

HEALTHY CREATIONS

ORGANIC CAFE

DF = dairy free V = vegan VG = vegetarian P = paleo

100%

GLUTEN FREE

USING THE GOOD STUFF.
NEVER CUTTING CORNERS.

#healthycreationscafe

All items are **gluten free!**

All meats & eggs are **pastured.**

All vegetables are **organic.**

Local when possible.

Sauces & Breads are **made in house.**

Most dairy is **organic.**

BREAD CHOICES

Multigrain Bread **DF**
Teff Wrap **V (has honey)**
Herbed Focaccia **V + \$0.50**
Paleo Coconut Wraps **+ \$1**
Paleo Rosemary **+\$0.50**

ADDITIONS

Avocado **+\$1.50**
Chicken or Turkey **+\$3**
1 Pastured Egg **+\$1.75**
Wild Smoked Salmon **+\$5**
Roasted Veggies price varies
Cheese **+\$1**
Tuna **+\$4**
Bacon **+\$3**
Coconut Bacon **+\$1**
Quinoa **+\$1.50**

Add a small soup or salad
\$2.75

A LA CARTE

Bowl of Soup

8oz **\$3.50**
12oz **\$4.50**
20oz **\$7**

Side Salad **\$3.75**

choice of dressing

Healthy Creations Cafe

376 N. El Camino Real
Encinitas, CA.
(760) 479-0500



Monday to Friday

7:30am - 6:00pm

Saturday & Sunday

8:00am - 4:00pm

www.healthycreationscafe.com

BREAKFAST & SNACKS SERVED ALL DAY!

FRIED EGG AVOCADO TOASTIE - fried egg, creamy avocado, sea salt, feta **\$6.50 VG**

BERRIES AND CREAM TOPPED PALEO WAFFLE - fresh berries, vanilla bean coconut whip, paleo vegan waffle, **\$10.50** w/organic maple syrup **\$11 (grass fed butter by request) (V= omit butter)**

KETO CAPRESE BREAKFAST STACK - Tender Belly bacon, pesto, tomatoes & fresh mozzarella with 2 eggs & avocado. Drizzled with balsamic redux & olive oil. **\$13 (DF=sub cashew mozza)**

BUDDHA BOWL - quinoa, nutrizo (house walnut 'chorizo') sautéed onions and spinach, black beans, avocado, creamy sweet chipotle sauce on the side **\$10.50** add 1 pastured egg **\$1.75 V**

BREAKFAST TACOS - 2 eggs, mexican cheese, black beans, avocado, salsa, chipotle crema on potapas potato tortillas. **\$10.50** + nutrizo or Tender Belly bacon **\$3 VG**

BREAKFAST EGG SAMMIE - english muffin, egg, spinach, havarti cheese, garlic aioli with a choice of: bacon or smoked turkey **\$8.75** double avocado or coconut bacon **\$8.25 (VG option)**

PALEO PROTEIN PLATE - 2 eggs, avocado, rosemary sweet potatoes, sautéed spinach and choice of: Tender Belly bacon, Diestel smoked turkey or nutrizo **\$12 (P, VG option)**

VEGAN NUTRIZO TACOS - potapas potato tortillas filled with nutrizo, black beans, sautéed spinach and avocado. Salsa and chipotle crema on the side **\$10 V**

AVOCADO & HUMMUS TOAST - avocado slices, sprouted hummus, cucumber, cultured cashew tzatziki sauce on herbed focaccia **\$6.50 V**

GOURMET SANDWICHES + WRAPS

SUB PALEO ROSEMARY BREAD OR FOCACCIA ON ANY SANDWICH +0.50

CALIFORNIA WRAP OR SANDWICH - Mediterranean marinated chicken or Diestel smoked turkey, spring mix, avocado, tomatoes, havarti cheese, sun dried tomato aioli **\$11**

VEGGIE & HUMMUS WRAP OR SANDWICH - spring mix, carrots, cucumber, avocado, pepperoncini, tomatoes, sprouts, red onions, mayo, mustard, raw sprouted hummus **\$11 (V = on focaccia or wrap)**

CHICKEN CURRY (sandwich, wrap, or salad) Chicken breast, raisins, diced apples, indian curry sauce, tomato, spring mix **\$11** Half sandwich or salad **\$6.75**

FALAFEL & HUMMUS (wrap or salad) - baked house-made falafels, raw sprouted hummus, cucumber, tomatoes, spring mix, sprouts, kalamata olives, cashew tzatziki dressing. **\$11.50 V**

LOW MERCURY WILD TUNA (sandwich, wrap, or salad) - wild low mercury tuna with lemon aioli, spring mix, tomatoes, avocado, sprouts **\$11.50** Half sandwich or salad **\$6.75**

SUNSHINE VEGGIE BURGER - soy free veggie burger, spring mix, avocado, tomatoes, sprouts, chipotle aioli on a multigrain roll **\$10.50 V**

BLTAE - Tender Belly uncured sustainable bacon, spring mix, avocado, tomatoes, fried pastured local egg, jalapeno aioli on wholegrain bread **\$12**

VEGAN BLTA - house-made vegan coconut bacon, spring mix, tomatoes, avocado, and vegan mayo on a multigrain roll **\$10 V**

PANINI'S

SERVED ON OUR HOUSE FOCACCIA AND TOASTED

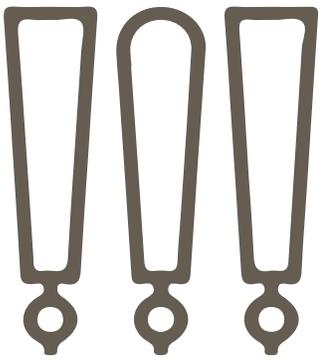
ROASTED MEDITERRANEAN CHICKEN - pesto, goat cheese, chicken breast, roasted red peppers, artichoke hearts **\$12**

GRILLED VEGETABLE & PESTO - herbed goat cheese, roasted red peppers, pesto, artichokes, grilled zucchini and tomatoes **\$11.50 VG (V= sub cashew mozza for goat cheese)**

TURKEY & BRIE - Diestel smoked turkey, brie, spinach, tomatoes, lemon aioli **\$12**

TWISTED REUBEN - Happy Pantry horseradish sauerkraut, mustard, tomatoes, spinach, and chipotle aioli with a **choice of:** Grass fed Pastrami **Or** Vegan with roasted onions, mushrooms & avocado **\$13 (V option)**

CONTINUED >



ON TAP

LOCALLY BREWED BEVERAGES

ask for flavors on tap!

Growler Fills ask for price

12oz. \$5.50

16oz. \$6.50

~Raw locally brewed **Kombucha**

~Raw cold pressed **Kefir Soda**

~Cold Brewed **Superfood Coffee®**
poured on nitro.

ORGANIC ESPRESSO & TEA

ALL ESPRESSO DRINKS HAVE
A DOUBLE SHOT

ORGANIC Milk Choices: whole milk, coconut milk or house made cashew milk

ADD Grass Fed Collagen or Ghee to any drink + \$1

Americano \$2.85

Coffee 12oz. \$2.50 16oz. \$3

Coffee Refill \$1.50

Double Espresso Shot \$2.50

Nitro Cold Brew on Tap

\$5.50-6.50

Chai Latte \$4

Latte \$4

Hot Chocolate \$3.50

Salted Caramel Latte \$4.50

+\$1.50 to make any Latte 16oz

Caveman Coffee Espresso grass fed ghee, coconut oil, splash of cashew milk and blended **\$4.50**

Raw Cacao Mocha

has a double shot **\$5.50**

Organic Tea (Hot or Iced)

16oz \$3

Tropical Coconut Vanilla, Green, Earl Grey, Moroccan Mint, Midnight Dreams (caffeine free)



ORDER OPTIONS

ORDER ONLINE

www.healthycreationscafe.com

CALL IN ORDER (760) 479-0500

GRAB n' GO PALEO MEALS

available in store



DOORDASH

POWER BOWLS

QUINOA BASE or PALEO STYLE W/ ROASTED CAULIFLOWER BASE +\$0.50

GREEK - choose base, feta, cucumber, tomatoes, spinach, red onion, pepperoncini, kalamata olives, and chickpeas with house dressing on the side **\$11 (V = no feta)**

BLACK BEAN, SPINACH & AVO - choose base, black beans, sweet potatoes, avocado, spinach, tomatoes, carrots, and chipotle orange dressing on the side **\$11 V**

CHICKPEA & AVO - choose base, chickpeas, sweet potatoes, avocado, kale, grilled zucchini, chili lime pepitas, and tahini dressing on the side **\$11 V**

ROASTED VEGGIE- choose base, roasted vegetables: portobellos, red bell peppers, caramelized onions, sun-dried tomatoes, zucchini, fresh spinach and herbed goat cheese with lemon vinaigrette & balsamic reduction **\$12 (V= sub cashew mozza for goat cheese)**

CLASSIC SANDWICHES + KIDS

GRILLED CHEESE - organic cheddar & american cheese on buttered wholegrain GF bread **\$5.50**

QUESADILLA - blend of mexican cheese in a teff tortilla **\$4.75 (V = sub cashew mozza + \$0.75)**

AB & J - organic almond butter with organic strawberry jam on wholegrain GF bread **\$6.50**

BAKED CHICKEN STRIPS - w/ ketchup or ranch & a side of baked oven fries or a side salad **\$9.50**

TURKEY & CHEDDAR - turkey, cheddar or avo, spring mix & mayo on multigrain bread **\$7.50**

SALADS-ORGANIC SPRING MIX FROM SOLUTIONS FOR CHANGE NON-PROFIT IN VISTA

PALEO KALE CAESAR SALAD - tender kale dressed in our paleo caesar, avocado, carrots, diced tomatoes and herbed grain free croutons **\$11** w/ chicken **\$14 (V- contains honey, dressing base is almonds)**

CAPRESE SALAD - spring mix, spinach, tomatoes, local fresh mozzarella, avocado, drizzled with balsamic redux & lemon vinaigrette on the side w/ pesto chicken **\$13** w/ pesto zucchini **\$11**

CRANBERRY & GOAT CHEESE SALAD - spring mix, goat cheese, maple glazed pecans, apple slices, dried cranberries, balsamic vinaigrette on the side **\$10.50** half salad **\$5.75 (V = no cheese)**

MANGO & AVOCADO SALAD - spring mix, avocado, mango, maple glazed pecans, tomatoes, cucumber, red onion, with a tropical vinaigrette on the side **\$11 V**

WILD SALMON SALAD - wild smoked salmon, spinach, spring mix, tomatoes, carrots, red onions, apple, dried cranberries, sliced almonds with a sweet and tangy vinaigrette on the side **\$13.50**

SPECIALTY DRINKS

RAW COCAO DRINK- sprouted cashew milk, raw cacao, cinnamon, palm sugar 16oz **\$5**

BONE BROTH- organic coconut ginger chicken or grass fed beef 10oz **\$5**

SUPERFOOD ORANGE JUICE- FRESH PRESSED 12oz **\$5**

BERRY LEMONADE sweetened with maple syrup- 12oz **\$4** 16oz **\$5**

CHAI LATTE- chai tea, chai spices, choice of milk, palm sugar **\$4**

CAVEMAN COFFEE- espresso, grass fed ghee, coconut oil, splash of chosen milk **\$4.50** (hot only)

SMOOTHIES + SUPERFOOD ACAI BOWLS

Choice of Organic Milk: **House Made Cashew or coconut**

E3 LIVE SHOT- wild, organic blue green algae with 65+ vitamins & minerals and amino acids **\$3**

MINT CHIP- banana, coconut water, mint, spinach, cashews, apple, dates, hemp seeds, cacao nibs, vanilla veggie protein **\$9.50**

MAMMOTH MOCHA- Superfood coffee cold brew, cashew milk, banana, dates, almond butter, cacao, veggie protein, cocoa nibs **\$10**

POWERHOUSE- cashew milk, banana, almond butter, pumpkin seed protein powder, dates, kale, cinnamon & chia seeds **\$9.50**

BERRY HAPPY- strawberries, raspberries, goji berries, stevia, banana, cashew milk, cashews **\$8.50**

TROPICAL HAVEN- mango, pineapple, banana, coconut yogurt & water, stevia, cashew milk **\$8.50**

GLORIOUS GREENS- kale, parsley, cucumber, celery, apple, banana and unsweetened apple juice or coconut water **\$9**

ACAI BOWL- acai blended with cashew milk and bananas. Topped with fresh mango, berries and GF granola **\$10**

TROPICAL ACAI BOWL- acai blended with banana, pineapple, coconut meat and cashew milk. Topped with fresh berries, mango and GF granola **\$10**

