

Sunday Brunch - Organic Vegan/Vegetarian Dishes

Soup Du Jour

Our soup of the day served in a bowl with rice crackers on the side. \$7

Traditional Style Miso Soup

A hearty dark miso soup with a slow cooked shiitake mushroom & wakame broth, seasonal vegetables and scallions. \$7

Egg-O-Licious

Two crispy millet patties layered with sautéed spinach, tofu scramble OR poached eggs and a cashew chili cream sauce. \$11

Tofu Scramble or Scrambled Eggs - choose a style \$9

- Southern - tomato, onion and cilantro
- Shroom - mushroom, garlic and oregano fricassee
- Seasonal - butternut squash, leek and rosemary

(If you would like to add cheese to any scramble dish - please check out our choices on the next page.)

Make My Scramble - Breakfast Burrito

A whole wheat tortilla filled with tofu scramble OR scrambled eggs, brown rice, chunky tomato sauce, homemade refried pinto beans with ranchero sauce on the side \$12

Make My Scramble - Soft Tacos

Three soft corn tortillas filled with tofu scramble OR scrambled eggs, brown rice, chunky tomato sauce, homemade refried pinto beans with ranchero sauce on the side \$12

French Toast

Whole wheat bread dipped in creamy tofu cinnamon cream, browned up and served with vegan butter and maple syrup. \$11

Our Fall Season Pancakes

Apple, raisin and cinnamon pancakes sweetened with brown rice syrup. Topped with an apple compote. (gluten free) \$9

The Big Honcho Pancake

A large savory pancake with baked tofu, sweet potato, peas and corn. Topped with ranchero sauce and a cashew garlic cilantro cream, alfalfa sprouts. (gluten free) \$11

Please note - We use nuts and seeds in our kitchen. Our kitchen is NOT allergen free.

Tempeh Ruben

Marinated citrus, tamari & spices tempeh on rye bread with sauerkraut and homemade Thousand Island dressing. (gluten free option) \$11

Seitan Philly Cheezsteak Sandwich

An open face sandwich on sourdough bread layered with our-very-own-freshly-made-this-morning grilled seitan and onions topped with Daiya mozzarella cheese. \$12

The Veggie Burger Sandwich

Bean, brown rice and sweet potato burger with tomato, romaine lettuce, grilled onion, pickle and Thousand Island dressing on whole wheat bread. (gluten free option) \$11

Salad Lover's Salad

Mixed green salad with steamed broccoli, sea salt pressed carrots, raisins and roasted pumpkin seeds, dressing choices = French mustard, ranch, creamy pumpkin seed. \$10

Happy Cabbage Salad

A colorful cabbage salad with seared tempeh, tossed with umeboshi vinegar, toasted sesame oil, black sesame seeds and dulse flakes . \$10

Additional Sides \$3 each or two for \$4 with any entree order

- coleslaw
- potato & yam hash
- apple sauce
- green salad, dressing choices = French mustard, ranch, creamy pumpkin seed
- toast, bread choices = sourdough, whole wheat, rye or gluten free bread, with vegan butter
- seared marinated tempeh
- cup of soup du jour

Add Cheese to an entree or sandwich \$2 (two slices)

Daiya vegan cheese: cheddar, mozzarella, provolone or swiss
dairy cheese: cheddar, provolone or baby swiss

Desert! Pancake A La Mode

A chocolate chip pancake served with Vegan Bliss vanilla ice cream, roasted bananas, chocolate cashew creme sauce and roasted nuts \$9

Beverages

- organic coffee \$2.50
- lemonade \$2.50
- juice - small \$2.75
- twig & herb teas \$2.50
- ice tea \$2.25
- juice - large \$3.95

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Menu designed by 7th Element Services. www.the7thElement.com

Educating, nourishing and empowering people on the natural path of health.