**STARTERS**

Caesar salad or a cup of soup served with house-made pickles and your choice of Spring Mix salad,

**SANDWICHES & BURGERS**

Brown rice elbows* parsley garnish*
delicious house-made cashew cheese sauce*
legit gluten free GF
sub sliced GF bread* (+2)
toasted garlic* toasted levain bread, lemon wedge*
avocado* arugula* shaved radish* sesame seeds*
avocado salsa.* Served with side of black beans* chipotle crema* lime*

**SANDWICHES & BURGERS** served with house-made pickles and your choice of Spring Mix salad, Caesar salad or a cup of soup

**HALF SANDWICH & CUP OF SOUP OR SALAD** 12.25
sandwich choices: Cali Veg, Chicken & Avo, BLT

**BUFFALO CAULIFLOWER SANDWICH** Ve 13.25
roasted florets* battered in flour & seasoned in our signature buffalo sauce* served with lettuces* avocado* red cabbage* thinly sliced red onions* house-made vegan ranch dressing* on Acme sweet petite bun.

**BUFFALO CHICKEN SANDWICH** 15.25
roasted chicken breast in our signature buffalo sauce* served with lettuces* avocado* red cabbage* thinly sliced red onions* house-made vegan ranch dressing* on Acme sweet petite bun GF sub sliced GF bread* (+2)

**ROASTED CHICKEN & AVOCADO SANDWICH** 15.25
roasted chicken* greens* avocado* tomato* honey mustard* Acme bread GF sub sliced GF bread* (+2)

**CALIFORNIA VEGETABLE** 13.25
avocado* cucumber* roasted pepper* lettuce* tomato* red onion* white cheddar* basil pesto* vegan mayo* sliced Acme bread GF sub sliced GF bread* (+2)

**AVOCADO BLT** 15
bacon* avocado* toasted garlic* tomato* lettuce* tomato aioli* Acme Bread GF sub sliced GF bread* (+2)

**KALE & CHICKEN CAESAR WRAP** 14
roasted chicken* dino kale* romaine* roasted garlic* parmesan* cherry tomatoes* red onion* sourdough croutons Caesar dressing* whole wheat tortilla*

**THE PLANT BURGER** Ve 13.5
our signature organic vegan patty made in-house from lentils* mushrooms* beets* chili flakes* cashews* bulgar wheat* topped with grilled onions* lettuce* tomato* vegan mayo* Acme bun

**TURKEY BURGER** 14
made in-house from organic ground turkey* & vegetables* topped with grilled onions* lettuce* tomato* dijonaise* Acme bun with Sliced GF bread* (+2) P sub bed of lettuce for bun, no dijonaise*

**CRISPY CHICKEN BURGER** 14.5
buttermilk seasoned breaded organic chicken breast* topped with spicy slaw* tomato* shredded carrots* vegan mayo* Acme bun GF with unbreaded chicken breast or sliced GF bread* (+2)

**ZAATAR WILD SALMON BURGER** 16.5
wild line caught salmon filet, za’atar spices, topped with lettuce* tomato* siracha aioli* sliced GF bread* (+2) P K sub bed of lettuce for bun, no aioli* or siracha**

**LOCAL FARMS**

**ORGANIC INGREDIENTS**

**ETHICALLY SOURCED**

**STARTERS**

Soup of the Day Ve GF 5.75 / Bowl 8 florets* sautéed in our buffalo seasoned made with organic spices and O Brothers Organic hot sauce. Served with house made vegan ranch* dipping sauce.

**SHIITAKE SPRING ROLLS** Ve GF 8.5 a fresh salad rolled up in rice paper packed with shiitake mushrooms* marinated tofu* cucumber* cabbage* lettuce* carrots* basil* mint* cilantro* Served with onion-peanut dipping sauce*

**VEGAN MAC & CHEESE** GF 7 delicious house-made cashew cheese sauce* legit gluten free brown rice elbows* parsley garnish*

**AVOCADO TOAST** 9
avocado* arugula* shaved radish* sesame seeds* toasted garlic* toasted levain bread, lemon wedge* GF sub sliced GF bread* (+2)

**BAJA FISH TACOS** GF 14.5 2 corn tortillas tacos* wild cod, napa cabbage* radish* mango-avocado salsa.* Served with side of black beans* chipotle crema* lime*

**SALADS**

**CREATE YOUR OWN** 12.75

**SIMPLE GREENS** Ve GF P romaine* tomato* cucumber* carrot* onion* herb garnish* apple cider vinaigrette*

**DINO KALE** Ve GF 14.75
dino kale* arugula* red quinoa* cherry tomatoes* carrots* cucumber* toasted almonds* avocado* lemon cumin vinaigrette* P sub balsamic dressing* for cumin vinaigrette*

**FULL BELLY** Ve GF 14.75 mixed greens* dino kale* Napa cabbage* carrots* cucumber* cherry tomatoes* roasted beets* sunflower sprouts* quinoa* avocado* hummus* pickled onions* sunflower seeds* ginger miso dressing*

**COBB** GF 16.75
roasted chicken* chopped romaine* bacon* avocado* Point Reyes blue cheese, spring mix* hard-boiled egg* chickpeas* seasonal green vegetables* radish* garlic* herbs* balsamic vinaigrette*

**CHICKEN, CASHEW & AVOCADO** GF P K 15 roasted chicken* avocado* romaine* carrots* cashew* radish* cucumber* celery* cashews* herb garnish* tahini garlic & lemon dressing*

**ASK ABOUT OUR SEASONAL SPECIAL**

**BOWLS**

**POWER BOWL** GF 13.5 poached egg* kale pesto* pickled watermelon radish* raw red radish* sautéed mushrooms* spinach* brown rice* side of sriracha* + avocado 3.5 P K sub cauliflower couscous* for rice* (+2), no sriracha*

**MISO** Ve GF 13.5 sautéed seasonal vegetables* quinoa* ginger miso sauce* sunflower sprouts*

**YELLOW CURRY** Ve GF 13.75 sautéed seasonal vegetables* lemongrass* cumin* coriander* turmeric* ginger* lime* sunflower sprouts* jasmine rice*

**FAJITA BOWL** Ve GF 14.5 red pepper* black beans* avocado* romaine* red onion* green onion* pico de gallo* house-made fajita seasoning* chipotle aioli* sunflower sprouts* jasmine rice*

**TERIYAKI CHICKEN** GF
teriyaki chicken breast* broccoli* seasonal vegetables* cabbage slaw* sunflower sprouts* slice of lemon* jasmine rice*

**ZUCCHINI NOODLE & WILD COD** GF P K 15 lightly sautéed zucchini* yellow squash noodles* cherry tomatoes* spinach* kale pesto* lemon* wild rock cod

**GINGER-LIME SALMON** GF 17.5 pan-seared wild line caught salmon, broccoli* seasonal vegetables* sunflower sprouts* ginger lime scallion sauce* jasmine rice* P sub cauliflower couscous* for rice* (+2)

**SUB YOUR GRAIN**

**JASMINE RICE**: BROWN RICE* QUINOA*

**SAUTÉED ZUCCHINI NOODLES** (+2)

**CAULIFLOWER COUSCOUS** (+2)

**ADD TO ANY BURGER, BOWL, SALAD (100% Organic & Sustainable Proteins)**

**FRIED EGG** 2.5 BACON* 4

**AVOCADO** 3.5 ROASTED CHICKEN* 6

**BAKED TOFU** 3.5 SAUTÉED SHRIMP* 5

**CAULIFLOWER** 5 WILD SALMON 10.5

**COUSCOUS** P PLANT BURGER PATTY* 7

**ADD TO ANY BURGER** +3.5

**CALIFORNIA BURGER WITH AVOCADO** + CHEDDAR**

**MUSHROOM** +** CHERNOUZ** BURGER

**BLUE CHEESE** + BACON* BURGER

**100% organic + vegan + gluten free + paleo + keto**
BREAKFAST
served until 10:30AM

**OATMEAL** Ve
6.25
steel-cut oats* dried apricots* cinnamon* & toasted almonds*
(side of soy milk* upon request)

**AVOCADO TOAST** Ve
9
avocado* arugula* shaved radish* sesame seeds* toasted
garlic* toasted levain* lemon wedge*

**HOUSE-MADE GRANOLA & SEASONAL FRUIT**
8.75
served with choice of milk* soy milk* or yogurt*

**SAMBAZON BOWL** Ve
9.5
açaí berries* blended with blueberries* strawberries*
apple/orange blend* topped with seasonal fruit* & granola*

**TWO EGGS ANY STYLE**
9.75
roasted rosemary potatoes* sliced sourdough
+ avocado* 3.5

**BREAKFAST BURRITO**
10.25
scrambled eggs* (or basil pesto tofu* scramble), roasted
potatoes* chipotle-black beans* avocado* cheddar cheese*
whole wheat tortilla* tomato salsa* side of sriracha*
+ turkey sausage* 2.25 + bacon* 4 + kale* 2

**BASIL PESTO TOFU SCRAMBLE** Ve
10.75
basil pesto tofu* spinach* cherry tomatoes* sliced sourdough,
roasted rosemary potatoes*

**POWER BOWL** GF
13.5
poached egg* kale pesto* pickled watermelon radish* raw
red radish* sautéed mushrooms* spinach* brown rice*
side of sriracha* + avocado 3.5
P K sub cauliflower couscous* for rice (+2), no sriracha*

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**SMOOTHIES**
8.5 16 oz
All smoothies are made using organic ingredients
+ house made almond milk or coconut milk 1.25

**PROTEIN** (P with almond or coconut milk)
banana* blueberries* coconut* almonds* hemp protein* choice of milk*

**MANGO**
mango* banana* pineapple* vanilla* ginger* coconut* apple/orange blend* choice of milk*

**STRAWBERRY** K
strawberries* dates* vanilla* choice of milk*

**STRAWBERRY BANANA** P (with almond or coconut milk)
strawberries* banana* dates* vanilla* choice of milk*

**BLUE GREEN**
blueberries* banana* spirulina* almond milk* coconut milk*

**ACAI BERRY PROTEIN**
acai berries* mango* strawberries* banana,* double shot of hemp
protein* apple/orange blend*

**SAMBAZON C**
banaana*blueberries*strawberries*açaíberries*lemon*apple/orange blend*

**CLEAN GREEN**
avocado* kale* pineapple* lemon* juiced ginger* almond milk*
apple/orange blend*

**GREEN BANANA ALMOND** P
banana* almonds* kale* almond milk*

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**FEEL GOOD WHEN YOU EAT**
Serving organic ingredients free of GMOs, synthetic
pesticides, hormones & antibiotics
We use Follow Your Heart’s
Veganaise as our vegan mayo

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**BREAKFAST SANDWICH**

**SPINACH & WHITE CHEDDAR**
8
two scrambled eggs* tomato* warm pain de mie bun
+ bacon* 4 + kale* 2 + avocado* 3.5

**TURKEY SAUSAGE & WHITE CHEDDAR**
9.25
two scrambled eggs* tomato* arugula* warm pain de mie bun
+ bacon* 4 + kale* 2 + avocado* 3.5

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**BREAKFAST SIDES**

**ONE EGG** GF
2.5

**SUB EGG WHITES** GF
1.25

**TOAST** Ve
2.5

**SEASONAL FRUIT CUP** GF Ve
3.5

**BACON** GF (2 PIECES)
4

**HOUSE MADE TURKEY SAUSAGE** GF
5.25

**ROASTED POTATOES** GF Ve
5

Organic and local coffee, Five Mountains tea and
organic pastries made at our Dogpath cafe and
commissary kitchen.

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**JUICES**
7.5 12 oz & 9.5 16 oz
All juices made in-house with fresh organic fruits and vegetables
+ chia* shot 2 + add apple* .5

**HEALTHY SUNRISE**
carro*t beet* orange* lemon*

**SPICY RED WITH GREEN**
beet* kale* celery* apple* ginger*

**IMMUNE BUILDER**
carro*t apple* ginger* lemon*

**GREEN BASIC**
kale* apple* celery* lemon*

**GREEN DETOX** P K
kale* romaine* cucumber* parsley* lemon*

**KALEFTORNIA**
cucumber* apple* kale* celery* lemon*

**ABC**
apple* beet* carrot* celery* ginger* lemon*

**CELERY** P K

**ORANGE**

**CARROT** P K

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**ORGANIC CATERING!**
Our selections include organic, locally raised meats,
sustainably-caught seafood, vegan and gluten-free options.
Learn more on our website at www.theplantcafe.com/catering

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5% added for SF employer
mandates & administrative costs
Order online at www.theplantcafe.com
We deliver with Caviar, Uber Eats, Doordash
Our kitchen is not an allergy
or gluten free facility

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**LOCAL FARMS**
**ORGANIC INGREDIENTS**
**ETHICALLY SOURCED**

**VOTED MOST SUSTAINABLE RESTAURANT IN**
**THE BAY AREA BY THE NATURE CONSERVANCY**