

## Snacks

### CHEESE PLATE \$9

raw homemade nut cheese seasoned with black truffle oil and pepper, served with raw crackers & local fruit jam.

### AVOCADO BAGEL \$5

toasted sourdough bagel\* half topped with mashed avocado, fresh lemon, organic sprouts, Himalayan salt and paprika.

### FANCY BAGEL \$5

toasted sourdough bagel\* half topped with cashew cream cheese and seasoned with nutritional yeast, truffle oil, Himalayan salt and ground pepper.

### G-MASH TOAST \$6

smashed garbanzo salad on a piece of sourdough toast\* topped with avocado and seasoned with fresh lemon juice, sea salt and paprika.

### G-MASH LETTUCE WRAPS \$8

smashed garbanzo salad on 3 separate romaine leaves seasoned with fresh lemon juice, sea salt and paprika.

### APPLES & CARAMEL \$5

slices of apple with vegan caramel dipping sauce.

### SUNNY TOAST \$3

one piece of sourdough toast with sunflower butter and slices of banana.

### GRANOLA \$6 \*ADD FRESH FRUIT \$1

homemade organic granola and homemade organic cashew milk.

## Mains

### PULLED BBQ SANDWICH \$10

savory jackfruit sandwich served with arugula and avocado on toasted sourdough with soy-free veganaise and bbq sauce. Includes a side of slaw.

### THE LOVE BURGER \$10

homemade beet & black bean burger served with arugula, slice of tomato and sauerkraut on toasted sourdough with soy-free veganaise. Includes a side of chips.

### ROASTED VEGGIE WRAP \$8

roasted carrots, zucchini, cremini mushrooms, onions and red pepper on warm lavash with homemade pesto.

\*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 • SUNFLOWER SPROUTS \$2 • SAUERKRAUT \$1 • TOMATO SLICE \$.50  
TEMPEH \$3 • BUFFALO TEMPEH \$3.50 • SAUTEED MUSHROOMS \$1.50

## Drinks

### NUT MILK SHAKE \$7

\*ADD PROTEIN POWDER \$1 \*ADD CACAO NIBS \$1

### KOMBUCHA (ON TAP) \$6

HOMEMADE CHAI TEA \$4  
\*CONTAINS HOMEMADE ORGANIC CASHW MILK

### ICED MATCHA LATTE \$4.50

\*CONTAINS HOMEMADE ORGANIC CASHW MILK

### COFFEE ICE/HOT \$2

### UNSWEETENED ICED TEA \$2

### HOT TEAS (BAG) \$2

\*ADD UNSWEETENED HOMEMADE CASHW MILK 75C

\*SEE DRINK COOLER FOR MORE OPTIONS

## Desserts

### SOFT SERVE \$6

cashew coconut based  
\*TOPPINGS \$1

### SLICE O' PIE \$6

### ICE CREAM COOKIE SANDWICH \$6

### COOKIES (2) \$3

### CARMELITA BAR \$4

Check our display case for Desserts of the Day!

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 \$3 \*ADD AVOCADO \$1 \*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, garbanzos, grape tomatoes and coconut bacon topped with a creamy dressing.

### 361 DAYS OF SUNSHINE

mixed greens, raw homemade nut cheese, seasonal fruit, candied nuts (or seeds) and organic sprouts with a tangy lemon dressing.

### BUFFALO RANCH

buffalo garbanzo beans on romaine lettuce with grape tomatoes, avocado slices and topped with our homemade cashew ranch dressing.

\*ALL DRESSINGS MADE IN HOUSE FROM SCRATCH



### BUFFALO TEMPEH SANDWICH \$10

seared tempeh tossed in buffalo sauce served on toasted sourdough with soy-free veganaise, romaine, tomato slice and a drizzle of homemade cashew ranch dressing. Includes a side of chips.

### TEMPEH REUBEN \$10

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

### O.M.G. \$10

smashed garbanzo salad on toasted sourdough with soy-free veganaise, romaine, tomato slice and avocado. Includes a side of chips.

### AWESOME BURGER \$11.50

our homemade love burger on toasted sourdough with spicy "awesome sauce," arugula, sautéed cremini mushrooms and avocado. Includes a side of chips.

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