



SPRING CAFE



ORGANIC FOOD & JUICE BAR

DRINKS

100% *Organic* Coffee and Teas

CHAI TEA LATTE

freshly brewed chai tea, house made nut milk, agave

12oz \$4.25 16oz \$5.00 20oz \$5.50

DIRTY CHAI TEA LATTE

freshly brewed chai tea,
shot of espresso, house made nut milk, agave

12oz \$5.25 16oz \$6.00 20oz \$6.50

MATCHA

12oz \$4.50 16oz \$5.25 20oz \$6

MATCHA TEA

ice or hot

16oz \$4

TURMERIC LATTE

12oz \$4.25 16oz \$4.50 20oz \$4.75

ESPRESSO

single shot \$1.80

add a shot \$1

ESPRESSO AMERICANO

12oz \$3 16oz \$3.50 20oz \$3.75

LATTE

12oz \$3.75 16oz \$4 20oz \$4.50

CAPPUCCINO

12oz \$3.30 16oz \$3.75 20oz \$4

BREW COFFEE

decaf or regular

12oz \$1.75 16oz \$2 20oz \$2.25

fill your own mug \$1.25

add almond or soy milk \$.75

SHOT OF THE DAY \$5

ginger, lemon and cayenne

HOT TEA

12oz \$1.90

ICED TEA

16oz \$3

HOUSE MADE LEMON-AID

16oz \$3

JUICES 12oz \$9

GREEN LIGHT

kale, romaine lettuce, cucumber, celery, pineapple

POWER GREENS

swiss chard, kale, romaine lettuce, celery, cucumber, ginger

CARROT HOP

carrot, apple, ginger

VEGGIE DELIGHT

carrot, beet, swiss chard, kale, celery, cucumber, ginger

BEET MINE

watermelon, beet, lime

ORANGE JUICE \$7

SMOOTHIES 16oz \$9

SPRING SHAKE

kale, avocado, almond butter, dates,
fresh coconut, almond milk

COCO-PEANUT

almond milk, peanut butter, cocoa, banana, chia

BLUE BEAUTY

blueberry, almond butter, banana, fresh coconut,
coconut water

ALMOND PEAR CUP

almond milk, pear, sliced almonds, dates, vanilla,
cinnamon

PRETTY IN PINK

strawberry, banana, vanilla soy milk, agave

PINEAPPLE EXPRESS

pineapple, orange, banana, vanilla soy milk,
fresh coconut

ACAI SMOOTHIE

acai blended with strawberry, banana, granola
and apple juice

- substitute: homemade nut milk \$3

- add: chia seeds, hemp protein, spirulina \$2

COLD PRESSED JUICES AND SMOOTHIES HAVE NOT BEEN PASTEURIZED
AND, THEREFORE, MAY CONTAIN HARMFUL BACTERIA
THAT CAN CAUSE SERIOUS ILLNESS IN CHILDREN, THE ELDERLY,
AND PERSONS WITH WEAKENED IMMUNE SYSTEM

LUNCH

FIRST SNACKS

NOT YOUR EVERY DAY NACHOS \$12 *V. GF*

cashew cheddar cheese, black bean, green onion, pico de gallo, guacamole, house made tofu sour cream

BLACK BEAN SOUP \$6 Cup / \$8 Bowl *V. GF*

organic black turtle bean, tomato, corn, carrot, onion, topped with vegan sour cream, served with a corn muffin

SOUP DU JOUR \$6 Cup / \$8 Bowl

....that’s the soup of the day!

JICAMA MANGO CEVICHE \$12 *V. GF*

jicama, mango, cilantro and tomato marinated in fresh herbs and jalapeño and served in a tostado

LOVE YOUR GREENS

add to any salad: grilled tofu \$4, sautéed tempeh \$4, avocado \$4, black beans \$4

SABRINA’S SPRING SALAD \$11 / \$15 *V. GF*

mixed greens, cherry tomato, cucumber, beet, carrots, parsley, hemp seed, toasted spiced sunflower seed, mint poppy seed dressing

SULTRY CAESAR SALAD \$10 / \$14 *V. GF*

heart of romaine, rice parmesan, crouton, creamy vegan caesar dressing

COBB SALAD A LA SPRING \$18 *V. GF*

chopped romaine, cherry tomatoes, corn, avocado, cucumber, zucchini, tempeh bacon, and coconut bacon

RAINBOW KALE SALAD \$18 *V.GF*

kale, red beet, carrot, watermelon radish, avocado, dried cranberry, roasted chickpeas.
Tossed with carrot ginger dressing

ROASTED CAULIFLOWER SALAD \$18 *V. GF*

arugula, roasted cauliflower, sautéed red onions, green lentils, sliced almonds, sliced dated and microgreens.
Tossed with a lemon tahini dressing.

HEIRLOOM TOMATO BEET SALAD \$18 *V*

barley, heirloom tomatoes, red and yellow beets.
Tossed in lemon juice, olive oil and fresh herbs.

KISS ME I’M GREEK \$18 *V. GF*

romaine lettuce, garbanzo beans, cucumbers, cherry tomatoes, red bell peppers, black olives, avocado and feta cheese.
Tossed with Greek dressing.

CHOPPED TEMPEH TERIYAKI SALAD \$18 *V. GF*

chopped romaine, tempeh, cherry tomatoes, zucchini, avocado, pineapple, and cilantro.
Tossed with Teriyaki dressing.

V=vegan GF=gluten free

CONSUMING RAW OR UNDERCOOKED EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS. OUR GLUTEN FREE PRODUCTS ARE MADE IN A FACILITY THAT ALSO PROCESSES WHEAT, NUTS AND OTHER ALLERGENS.

PICK ME UP

AVOCADO TEMPEH REUBEN \$15.95 *V. GF*

tempeh, tomato, avocado, sauerkraut, peppers, onions, spring dressing on millet flax bread

FALAFEL WRAP \$14.95 *V.*

chickpea falafel, hummus, tomato, avocado, lettuce, sprouts, tangy tahini dressing wrapped in a sprouted grain tortilla

THE SUPERHERO BURRITO \$14

eggs or tofu, roasted potatoes, onion, mushroom, daiya mozzarella, wrapped in a sprouted grain tortilla and served with house made tofu sour cream and tomato salsa
*Can be made gluten free

CHICKPEA “TUNA” PITA \$15.95 *V. GF*

chickpea tuna with lettuce, tomato, cucumber, avocado and alfafa sprouts in a gluten free pita. Served with chips.

SWEET POTATO WHITE BEAN BURGER \$15.95 *V. GF*

homemade burger white beans, sweet potato, onions, garlic, parsley and spices. Top with chipotle coleslaw, red onions, avocado. Served with chips and chipotle sauce.

CAULIFLOWER QUESADILLA \$15.95 *V. GF*

ground mushrooms and cauliflower sautéed in onion and garlic. Served with tofu sour cream and refried beans on the side.

THE ITALIAN JOB \$15

goat cheese, sundried tomato, romaine and roasted eggplant with herbed aioli spread on gluten free or multigrain bread.
Served with a small arugula salad.

SOUL FOOD

HIGHLANDS BOWL \$17.95 *V. GF*

choice of brown rice/quinoa; choice of tofu/tempeh, served with steamed veggies and choice of dressing: peanut, tahini, ginger tamari, pico de gallo

SPINACH AND MUSHROOM ENCHILADAS \$16.95 *V. GF*

spinach, mushroom, onion, vegan cheese and ranchero sauce served with rice and beans

COCONUT VEGETABLE CURRY BOWL \$16 *V. GF*

mild Thai red coconut curry, garbanzo beans, carrots, zucchini, yellow squash, celery, red bell pepper and onion served with wild rice

PORTOBELLO BURRITO BOWL \$18 *V.GF*

roasted portobello mushrooms, quinoa, black beans, shredded lettuce, sautéed peppers, onions.
Pico de gallo, guacamole and tofu sour cream.

QUINOA TABBOULEH AND HUMMUS BOWL \$17.95 *V.GF*

chickpea hummus with quinoa, asparagus, cherry tomato, cucumber, basil, mint, parsley, sunflower seed topped with pistachios and with pita bread and olive oil.

THAT’S SO SOBA \$18 *V.GF*

buckwheat soba noodles sautéed with bok choy, shitake mushrooms, carrots and red peppers and tossed in a sesame dressing. Topped with bean sprouts.

HUEVOS RANCHEROS \$15 *GF*

eggs, black beans, tomatillo sauce, shredded lettuce, corn tortillas served with roasted sweet potatoes, feta cheese, pico de gallo and tofu sour cream