



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.

LUNCH 11am-3:30pm

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

{ SHAREABLES }

House Cut Truffle Fries 8 *gluten free | vegan*
Fried in organic, sustainable palm oil.

Chips, Salsa & Guacamole 11 *gluten free | vegan*
Blue corn chips, salsa fresca & guacamole.

Nachos 14 *gluten free | available vegan*
Blue corn chips with melted cheddar or non dairy cheese, Cuban black beans, green onion, cilantro, guacamole, salsa fresca & sour cream.

{ HANDHELDS }

Side choices: baby kale | blue corn chips | brown rice | quinoa | truffle fries +\$2

Vegan Burger 14 *available gluten free | vegan*
Quinoa, brown rice, sunflower seed & legume burger. Topped with tomato, lettuce, sautéed onion & roasted garlic aioli. Kimchi +\$2.

Bánh Mì 14 *available gluten free | available vegan*
Choice of marinated Lockhart grass fed & finished sirloin or cashew-shiitake cakes on 460 sourdough. Topped with pickled red onion, carrot, cucumber, jalapeno, cilantro & tikka sauce.

Reuben 15 *available gluten free | available vegan*
Pastrami or marinated tempeh on 460 rye with Farmer Fred’s local, organic sauerkraut & Russian dressing.

Pesto 16 *available gluten free | available vegan*
Organic chicken breast or marinated tempeh, mozzarella cheese, cashew pesto, tomato, arugula & pickled red onion.

Elk, Chicken or Lockhart Beef Tacos 16 *gluten free | dairy free*
Seasoned ground elk, organic chicken breast or 100% grass fed Lockhart Cattle Co. sirloin. Topped with lime-red cabbage slaw, carrot, scallions & ancho chili sauce. Served with brown rice, black beans, salsa fresca & sour cream.

Fish Tacos 16 *gluten free | dairy free*
Corn tortillas filled with Pacific cod, cilantro-lime slaw, mango salsa & lemon-parsley sauce. Served with brown rice & Cuban black beans.

{ BOWLS OF PLENTY }

Green 15 *gluten free | vegan*
Arugula, avocado, steamed broccoli, quinoa, Maya Organics locally grown clover sprouts, raw pistachios & basil-tahini sauce.

Teriyaki 15 *gluten free | vegan*
Sautéed broccoli, red pepper, carrot, zucchini, green cabbage, red onion & spinach topped with Maya Organics locally grown mung bean sprouts, scallion, black & tan sesame seeds & teriyaki sauce. Choice of brown rice or vermicelli rice noodles.

Bombay 15 *gluten free | vegan*
Sautéed broccoli, red pepper, zucchini, red onion & brown rice topped with spinach, mango, carrot, toasted coconut & tikka sauce.

Fiesta 15 *gluten free | vegan*
French lentils, brown rice, spinach, guacamole, clover sprouts, carrot, scallion, toasted pumpkin seeds, blue corn chip crumbles, salsa fresca & sour cream.

Pad Thai 15 *gluten free | vegan*
Rice stick noodles, lime slaw, carrot, basil, Maya Organics locally grown mung bean sprouts, cashews, almond pad Thai sauce & lime.

{ SALADS }

Small 9 | Large 14

Warm Spinach *gluten free | vegan*
Sautéed shiitake mushrooms, broccolini & roasted cauliflower with fresh spinach & caramelized onion-herb vinaigrette.

Aloha *gluten free | vegan*
Spring mix, Maya Organics locally grown clover sprouts, cucumber, carrot, beet, tomato, macadamia nuts, red onion & basil-tahini dressing.

Kale-Avocado *gluten free | vegan*
Baby kale, avocado & Caesar dressing.

Arugula *gluten free | vegan*
Arugula, gold beet, green apple, pecans & roasted garlic-balsamic dressing.

Raw Pad Thai *gluten free | vegan*
Turnip noodles, lime slaw, carrot, Maya Organics locally grown mung bean sprouts, basil, mint, cashews, almond pad Thai sauce & lime.

Macrobiotic *gluten free | vegan*
Spring mix, lime-red cabbage slaw, live flax crackers, arame sea vegetable, Maya Organics locally grown mung bean sprouts, scallion, carrot & sesame-ginger sauce.

{ SOUP DU JOUR }

Always gluten free & vegan

Served with toast. *Cup 6 | Bowl 9*

{ BIG SOUP BOWLS }

Vietnamese Beef Phở 17 | *Cup of broth 6 | gluten free | dairy free*
Lockhart Cattle Co. grass fed & finished beef bone broth, thin sliced Lockhart sirloin & rice stick noodles. Served with basil, mint, cilantro, Maya Organics locally grown mung bean sprouts, green onion, lime, chili & hoisin sauce.

Vietnamese Vegan Phở 14 | *Cup of broth 5 | gluten free | vegan*
Asian vegetable broth with rice stick noodles, broccoli & baby kale. Served with basil, mint, cilantro, Maya Organics locally grown mung bean sprouts, green onion, lime, chili & hoisin sauce.

Thai Green Curry 15 *gluten free | vegan*
Choose brown rice or rice stick noodles. Organic coconut milk-lemongrass-basil curry with broccoli, red pepper, zucchini, red onion, spinach, carrot & scallions.

{ PROTEIN }

Beeler’s applewood smoked bacon **4** | tofu **5** | cashew-shiitake cakes **5** | marinated tempeh **5** | Pacific cod **6** | seasoned ground elk **7** | Lockhart Cattle Co. 100% grass fed sirloin **7** | organic Smart Chicken **7**

{ EXTRAS }

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

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