



**Welcome to Lotus**, a wellness center in the form of a restaurant, where organic & ‘something for everyone’ is the foundation. We believe in knowing where food comes from & that it’s free of hormones, chemicals & other additives. We support responsible & sustainable farming to ensure that future generations can share in the same bounty you find before you. We are committed to all organic ingredients down to spices & condiments. Our meats are organic & humanely raised in pastures. We use Paleo friendly oils. We cater to all eating styles including Paleo, vegan, vegetarian & raw. We prepare all our offerings from scratch & understand allergy related concerns & food restrictions. Our knowledgeable staff will be happy to answer questions about our offerings & ingredients.

# BREAKFAST 8am-12:00pm

**Bread options:** Lotus made wheat focaccia, gluten free bread, gluten free pita, wheat biscuit, gluten free biscuit. **Add \$1: 460 sourdough, 460 rye.**

## { BREAKFAST SANDWICHES }

**Deluxe Breakfast Sandwich 9.50** *available gluten free | available vegan*  
Egg, cheddar, spinach, choice of protein, ancho chili sauce & roasted garlic aioli.

**Mediterranean Breakfast Sandwich 7** *available gluten free | available vegan*  
Egg, tomato, spinach, red onion, basil & roasted garlic aioli.

## { EGGS & ALTERNATIVES } Served with home fries

*Egg whites, add \$1 per egg.*

May substitute egg with tofu scramble or marinated tempeh.

**Huevos Rancheros 13** *gluten free | available vegan*  
Fried eggs on corn tortillas with Cuban black beans & ranchero sauce.

**The Custom 14** *gluten free | available vegan*  
Quinoa, baby kale & choice of eggs, tofu scramble or French lentils. Choice of sesame ginger sauce, citrus-béarnaise sauce, ancho chili sauce or salsa fresca & sour cream.

**Eggs Benedict Full 15 | Half 9** *available gluten free | available vegan*  
Egg, tomato, spinach, citrus-béarnaise sauce.

**Chilaquiles 14** *gluten free | available vegan*  
House cut corn tortilla chips topped with green chili sauce, cilantro & red onion. Served with eggs, Cuban black beans & sour cream.

**Elk Biscuits & Gravy Full 15 | Half 9** *available gluten free*  
Choice of Lotus wheat or gluten free biscuit, seasoned ground elk gravy, eggs & baby kale.

**Two, Two & Two 12** *available gluten free | available vegan*  
Eggs, choice of breakfast protein & toast with raspberry jam.

**Breakfast Tacos or Burrito 14** *gluten free | available vegan*  
Two corn tortillas or one teff tortilla filled with spring mix & choice of scrambled egg, tofu scramble, or French lentils. Avocado, Cuban black beans, ancho chili sauce & salsa fresca.

**3 Egg Scramble 14** *available gluten free | available vegan*  
Choice of toast. Choose 3 items below:  
zucchini | jalapeno | spinach | arugula | broccoli | kale | crimini mushroom | yellow onion | red pepper | tomato | cheddar | mozzarella | veggie breakfast patty | elk breakfast sausage | bacon | tempeh | Each additional item +\$1

## { PROTEIN }

Beeler’s applewood smoked bacon 4 | veggie breakfast patty 4 | JH Buffalo Co. elk breakfast sausage 5 | tofu 5 | tofu scramble 5 | cashew-shiitake cakes 5 | marinated tempeh 5 | Lockhart Cattle Co. 100% grass fed sirloin 7 | seasoned ground elk 7 | organic Smart Chicken 7

## { EXTRAS }

organic mozzarella or cheddar 1 | vegan mozzarella 1 | avocado 2

## { CAKES & WAFFLE }

**Blue Corn-Banana Griddle Cakes 11** *gluten free | vegan*  
Toasted coconut & maple syrup.

**Flap Jackson 14** *gluten free | vegan*  
Two blue corn-banana griddle cakes, two eggs, choice of protein & maple syrup.

**Belgian Waffle 10** *gluten free | vegan*  
With strawberry compote.

## { RAW BREAKFAST BOWLS }

**Acai 16** *gluten free | vegan*  
Blended acai, raspberry, blueberry, banana & dates with cold pressed apple juice. Topped with rawnola, banana, cacao nibs, goji berries & hemp seed.

**Pitaya 16** *gluten free | beegan-vegan*  
Blended pitaya, banana, raspberry & raw honey with cold pressed apple juice. Topped with rawnola, lucuma-cinnamon dusted dates, bee pollen, mint & mulberries.

## { SMOOTHIES } Available open to close

*Blended with choice of dairy, almond, coconut, hemp, or soy milk | apple or orange juice | cold pressed juice +\$4*

**Strawberry Blonde 8**  
Banana, strawberry, dates & gold flax.

**Mountain Masala 8**  
Banana, Tiger chai, dates, cinnamon & Merlin’s Root Tonic.

**Tropical Sunset 10**  
Cold pressed Enliven with pineapple & turmeric.

**Black Lotus 8**  
Blackberry, raspberry, mango & raw honey.

**Sapphire 10**  
Banana, blueberry, dates, cinnamon & gold flax.

**Lawn Mower 10**  
Wheatgrass, spinach, avocado, banana, dates & lemon essential oil.

**Acai 10**  
Strawberry, acai, banana, raw honey, cacao & goji berries.

**Rendezvous 10**  
Banana, almond butter, dates & cacao nibs.

**Minty Matcha Magic 10**  
Matcha green tea, banana, peppermint essential oil, hemp seeds, sea salt & raw honey.

**Island Bliss 8**  
Banana, mango, pineapple, hemp seeds & raw honey.

## { SMOOTHIE BOOSTERS }

*Organic & Raw*

<b>\$1</b>	<b>\$2</b>
Lucuma powder	Almond butter
Chia seeds	Bee pollen
Gold flax	Maca powder
Raw honey	Sacha Inchi protein
Merlin’s Root Tonic	Matcha green tea
Cacao nibs	Macro greens
Cacao powder	Essential oils
	Nutiva hemp protein
	Avocado

20% gratuity may be applied to parties of 1 or more, before discounts & to all separate checks.

*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness. We limit cross contamination of food allergens as much as possible, however all food preparation takes place within this single facility where gluten, eggs, soy, dairy, tree nuts & meats are present. 8-17-17*