GF bread, add 95¢ per slice, GF Granola add 95¢
Note: **GF** means gluten free, but our kitchen is not gluten free.

For Little Ones

Served with organic Non-GMO blue corn chips **V**

- KIDDIE QUESADILLA** 9.95
Organic whole wheat tortilla,* filled with jack and cheddar cheese.* **VO** Sub vegan cheese **GFO** Sub tortillas

- INDIGO CHILD'S WRAP** 10.95
Organic whole wheat tortilla* folded over pinto beans, rice and cheddar cheese.* **VO** Sub vegan cheese **GFO** Sub tortillas

- KIDDIE GRILLED CHEESE** 9.95
8-grain bread* with jack and cheddar cheese.* **VO** Sub vegan cheese

- P B & HONEY or JAM**..... 9.95
8-grain bread* with crunchy peanut butter and honey or jam. **VO** choose jam

- KIDDIE PASTA** 10.95
Chef's pasta of the day with Parmesan cheese. Add marinara or pesto sauce..... 1.95

- LITTLE ONE'S TACO**..... 9.95
Chicken* or organic tempeh in ranchero sauce on corn tortilla with cheddar.* **GF VO** Choose tempeh or mock chicken, sub vegan cheese

Combo Plates

- SOUP** BOWL & SALAD**..... 12.95
with Soulful Salad. Served with 8-grain or sourdough bread.*
*One soup is always vegan **V** *and one is usually gluten free **GF**

- 1/2 SANDWICH & SOUP BOWL** 14.95
1/2 Sandwich* with your choice grilled cheese, avocado, vegetarian mock turkey, albacore tuna, roasted turkey breast, char-broiled eggplant/red pepper, or grilled portobello. **VO** w/vegan soup, see sandwiches for modifications

- 1/2 SANDWICH & SALAD** 14.95
1/2 Sandwich* with your choice grilled cheese, avocado, vegetarian mock turkey, albacore tuna, roasted turkey breast, char-broiled eggplant/red pepper, or grilled portobello. With Soulful Salad. **VO** See sandwiches for modifications

Burgers

Served with organic Non-GMO blue corn chips with salsa **V GF** Upgrade french fries 2.95 Add a small side salad to any entree 3.95 extra salsa .50

- All burgers are served on vegan focaccia bun with lettuce, tomato, grilled onion and 1,000 Island dressing. **VO** Vegans (ADD .50)
GFO Sub GF bread or GF bun (ADD .95)
ADD cheese 1.49 or vegan cheese 1.99
ADD bacon: (turkey **GF** or soy **V**) 3.95

- LOTUS BEYOND BURGER** 13.95
Plant-based burger. No GMO's, soy, or gluten. **VO GFO** w/GF bun.

- LOTUS IMPOSSIBLE BURGER**..... 13.95
Plant-based burger. No gluten. Tastes just like meat. **VO GFO** w/GF bun.

- GANDHI BURGER** 13.95
Organic, vegan veggie patty with a unique blend of whole grains and spices. **VO GFO** w/GF bun.

- SHANTI BURGER** 13.95
Marinated vegan tempeh patty made w/ organic Non-GMO soy & organic wild and brown rice. **VO**

- BEACON'S TURKEY BURGER**..... 14.95
Char-broiled ground turkey patty. **GFO** w/GF bun

- SHIVA PITA** 14.95
Grilled natural chicken tenders or veggie mock chicken* in a light marinade, with organic lettuce, tomato, and red onion in a whole wheat pita with dijon mustard. **VO** Sub mock chicken

Salads

Homemade Dressings: **Lemon Herb GF**, **Tofu Dill V**, **Italian V GF**, **Ranch, Tahini V**, **Balsamic Vinaigrette V GF**, or **Caesar**.
KALE and **SPINACH** available upon request.

- ADD Albacore Tuna Salad 4.95
- ADD Organic Tofu or Tempeh 4.95
- ADD Veggie Mock Chicken 4.95
- ADD Grilled Chicken 4.95
- ADD Blackened Chicken 5.45
- ADD Vegan Bacon Bits95

- SOULFUL SALAD** 13.95
Variety of organic baby leaf lettuce with carrots, red onions, jicama, red cabbage, radish, tomato, and organic sunflower sprouts. **V GF**
- Half Salad 10.95

- HIDDEN VALLEY** 13.95
Organic greens topped with organic brown rice, carrots, feta cheese,* tomato, radish, and guacamole. **GF VO** Sub vegan cheese
- Half Salad 11.95

- DAILY SPECIAL SALAD** Market Price

Sandwiches

Served with organic Non-GMO blue corn chips with salsa **V GF**
Upgrade french fries 2.95 Add a small side salad to any entree 3.95 extra salsa .50

- PIPE'S PITA** 13.95
Falafel balls, organic lettuce, cilantro chipotle hummus, tomato, and shredded carrots with tahini-ginger sauce in a whole wheat pita. **V**

- ARTICHOKE PESTO CHICKEN** 16.95
Grilled chicken tenders or veggie mock chicken with an artichoke pesto,* jack cheese, grilled onion, lettuce, tomato, and garlic mayo on a vegan focaccia bun. *Contains nuts & cheese **GFO** w/GF bun

- CHAR-BROILED EGGPLANT & RED PEPPER** 14.95
With feta cheese, pesto* and spinach on 8-grain or sourdough bread. *Contains nuts & cheese **GFO** w/GF bread

- GRILLED PORTOBELLO** 14.95
Marinated, grilled portobello mushroom with jack cheese, grilled onions, tomato, pesto* and garlic mayo, on 8-grain or sourdough bread. *Contains nuts & cheese **GFO** w/GF bread

- CAJUN BLUE CHEESE CHICKEN**.... 15.95
Blackened chicken or mock chicken with jack and blue cheese, grilled onion, lettuce, tomato, and garlic mayo on a vegan focaccia bun. **GFO** w/GF bun

- POSEIDON'S DREAM** 14.95
Chunk albacore tuna (mixed with mayo, pickle relish and onions), lettuce, tomato and dijon mustard on 8-grain or sourdough bread* **GFO** w/GF bread
Make it a melt, ADD jack, cheddar, feta or Swiss cheese..... 1.49

- SPIRITUAL SPINACH**..... 14.95
With carrots, olives, artichoke hearts, radish, feta cheese,* and organic sunflower sprouts. **GF VO** Sub vegan cheese
- Half Salad 11.95

- LOTUS CAESAR** 14.95
Organic greens with tomato, avocado, croutons, parmesan cheese and vegetarian Caesar dressing.
- Half Salad 11.95

- CHAPATI** 15.95
Baked organic whole wheat chapati topped with black beans, organic brown rice, organic greens, carrots, organic sunflower sprouts, jicama, radish, salsa, sour cream* and guacamole.
- VO** Omit sour cream

- HARVEST** 15.95
Grilled seasonal veggies with balsamic vinaigrette on a bed of organic baby greens with carrot, tomato, radish and jicama. **V GF**

- QUINOA VEGGIE** 13.95
Organic romaine lettuce, tossed with organic rainbow quinoa, tomato, carrots, corn, red onions, bell pepper, and our homemade tahini dressing.* **V GFO** Sub dressing
- Half Salad 10.95

- AVOCADO HEAVEN** 13.95
Avocado with lettuce, tomato, cucumber and red onion on 8-grain bread* with garlic mayo.* **VO** omit mayo **GFO** w/GF bread

- GRILLED CHEESE** 10.95
The classic with jack and cheddar cheese* and tomatoes on 8-grain bread.* **VO** Sub vegan cheese **GFO** w/GF bread

- THE PILGRIM** 14.95
Fresh home-roasted turkey breast* with lettuce, tomato, red onion on 8-grain bread* with dijon mustard and garlic mayo.* **VO** Sub mock turkey and omit mayo **GFO** w/GF bread
Make it a melt, ADD jack, cheddar, feta or Swiss cheese..... 1.49

- RANCHERO CHICKEN**..... 15.95
Chicken* in ranchero sauce, with cheddar cheese,* red onion, lettuce, tomato, and garlic mayo,* on 8-grain bread.* **VO** Sub mock chicken & vegan cheese, omit mayo **GFO** w/GF bread

- SALMON SANDWICH** 18.95
Grilled salmon with black bean avocado relish (black beans, bell pepper, red onion, avocado, cilantro), lettuce, tomato, and garlic mayo on a vegan focaccia bun.* **GFO** w/GF bun

- CAJUN SALMON SANDWICH**..... 19.95
Blackened salmon, avocado, grilled onion, lettuce, tomato, and garlic mayo on a vegan focaccia bun.* **GFO** w/GF bun
- DAILY SPECIAL SANDWICH**.. Market Price

- COSMIC COBB** 17.95
Organic greens with feta cheese,* roasted turkey* or veggie mock turkey, tomatoes, avocado, organic sunflower sprouts and vegan bacon bits. **GF VO** Sub vegan cheese, sub mock turkey

- CRANBERRY WALNUT SALAD**..... 13.95
Organic greens, spinach, cranberries, walnuts, blue cheese* with balsamic vinaigrette. **GF VO** Sub vegan cheese
- Half Salad 10.95

- SOUTHWEST SALAD** 14.95
Organic greens, topped with black bean avocado relish (black beans, bell pepper, red onion, avocado, cilantro), cheddar cheese,* and organic blue corn chips, with ranch dressing.* **VO** Sub vegan cheese and dressing **GFO** Sub dressing
- Half Salad 11.95

- STUFFED AVOCADO** 14.95
1/2 avocado stuffed with chunk albacore tuna (mixed with mayo, pickle relish and onions) atop a bed of organic romaine lettuce and accompanied by a Soulful Salad side. **GF**

Salad Add-ons & Sides

- FRENCH REG. or FRIES SWEET POT. V GF** 4.95
- CHILI CHEESE FRIES GF** 9.95
 - 1/2 FRESH AVOCADO V GF**.....Market Price
 - HARD BOILED EGG Cage-Free GF**... 1.95
 - SAUTÉED ORGANIC TOFU**
 - OR TEMPEH* V** 5.45
*Steam or sauté in olive oil only for **GF**
 - MOCK CHICKEN V** 5.95
 - GRILLED PORTOBELLO V GF**..... 4.95
 - CHUNK ALBACORE TUNA, Cup GF** 5.95
 - ROASTED TURKEY, Cup GF** 5.95
 - TURKEY BURGER PATTY GF** 8.95
 - GRILLED CHICKEN GF** 5.95
 - GRILLED WILD SALMON GF** 11.95
 - TEMPEH RANCHERO V GF, Cup**... 5.95
 - CHICKEN RANCHERO GF** 5.95
 - SAUTÉED FISH W/ RANCHERO SALSA GF**..... 7.95
 - A LA CARTE ENCHILADA** 6.95
 - GRILLED VEGGIES W/BALSAMIC V GF** 10.95
 - STEAMED VEGGIES V GF**
Cup 5.95 Bowl 6.95
 - STIR FRY VEGGIES V**
Cup 5.95 Bowl 6.95
 - BLACK or PINTO BEANS V GF**
Cup 4.95 Bowl 5.95
 - ORGANIC BROWN RICE V GF**
Cup 4.95 Bowl 5.95
 - ORGANIC RAINBOW QUINOA V GF**
Cup 5.95 Bowl 6.95
 - BAKED SWEET/REG POTATO V GF** 5.95
 - SALSA V GF**... Cup 3.95 Bowl 4.95
 - GUACAMOLE V GF** Side 2.50 Cup... 7.95
 - HUMMUS V GF** Side..... 1.95 Cup... 6.95
 - CORN BREAD w/honey butter** 4.95
 - SLICE OF BREAD, 8-GRAIN or SOURDOUGH V** 1.95
 - GARLIC BREAD** 2.95
 - GARLIC BREAD GF** 3.49
 - ORGANIC WHOLE WHEAT**
 - CHAPATI (1) V**..... 1.95
 - PITA BREAD (1) V** 2.95
 - ORGANIC NON-GMO BLUE CORN CHIPS with SALSA V GF** 4.95
 - CORN**
 - TORTILLAS (3) V GF**..... 3.95
 - FALAFEL BALLS (3)** 5.95
with tahini ginger on side
 - EXTRA DRESSING OR SALSA**50