



# ALL DAY MENU

MONDAY *thru* FRIDAY  
8 AM - 4 PM

## Breakfast Tacos

scrambled eggs or tofu, serrano slaw, chipotle cream, poblano mashers, organic corn tortillas  
+ avocado \$2.5 + salsa roja \$1

## the Breakfast Special

two eggs, your choice of bread, two mushroom sausage patties or two maple tempeh strips + avocado \$2.5

## Jo's Breakfast Sandwich

griddled millet toast, smashed avocado, two fried eggs, arugula, chipotle cream and chili lemon dressing  
+ tempeh bacon \$2.5

## Mikey's Chilaquiles

corn chips, enchilada sauce, black beans, cilantro cream, pepitas, house vegan queso, serrano slaw, avocado  
+ two eggs or tofu scramble \$2.5

## Huevos Rancheros

fried eggs, enchilada sauce, organic tortillas, black beans, cilantro cream, pepitas, house vegan queso, serrano slaw  
+ avocado \$2.5

## the GLK

toasted cinnamon raisin bagel, two scrambled eggs or tofu, avocado

## Avocado TLT

avocado, cherry tomatoes, & tempeh served open-faced on millet and flax toast with dijon aioli, house side salad with sunflower brittle & tarragon balsamic + egg \$1.25

## the Morning Glory Bowl

kale with kaffir lime & chili lemon dressing mixed with coconut brown rice topped with sesame seeds, green onion, seared shishitos, with a fried egg or avocado

## Gomasio Brown Rice Cakes

sesame brown rice cakes, crispy oyster mushrooms, mustard greens & shishitos with chili lemon dressing, cilantro chutney, toasted black sesame seeds + avocado \$2.5

## Moros Cakes

black bean & brown rice patties, cilantro serrano slaw with lime dressing, chipotle cream, cilantro ginger chutney + avocado \$2.5 + egg \$1.25

## House Kale Salad

seared oyster mushrooms, pickled veg & coriander seeds, house millet croutons, creamy lemon dressing + avocado \$2.5

## Dill Pesto Quinoa

quinoa, arugula, almond dill pesto, avocado, red cabbage & beet tahini slaw, toasted black sesame seeds + egg \$1.25

## House Pancakes

oat, buckwheat and corn flour pancakes with seasonal fruit, toasted coconut, Vermont maple syrup + coconut whip \$1

## Snickerdoodle Pancakes

dusted in cinnamon coconut sugar and topped with a scoop of cinnamon coconut sugar butter

## Sunshine Bowl

blode kuh cashew yogurt, whole banana, seasonal fruit, chia seeds, pepitas, house seedy granola, vanilla bean maple syrup

# LUNCH SPECIALS

MONDAY *thru* FRIDAY  
11 AM - 4 PM

## Dal Bowl

brown rice, red lentil dal, cucumber mint salad, cilantro mint chutney + tikka mushrooms \$4

\$9.5

## Burger Bowl

black bean & brown rice patty with Russian dressing, avocado, cornichon, pickled sliced red onion, spinach, cherry tomato, toasted pepitas

\$9.5

## Buffalo Bowl

brown rice, black beans, collards, yams, dill cashew & buffalo sauces substitute rice & beans for Mac 'n' Cheese \$2

\$8.5

\$10

## Tempeh Reuben (tacos or toast)

seared tempeh, cashew cream, & caraway sauerkraut served open-faced on millet toast or corn tortillas, chipotle aioli, house side salad with sunflower brittle & tarragon balsamic

\$8.5

\$8.5

## Tikka Mushroom Tacos

roasted cremini & oyster mushrooms piled on green pea mashed potatoes, drizzled with tikka sauce & cilantro mint chutney, and finished with a cucumber, red onion, mint salad + avocado \$2.5

\$10

\$8.5

\$10.5

## kids

all day every day

\$10.5

## Mac 'n' Cheese

brown rice elbows in a creamy cheese sauce made from veggies, nuts & other nutritious stuff

\$5

\$8.5

## Grilled Cheese

Follow Your Heart brand provolone cheese on buttery golden millet and flax bread

\$4.5

\$8.5

## Silver Dollar Kids Special

(great for kids 5 & under!)

silver dollar pancakes (3)

+ choose two:

one scrambled egg or tofu,  
1/4 avocado, 1 piece toast, fruit,  
single tempeh or sausage

\$5

\$10.5

\$12.5

\$10.5

## SIDES

rice & beans \$5  
poblano mashers \$3

arugula \$2

side salad \$4.5

collard greens \$5

fruit \$2.5

side sauce \$1

chutneys & pestos \$2.5

avocado \$2.5

one egg \$1.25

tortillas \$2.5

toast/bagel \$3

pancake \$3.5

tempeh bacon \$3

mushroom sausage \$3.5

tofu scramble \$2.5

\$9.5

\$8.5

\$8.5

\$10

\$12

◆ soy free ● nut free

5904 N Figueroa St, Los Angeles, CA 90042  
Monday-Friday 8-4 / Saturday & Sunday 7-4  
(323) 259-9555