

# VEGAN

## QUINOA BOWL

Roasted Sweet Potato, Fried Broccoli, Spinach & Black Bean Relish served over Quinoa  
Topped with Avocado & Salsa Verde 17.50

## MANY GRAIN PANCAKES

Topped with Strawberries, Blueberries & Banana 11.95

## ACAI & FRESH FRUIT BOWL

Seasonal Fruit served over Acai Puree. Topped with Housemade Granola & Toasted Coconut  
16.50

## MANGO & BANANA FRUIT BOWL

Seasonal Fruit served over Mango & Banana Puree.  
Topped with Housemade Granola & Toasted Coconut  
16.50

## VEGAN QUESADILLA

Hummus, Vegetable Medley & Cherry Peppers in a Flour Tortilla  
Served with Salsa & Guacamole  
10.95

## BLACK BEAN BURGER

Black Bean Burger on Multigrain Toast with Avocado Spread, Tomato & Cherry Peppers.  
Served with Chips & Pickles 12.95 Add Fries 1.75

## VEGGIE BLT

Eggplant Bacon, Lettuce, Tomato & Vegan Mayonnaise on Multigrain Toast  
Served with Chips & Pickles 10.95 Add Fries 1.75

## REFRIED BEAN TAQUITOS

(4) Fried Taquitos stuffed with Refried Beans.  
Topped with Housemade Cashew Sour Cream & Shredded Lettuce  
15.50

## POTATO EMPANADAS

(4) Corn Empanadas filled with Potato & Topped with Shredded Lettuce  
Served with Brown Rice & Salsa Verde 14.95

## VEGAN BREAKFAST WRAP

Vegan Sausage, Mozzarella Cheese, Spinach, Mushrooms, and Green Peppers  
Served with Homefries 12.95

## VEGAN BOWL

Vegan Sausage, Mozzarella Cheese, Onions, and Peppers Served on a Quinoa, Chickpea, Edamame, and Kale Blend  
Served with Tomato Relish and Pita Bread 13.50

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# GLUTEN FREE

## PANCAKES

Topped with Strawberries, Blueberries & Banana 11.95

## FRENCH TOAST

Our homemade Gluten Free Bread topped with fresh Fruit & Honey Cinnamon Butter 11.95

## RANCHERO EGGS

2 Eggs Any Style over Quinoa, GF Toast, Sliced avocado & Salsa 11.95

## LENTIL BURGER MELT

Lentil Burger topped with Pepper Jack Cheese, Avocado & Onion on Gluten Free Bread  
Served with Chips & Pickles 12.75

## SLICED TURKEY SANDWICH

Fresh Roast Turkey, Lettuce, Tomato & Mayo on Housemade Gluten Free Toast.  
Served with Chips & Pickles 12.75

## ARROZ CON POLLO

Mexican Rice mixed with Slow Cooked Chicken, Bell Pepper, Carrot, Black Olives & Peas  
17.50

## GROUND CHICKEN AND CHEESE TACOS

Ground Chicken and Cheese Tacos Served with Spicy Salsa, Mexican Rice, and Black Bean Soup 15.95

## BREAKFAST SANDWICH MELT

Sausage or Bacon Scramble with American Cheese Served on Grilled Gluten Free Bread  
11.95

## LEMON SHRIMP

4 Large Shrimp topped with a Garlic Lemon Glaze Served Over a Quinoa, Chickpea, Edamame, and Kale Blend with a side of Gluten Free Bread 22.95