

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 slices of banana

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

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

SHITAKE MAKI \$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!



always vegan



& gluten free

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

2057 CENTRAL AVE, ST. PETERSBURG, FL 33713 • (727) 317-2034

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