

## **Burgers & Dogs**

All burgers served on a whole wheat bun with pickle, lettuce and spiced grilled potatoes on the side.

### **BRAHMA BURGER**

A grain and protein burger, served w/1000 Island dressing . . . 13.50

### **TEMPEH BURGER**

Same as above except with tempeh patty . . . . . 13.50

### **TERIYAKI BURGER**

A tempeh patty, fresh pineapple and red onions grilled in a homemade teriyaki sauce on a whole wheat bun with mayo and lettuce . . . . . 15.00

### **GLUTEN FREE BURGER**

A Beyond Burger patty served on a gluten-free English muffin, with vegan mayo & lettuce. . . . . 14.00

#### **Additions to burgers above:**

Jack, Cheddar or Swiss cheese . . . . . add 1.00

Vegan cheese . . . . . add 1.50

Gorgonzola cheese . . . . . add 2.00

### **MEGA-BURGER**

A Brahma Burger with “the works:” soy strips, tomatoes, grilled onions, melted Swiss cheese . . . 16.00

### **DHARMA DOG**

Our vegetarian version of the hot dog, served on a whole wheat bun with tortilla chips on the side . . . 5.25  
With sauerkraut. . . . . add 3.50

### **CHILI DHARMA DOG**

The above served with chili, cheese, lettuce, tomatoes, green onions, Vinaigrette dressing, chips . 13.50

## **Sandwiches**

All sandwiches served with pickle, lettuce and tortilla chips on the side, except for *Pesto Portabello Sub* and *Tempeh Reuben*.

### **BIG CHEESE**

A traditional grilled cheese on whole wheat (rye upon request), grilled in butter w/lots of cheese . . . 7.00

### **B-L-T**

Fakin bacon, lettuce and tomato on whole wheat bread, with soy mayo and chips. . . . . 8.50  
With avocado . . . . . market price

### **NUCLEAR BLUFF**

A large Francese roll with grilled soy strips, melted Swiss cheese, soy mayo, onions, lettuce, tomatoes, and Vinaigrette dressing . . . . . 13.75

**HALF BLUFF** . . . . . 10.25

### **BBQ BLUFF SANDWICH**

Soy strips and onions sautéed in our BBQ sauce on a toasted Francese roll with fresh basil, lettuce, tomatoes, Vinaigrette dressing, pickle and chips . . . . 13.75

**HALF BBQ BLUFF** . . . . . 10.25

### **TEMPEH REUBEN**

Grilled tempeh with Farmhouse Culture organic sauerkraut, onions and melted Swiss cheese on rye bread. Served with spiced guajillo potatoes, lettuce and cucumber and with mustard and 1000 Island dressing on the side . . . . . 16.00

### **PORTOBELLO – ARTICHOKE SANDWICH**

Grilled portobello mushrooms, artichokes, and onions, w/melted cheddar cheese and aioli spread on a Francese roll. Served w/lettuce, cucumbers and Vinaigrette dressing . . . . . 14.25

### **PESTO PORTOBELLO SUB**

Portobello mushrooms, red onions, red bell peppers, spinach, pesto, soy mayo and feta on a Francese roll. Served w/lettuce, cucumbers and Vinaigrette dressing (no chips) . . . 14.25  
Substitute vegan pesto. . . . . add 2.00

## **Mexican Naturals**

All Mexican Naturals served with salsa on the side, except the *Mole* and *3 Dog Morning Burritos*.

### **BURRITO BUENO**

Our beans ladled on a whole wheat tortilla with brown rice, covered with cheese, sour cream, lettuce and Vinaigrette dressing . . . . . 9.00

**SMALL BURRITO** . . . . . 7.00

### **VEGGIE BURRITO**

Our beans ladled on a whole wheat tortilla with organic brown rice, covered with cheese, sour cream, grilled vegetables with side of lettuce and Vinaigrette dressing . . . 14.50

### **BREAKFAST BURRITO**

Our beans, scrambled tofu, grilled potatoes, cheese, sour cream and green onions in a whole wheat tortilla, with lettuce and Vinaigrette dressing . . . . . 12.00

### **VEGGIE BREAKFAST BURRITO**

Same as Breakfast Burrito with added mixed veggies . . . . . 16.00

### **3 DOG MORNING BURRITO**

Scrambled tofu, potatoes, onions, tofu hot dog, jalapeños, red peppers and mushrooms with cheese, guacamole, sour cream and chips. . . . . 14.50

### **NADA CHICKEN BURRITO**

A pinto bean and rice burrito with cheese, sour cream, and chicken-spiced soy nuggets in a salsa verde on the side, with tomatoes, onions, and a side of tortilla chips . . . . . 14.00

### **MOLE BURRITO**

Beans, soy chicken, onions, potatoes and red bell peppers all in a traditional mole sauce with cheese, sour cream, tomato, avocado and chips . . . . . 14.50

### **QUESADILLA** (*kay-sa-dee-ya*)

A corn tortilla folded and filled w/lots of cheese, lettuce and Vinaigrette dressing . 6.50

### **NACHOS**

Tortilla chips with lots of melted cheese, sour cream, beans and salsa . . . . . 10.50

### **LA TOSTADA**

A crisp corn tortilla piled high with beans, brown rice, cheese, lettuce, tomatoes, guacamole, Vinaigrette dressing, sour cream and chips . . . . . 15.00

### **THE LOST TACO**

A crisp corn tortilla filled with taco mix and melted cheese. Served with a side of lettuce, red peppers, red onions, tomatoes, sour cream, and Vinaigrette dressing on side. . . . 14.00

### **TOFU RANCHERO**

Beans, scrambled tofu, guacamole, lettuce, tomato, green onions, cheese, sour creams and salsa on a corn tortilla. . . . 14.50

### **MEXI-CALI**

Melted cheese on a tortilla, filled with grilled soy strips, lettuce, tomatoes, sliced avocado, sour cream, Vinaigrette dressing, and a side of tortilla chips . . . . . 14.50

### **CHILI SIZE**

Our grilled veggie burger on an open-face Francese roll, ladled with chili and melted cheese, garnished with sour cream, tomatoes and onions. Served with a side of tortilla chips . . . 15.00

#### **Additions to menu items above:**

Gorgonzola cheese . . . . . add 2.00

mushrooms . . . . . add 1.50

sour cream . . . . . add 1.50

tomatoes . . . . . add 1.50

baked tofu *or* soy strips. . . . . add 3.00

artichokes . . . . . add 2.75

guacamole . . . . . market price

## **Pasta**

Choice of organic spaghetti pasta, organic brown rice pasta or white rice vermicelli pasta

### **SPAGHETTI Á FLORIO**

Organic spaghetti pasta in a delicious red sauce with garlic bread and a small salad with Vinaigrette dressing . . . . . 14.00

**PRIMA VERA**(vegetables) . . . . . 17.00

**SMALL SPAGHETTI** . . . . . 11.75

### **PASTA CON PESTO**

Organic spaghetti pasta in our own tasty pesto sauce w/garlic bread and small salad w/Vinaigrette . . 15.00

**PRIMA VERA**(vegetables) . . . . . 18.00

**SMALL PESTO** . . . . . 12.75  
substitute vegan pesto . . . . . add 2.00

### **GREEK PASTA**

Organic spaghetti pasta sautéed in lemon, garlic and olive oil with sundried tomatoes, Kalamata olives, fresh spinach, green onions, and feta cheese. Served with garlic bread and a side salad with Vinaigrette dressing . . . . . 17.00

**SMALL GREEK PASTA** . . . . . 14.00

### **PASTA ITALIANO**

Organic spaghetti pasta sautéed in olive oil and fresh garlic & basil. Served w/garlic bread & side salad w/Vinaigrette dressing . 13.00

**PRIMA VERA**(vegetables) . . . . . 16.00

**SMALL ITALIANO** . . . . . 10.75

### **LASAGNA**

A deliciously large portion layered with soy strips, sautéed vegetables and corn, spaghetti sauce, and jack, cheddar and ricotta cheeses. Served with garlic bread and a side of lettuce and tomato with Vinaigrette dressing . . . . . 15.50

### **MACARONI & CHEESE**

With side salad and Vinaigrette dressing . . . . . 9.75

## **International Entrées**

### **BO THAI**

Organic vegetables and baked tofu sautéed in our delicious sweet and spicy peanut sauce, with rice noodles, mung bean sprouts, green onions, peanuts, and lime . . . . . 16.50

**SMALL** . . . . . 14.00

### **AMERICAN SAUTÉ**

Organic vegetables, baked tofu and greens lightly sautéed in our delicious sauce over a bed of brown rice with a side of tahini-lemon . . . . . 16.50

**SMALL** . . . . . 14.00

### **MEXICAN SAUTÉ**

Organic vegetables and baked tofu sautéed in salsa over a bed of brown rice, topped with melted cheese, green onions, and tomatoes, with a side of beans and tortilla chips . . . . . 16.50

**SMALL** . . . . . 14.00

### **INDIAN CURRY PLATE**

Organic tofu and veggies in a mild curry sauce, served with a side of rice, cashews, papadam, fruit chutney and raita. . . . . 17.50

### **DAN DAN NOODLES**

Noodles served with a peanut-sesame sauce, topped with carrots, tofu, cucumber, spinach and green onions. . . . . 12.50

### **SZECHUAN TOFU**

Tofu, mixed vegetables and mixed greens sautéed in garlic black bean sauce, served over brown rice and topped with cashews and green onions. . . . . 17.50

substitute quinoa . . . . . add 1.00

## **Salads**

Dressings: *House (Sour-Cream Dill)*, *Tahini-Lemon*, *Miso Honey Vinaigrette*, *1000 Island*, *Vegan Bacon Ranch*, *or Ranch*

### **GARDENER’S SALAD**

A beautiful array of all organic lettuces, cabbage, carrots, cucumbers, beets, tomatoes, sprouts and seeds.

Choice of dressing . . . . . 12.50

### **SMALL GARDENER’S SALAD** . . . . . 10.50

#### **Additions to salad above:**

Gorgonzola or cheese mix . . . . . add 2.00

baked tofu or soystrips . . . . . add 3.00

artichokes . . . . . add 2.75

guacamole . . . . . market price

### **MEDITERRANEAN SALAD**

Lettuce, spinach, cabbage, tomatoes, red bell peppers, Kalamata olives, feta cheese, red onions, marinated artichokes, fresh basil, avocado, with olive oil and lemon on side. . . . . 16.50

**FRESH FRUIT** . . . . . 6.50

## **Soups**

### **JAPANESE SAMURAI SOUP**

Soba noodles in miso broth with seaweed, edamame (soy beans), green onions, tofu, spinach, carrots, sesame seeds, and topped with shredded daikon . . . . . 16.00

### **SOUP & SALAD**

A cup of soup and a side salad with choice of dressing . . . . . 11.00

### **SOUP, SALAD & ROLL *or* RICE**

A cup of soup, a side salad with choice of dressing, and a roll or scoop of rice . . . 12.00  
substitute quinoa . . . . . add 1.00

**QUINOA, SOUP & YAM** . . . . . 9.00

### **TODAY’S SOUP**

Always healthful & satisfying. Ask for today’s offering. Served w/whole wheat roll . . . **cup** 6.25 . . . . **bowl** 8.25

## **Side Orders**

**ORGANIC BROWN RICE** . . . . . **cup** 2.50 . . . . **bowl** 3.50

**ORGANIC QUINOA** . . . . . **cup** 3.50 . . . . **bowl** 5.00  
w/Tahini Sauc. . . . . add 2.50

**ORGANIC GRILLED POTATOES** . . . . . 5.00

**ORGANIC GUAJILLO POTATOES** . . . . . 5.00

**ORGANIC YAMS** . . . . . 4.00

**ORGANIC STEAMED VEGGIES** . . . . . 7.50

**ORGANIC STEAMED GREENS** . . . . . 5.50

**SIDE OF BAKED TOFU *or* SOY STRIPS** . . . . . 5.00

**FRESH SPRING ROLLS** w/Peanut Sauce . . . . . 8.50

**ORGANIC MASHED POTATOES** w/Mushroom Gravy . . . 5.25

**CHIPS AND SALSA** . . . . . 3.25

**GARLIC BREAD** . . . . . 5.00

**CORN BREAD** . . . . . 4.50

**OUR BEANS** Our special bean mix served refrito style with grated cheese and tortilla chips . . . **cup** 3.50 . . . . **bowl** 5.00

**FAMOUS CHILI** A heaping bowl of chili served with grated cheese and tortilla chips. . . **cup** 6.25 . . . . **bowl** 8.25

**ORGANIC PLAIN YOGURT** . . . . . 4 oz 1.50 . . . . . 8 oz 3.00

## Pizzas

<b>CHEESE</b> . . . . . whole pie. . 21.00	half pie. . 11.00
with tomato sauce, mozzarella and parmesan cheese.	
Dairy or Vegan.	
<b>PESTO</b> . . . . . whole pie. . 23.00	half pie. . 12.50
same as above with added pesto. Dairy or Vegan.	
<b>GLUTEN FREE CHEESE</b> whole pie. . 27.00	half pie. . 14.50
Dairy or Vegan	
<b>GLUTEN FREE PESTO</b> . . whole pie. . 29.00	half pie. . 15.50
Dairy or Vegan	

## Desserts

<b>RASPBERRY TART</b> . . . . .	4.50
<b>VEGAN CHOCOLATE CAKE</b> . . . . .	6.25
<b>COOKIES</b> . . . . .	4.00
Chocolate Chip, Ginger Molasses	
<b>CORN BREAD</b> . . . . .	4.25
<b>BOWL OF ICE CREAM</b> . . . . .	4.50
<b>BOWL OF COCONUT BLISS</b> (Vegan) . . . . .	5.25
<b>VEGAN TAPIOCA</b> . . . . .	6.00
made with coconut milk and berries	
<b>CHEESECAKE</b> see counter for flavor and description . . . . .	10.00
<b>SHRIKHAND</b> . . . . . small . . 4.25	large . . 8.00
Indian Yogurt Dessert	

Menu items containing cheese, sour cream and yogurt are real dairy.  
Most menu items can be made vegan upon request except those indicated by this icon: 

We try to use as many organic ingredients as possible in our food. These ingredients include most of our vegetables, grains, beans, seeds, flours and pastas as well as our milk, soy milk, butter, oil, tofu, tempeh, coffees and much more. If you have any questions pertaining to certain items or ingredients, please inquire.

## Beverages

<b>HOMEMADE CHAI</b> . . . . . 12 oz 4.00	16 oz 5.00
<b>ICED CHAI</b> . . . . .	4.50
<b>COFFEE DRINKS</b>	
House: regular or decaf . . . . . 12 oz 2.25	16 oz 3.00
	Single Double
Espresso	2.50 3.25
Americano	2.50 3.25
Cappuccino	3.50 4.75
Latté	4.25 5.50
Mocha	4.50 5.75
<b>HOT TEA</b> — all flavors . . . . .	2.00
<b>HOT CHOCOLATE</b> . . . . .	4.50
<b>ORGANIC APPLE JUICE</b> . . . . . 12 oz 2.50	16 oz 3.25
<b>ORGANIC O.J.</b> (freshly squeezed) . . . . . 12 oz 4.50	16 oz 5.75
<b>ORGANIC CARROT JUICE</b> . . . . . 12 oz 4.50	16 oz 5.75
with ginger, lemon or lime . . . . .	add .50
with apple, beet or celery . . . . .	add .60
<b>ORGANIC LEMONADE</b> . . . . . 12 oz 2.25	16 oz 3.00
<b>WILDBERRY ZINGER ICE TEA</b> (decaf) . . . . .	2.00
<b>BLACK ICE TEA</b> . . . . .	2.00
<b>ARNOLD PALMER</b> (herbal or black tea) . . . . .	3.00
<b>ORGANIC MILK</b> . . . . . 12 oz 2.25	16 oz 3.00
<b>SOY, ALMOND OR COCONUT MILK</b> 12 oz 2.25	16 oz 3.00
<b>HANSEN SODAS</b> . . . . .	1.75
<b>HIBISCUS COOLER</b> . . . . .	3.50
<b>BOTTLED H<sub>2</sub>O</b> . . . . .	3.00
<b>BOTTLED SPARKLING H<sub>2</sub>O</b> . . . . .	3.00
<b>COCONUT WATER</b> . . . . .	3.50
<b>REEDS EXTRA GINGER BREW</b> . . . . .	3.25
<b>IZZE SPARKLING</b> . . . . .	3.25
<b>ZEVIA SODAS</b> . . . . .	2.00
<b>VIRGIL'S CREAM SODA &amp; ROOT BEER</b> . . . . .	3.25
<b>FENTIMANS CURIOSITY COLA</b> . . . . .	3.75
<b>DRAFT REVIVE KOMBUCHA</b> . . . . . 12 oz 5.00	16 oz 6.50
<b>KEVITA PROBIOTIC</b> . . . . .	4.50
<b>GUAYAKI DRINKS</b> . . . . .	4.25
<b>ROOT BEER FLOAT</b> . . . . . 5.25	Vegan 6.00
<b>O.J. FREEZE</b> (O.J., Banana & Ice Cream) . . . . . 8.00	Vegan 9.00
<b>MANGO LASSI</b>  . . . . .	5.00
<b>FRUIT SMOOTHIE</b> . . . . .	7.00
with protein powder . . . . .	add 1.00
<b>ICE CREAM SHAKES</b> . . . . .	8.00
Vanilla, Chocolate, Carob, Banana, Raspberry, Kahlua, Strawberry, Coffee, Chai, Mint Chocolate, Peanut Butter	
<b>ORGANIC COCONUT BLISS SHAKES</b> (Vegan) . . . . .	9.00
Vanilla, Chocolate, Carob, Banana, Raspberry, Strawberry, Coffee, Chai, Mint Chocolate	
<b>WINE BY THE GLASS</b> See Showcase . . . . .	7.00
<b>BOTTLED BEERS</b> See Showcase . . . . .	5.25
<b>DRAFT BEERS</b> Santa Cruz Mountain Brewing Organic Amber Ale, Discretion Brewing Uncle Dave's Organic IPA. . . . .	6.50

## Breakfast

8:00 AM – 12 NOON  
EVERY DAY

<b>TOFU SCRAMBLE</b>	Organic tofu scrambled with garlic, green onions and spices, served with grilled potatoes and toast . . . . .	11.00
<b>CURRY TOFU SCRAMBLE</b>	Tofu scrambled with yellow curry, served with grilled potatoes, toast and a side of fruit chutney. . . . .	14.00
<b>THAI TOFU SCRAMBLE</b>	Organic tofu scrambled with Thai curry spice, garnished with peanuts and mung-bean sprouts and served with grilled potatoes and toast . . . . .	13.00
<b>GREEK TOFU SCRAMBLE</b>	Organic tofu scrambled with kalamata olives, spinach, green onions and sun-dried tomatoes, topped with feta cheese and served with grilled potatoes and toast. . . . .	15.00
<b>PESTO TOFU SCRAMBLE</b>	Organic tofu scrambled with pesto and served with grilled potatoes and toast . . . . .	14.00
<b>TOFU &amp; VEGGIES</b>	Organic scrambled tofu served with steamed mixed vegetables and toast . . . . .	13.00
<b>TOFU RANCHERO</b>	Beans, scrambled tofu, guacamole, lettuce, tomato, green onions, cheese, sour cream and salsa piled high on a corn tortilla . . . . .	14.50
<b>PANCAKES with PURE MAPLE SYRUP</b>	1 Pancake . . . . . 5.75	
w/blueberries (seasonally organic), bananas or walnuts . . . . .	add 2.00	
ShortStack . . . . .	8.00	
w/blueberries (seasonally organic), bananas or walnuts . . . . .	add 3.00	
(Choice of multi-grain or dairyless corn meal)		
<b>BREAKFAST BURRITO</b>	Our beans, scrambled tofu, grilled potatoes, cheese, sour cream, salsa and green onions in a whole wheat tortilla with a side of lettuce and vinaigrette dressing. . . . .	12.00
<b>VEGGIE BREAKFAST BURRITO</b> Same as Breakfast	Burrito with added mixed veggies . . . . .	16.00
<b>OATMEAL (Organic)</b>	plain . . . . . 4.50	
with raisins <i>or</i> bananas . . . . .	add 1.00	
with walnuts . . . . .	add 2.25	
with maple syrup . . . . .	add 2.50	
<b>SIDE ORDERS</b>	Real Maple Syrup . . . . . 2 oz 2.50	4 oz 4.00
Organic Grilled Potatoes. . . . .	5.00	
Toast . . . . .	2.00	
Scrambled Tofu. . . . .	6.00	
Fruit Salad. . . . .	6.50	
Fakin Bacon . . . . .	4.25	
(2)Whole Wheat Tortillas . . . . .	2.00	
Organic Plain Yogurt . . . . . 4oz 1.75	8 oz 3.50	
<b>Additions to any breakfast item:</b>	mushrooms. . . . .	add 1.50
sour cream . . . . .	add 1.50	
tomatoes . . . . .	add 1.50	
baked tofu or soy strips . . . . .	add 3.00	
artichokes . . . . .	add 2.75	
guacamole . . . . .	market price	
salsa . . . . .	add 1.50	



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**OVER 1,000,000 COWS SAVED**  
**OVER 750,000 BURGERS SOLD!**  
**NO BULL!**

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