

**WE PROUDLY SERVE
ORGANIC
INGREDIENTS!**



**PALM DESERT
OPEN 7 DAYS
760-636-0863**

DELI & MARKETPLACE

SANDWICHES



Modern Hippie Veggie	14.25	El Cubano	13.75
Crack cheese, avocado, gomasio (roasted sesame salt), tomato, jicama, shredded carrot, cucumber, purple pickled cabbage, beautiful lettuce, mayo on country levain bread.		Slow-roasted warm citrus and garlic seitan, mayo, mustard, cabbage, tomato, pickle, onion on a toasted torpedo roll.	
BLTA	13.50	Chupacabra Chick'n	13.50
Made with our smoky tofu bacon, beautiful lettuce, avocado, fresh tomato, mayo on toasted country levain bread.	<i>Add Crack Cheese +1.50</i>	Thinly sliced crispy seitan filets, avocado, cilantro, house-pickled jalapeños, finely shredded cabbage, tomato, onion, Chupacabra sauce on a toasted torpedo roll.	
Bahn Mi & You	14.25	Pastrami Mami	14.25
Seared garlic chili tofu, pickled daikon and carrot, cucumber, jalapeño pickles, cilantro, mint, basil, spicy mayo, on a toasted French roll.		Sliced pastrami, Mom's sauerkraut, thousand island, dill pickle, melted cheese on gourmet rye bread.	
		Sriracha Cheesy Panini	13.25
		Avocado, melted cheese, caramelized onions, sriracha mayo on levain bread.	<i>Add Anaheim Chili +1.25</i> <i>Add Thai Tofu +2.25</i>



TEMPEH POWERBURGERS

Made with our house cultured tempeh recipe, on a potato bun.

CTK Original	13.50	Caprese	14.50
Caramelized onions, beautiful lettuce, tomato, mayo.		Caramelized onions, melted cheese, beautiful lettuce, tomato, pesto ranch.	
Guadalajara!	14.95	Gordo Chili Cheese	15.25
Anaheim chile, caramelized onions, guacamole, melted cheese, beautiful lettuce, tomato, chipotle mayo.		Heirloom Rancho Gordo bean chili, Crack Cheese, bbq sauce, red onion and jalapeño pickle garnish. So bomb we have to serve it in a bowl!	



FRIES!

Organic, hand cut, tossed in Chef T's spice mix. Comes with your choice of dipping sauce. **7.25**

Bowl of Chili Crack Cheese Fries **12**
The CTK Organic Fries topped with our Gordo Chili, Crack Cheese, and diced red onion.

SALADS

Cool & crispy!



CTK Caesar **11.75**
Crispy romaine, garlic-rubbed croutons, toasted pepitas, walnut parmesan, housemade vegan caesar dressing. (gf - hold the croutons) *Half 7.25*
Add Avocado +1.75
Add Seitan Milanese +1.75

OhMyGatoTaco **14.50**
For all the cool cats...romaine, cabbage, black beans, taco meat, avocado salsa, pickled purple cabbage, tortilla chip croutons, corn, cilantro, chipotle ranch dressing. (gf - hold the taco meat)

Tasty Thai Tofu **14.95**
Romaine, cabbage, quinoa, carrot, red pepper, cucumber, seared garlic chili tofu, toasted sesame seeds, cilantro, roasted peanut dressing. gf

Coachella Forever **14.50**
A festival in your mouth of crunchy romaine & cabbage, quinoa, avocado, cucumber, black beans, jicama, cilantro, toasted pepitas, currants, cool and creamy mango lime dressing, chili con limon dust. gf

Mini Greens **7.50**
Lettuce, carrot, pickled red cabbage, radish, white balsamic dressing. gf

ADD A DELI SIDE

Organic Potato Salad	3.50
Smoked Chicken Pasta	3.50
Moroccan Roasted Cauliflower	4.50
Quinoa Lemon Veggie	3.50

EXTRA SAUCES

To dip & slather...1.00

CTK Ranch	Sriracha Mayo
Organic BBQ	1000 Island
Chupacabra (<i>Chipotle Ranch</i>)	Vegan Mayo
Pesto Ranch	CTKitchy Catsup (organic/housemade)

SOUP



Daily Soup **Cup 3.95 / Bowl 7.50**
Inquire!

Gordo Chili **Cup 5.50 / Bowl 8.75**
Heirloom Rancho Gordo beans, seitan, organic tomatoes, delicious spices, topped with Crack Cheese and chopped red onions.
Add Organic Cornbread +4.00
Add Garlic Bread +4.00

So what is Tempeh anyway?

A cultured clean soybean and grain delight of ancient Indonesian origins and is Chef Tanya's specialty. The culturing process takes 36 hours. It is an antioxidant and has been a pre and probiotic way before the words were invented. A power food with mild flavor and a delicate chewy texture. Try the burgers!

Rock on, Seitan.

(Say-tahn) Pure wheat protein, the healthy gluten. It has been prepared for special occasions in the Near and Far East for over 2,000 years. Meaty texture, clean finish. Chef Tanya has been making organic non-gmo seitan from scratch for over 30 years incorporating flavors to crave.

DESSERTS

Check refrigerated case for more options!

- Chocolate Cake** 6.75
- Carrot Cake** 6.95
No nuts or raisins
- Lemon Drizzle Cake Bites** 6.75
- Organic Fruit Cobbler** *gf* 6.75
- Cookies** 4.50
Peanut Butter, Oats, Chocolate Chips, or Sticky Chewy Chocolate
- Key Lime Parfait** *gf* 4.25
- Peanut Butter Cup Parfait** 4.25
(gf version available)
- Mexican Chocolate Pudding** *gf* 4.25
- Boogie Bars** 4.25

DELI SALADS

Pre-packaged from our refrigerator to yours, take a look inside!

- Classic Deli Potato** 5.25 / 11.50
Golden organic potatoes, celery, fresh dill, mustard, pickle mayo. *gf*
- Moroccan Roasted Cauliflower** 7 / 13.50
Roasted sweet potatoes, chickpeas, parsley, red onion, currants, local dates, Moroccan marinade. *gf*
- TuNo Salad** 6.25 / 12.25
(Aka chick-pea-of-the-sea!) chickpeas, red onion, celery, carrot, mayo, spices. *gf*
- Egg-y Salad** 5.95 / 11.50
Tofu, turmeric, red onion, pickle, Dijon, mayo, spices. *gf*
- Smoked Chicken Pasta** 5.25 / 10.95
Whole wheat penne, Italian parsley, red bell peppers, chopped seitan, mayo.
- Quinoa Lemon Veggie** 5.50 / 10.50
Organic quinoa, cucumber, tomato, green onion, cilantro, lemon garlic dressing. *gf*
- Mac N' Cheesy** 7.95
Classic elbow macaroni, in our dreamy, creamy, cheesy sauce, garlic crumb topping.

DRINKS



- Agua Fresca** 3.95
Fresh and colorful iced fruit water. Changes daily. Includes a refill.
- Iced Tea** 2.75
Unsweetened
- CTK Coco Cafe** 8.75
Coachella Valley Roasting Co. coffee, coconut & oat milk, splash of maple, over ice.
- Guru Chai** 6.25
House made. Inspired from a yoga trip to India (organic sugar / oat milk).
- Anti-Venom** 6.25
Chlorophyll water to refresh and detox!
- Fun in a Bottle - See refrigerated case**
Africola, Gingerale, Club Matte, Leninade, Root Beer, Kombuchas, Waters & more...

DELI MEATS

Make your own sandwiches! Take some home today, :-) check the fridge! We ship nationwide!

KIDS



- Cheesy Melty** 5.00
Melted cheese, country bread. Nut free.
- PBJ & Granola** 6.00
On Dave's wheat slices.
- Mac & Cheesy** 7.95
Classic, dreamy cheesy sauce, garlic crumb topping. Nut free.
- Jicama, Guac & Chips** 6.00
Slices of sweet jicama, scoop of guac, skinny tortilla chips.

"Inspired by my love
 for good food,
 nature and the entire
 animal kingdom.
 Dedicated to making
 food tasty, fun,
 healthy and easy."
 -Chef Tanya

CHEF TANYA'S TIMELINE

1980s
In college, Chef Tanya learns how to make seitan and fresh cultured tempeh. A vision to create a multi-restaurant concept serving them arises.

1990
Chef Tanya opens her first restaurant in Palm Springs called MT Plate. It's the first all-vegetarian restaurant in the Coachella Valley showcasing house-made seitan and tempeh gourmet dishes.

1994
Her new concept, Native Foods, opens in Palm Springs serving her tempeh and seitan. Many well intentioned friends caution her to add chicken and fish to the menu in order to "make-it." She does not heed such advice.

1996-2012
Chef Tanya opens her second Native Foods location in Palm Desert, followed by locations in Westwood, Costa Mesa and Aliso Viejo. Equity is raised and locations open in So Cal, Portland and Chicago. Native Foods becomes first national plant-based chain.

2013-2016
Seeks inspiration for her next venture. Travels to India for yoga and Nepal to save elephants. Joins board at Palm Springs Animal Shelter to turn it no-kill and started feral cat program.

2017
Chef Tanya's Kitchen is born. Starting as a manufacturing facility for tempeh and seitan, it expands into a take out deli and curated marketplace where the Cubano and Chupacabra make sandwich history. The CTK Tempeh Power Burger is born.

2021
CTK opens in Palm Desert. There is a growing demand for immune boosting foods.

2022
Chef Tanya's Creamery opens in Palm Desert, serving organic house made soft serve ice cream and is the first all vegan coffee house in the Coachella Valley.