

## Snacks

**THE EARLY 'BURG \$6** \*ADD FRESH FRUIT \$1  
homemade granola and nut milk

**APPLES & CARAMEL \$5**  
slices of apple with vegan caramel dipping sauce

**ASIAN FRESH WRAPS \$6**  
julienned vegetable medley rolled in a rice paper wrap; 2 wraps served with sweet chili dipping sauce and ground sunflower seeds

**CHEESE PLATE \$9**  
raw macadamia nut cheese made with black truffle oil served with raw crackers and local fruit jam

**AVOCADO BAGEL \$5**  
toasted sourdough bagel half topped with mashed avocado, fresh lemon, sunflower sprouts, and Himalayan salt

**G-MASH WRAPS \$7**  
smashed garbanzo salad served in 3 separate romaine leaves

**G-MASH TOAST \$6**  
smashed garbanzo salad on a piece of sourdough toast topped with avocado

**P.B. TOAST \$3**  
one piece of sourdough toast with organic peanut butter and a drizzle of maple syrup

## Mains

**PULLED BBQ SANDWICH \$10**  
savory jackfruit sandwich served with arugula and avocado on toasted sourdough with soy-free vegenaise and bbq sauce. Includes a side of slaw

**THE LOVE BURGER \$9** \*ADD MUSHROOMS \$1.50  
homemade beet & black bean burger served with arugula, cucumber and local, raw sauerkraut on toasted sourdough with soy-free vegenaise. Includes a side of chips.

\*WE USE SAMI'S BAKERY, THEIR BREADS AND BAGELS ARE MADE IN A FACILITY WITH OTHER WHEAT PRODUCTS.

ADD ONS



CHIPS \$1.25 • AVOCADO \$1 • SLAW \$2 • SUNFLOWER SPROUTS \$2 • SAUERKRAUT \$1

## Drinks

**NUT MILK SHAKE \$7**  
\*ADD PROTEIN POWDER \$1 \*ADD CACAO NIBS \$1

**KOMBUCHA (ON TAP) \$6**

**HOMEMADE CHAI TEA \$4**  
\*CONTAINS CASHEW MILK

**COFFEE ICE/HOT \$2**

**ICED TEA \$2**

**HOT TEAS (BAG) \$2**

\*ADD UNSWEETENED HOMEMADE CASHEW MILK 75c

\*CHECK OUT OUR DRINK COOLER FOR MORE OPTIONS

## Desserts

**SOFT SERVE \$6**  
cashew coconut based  
\*TOPPINGS \$1 OR \$2

**SLICE O' PIE \$6**

**ICE CREAM COOKIE SANDWICH \$6**

**COOKIES (2) \$3**

**CARMELITA BAR \$4**

we specialize in vegan and gluten free desserts



always vegan



& gluten free

we use organic, local and non-GMO ingredients whenever possible

## Soup of the day CUP \$4 / BOWL \$6

## Salads HALF \$6 / WHOLE \$10

\*ADD TEMPEH \$2 \*ADD AVOCADO \$2 \*ADD GARBANZOS \$1

### HAIL CAESAR

local kale massaged with caesar dressing, sprinkled with toasted pine nuts, housemade vegan parmesan cheese and capers

### DE-COBB-STRUCTED

romaine lettuce, avocado slices, garbanzo beans, grape tomatoes and coconut bacon topped with a creamy dressing

### 361 DAYS OF SUNSHINE

mixed greens, raw housemade nut cheese, sliced apples, candied pecans and sunflower sprouts with a tangy lemon dressing

\*ALL DRESSINGS MADE IN HOUSE FROM SCRATCH



### TEMPEH REUBEN \$10

grilled tempeh served with sauerkraut, avocado and arugula on toasted sourdough with a spicy sauce. Includes a side of chips.

### FALAFEL \$9

a middle eastern favorite made with garbanzos, organic spices and fresh carrots & parsley. 5 falafel, dipping sauce & side salad

### NOT.SUED.A.RITO \$9

a fat sushi roll filled with shiitake mushrooms, julienned veggies, spinach, cilantro and sushi rice. Served with house-made sesame ginger dipping sauce (contains soy).  
\*Make it a bowl for no charge!

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Free 2-hour parking in front of cafe; additional parking behind the building