

# THE PLANT *cafe organic*

## BREAKFAST ALL DAY

<b>EGG &amp; SPINACH</b>	2 eggs* spinach* tomato* white cheddar* Acme bun	10.5
<b>EGG &amp; BACON</b>	2 eggs* bacon* tomato* arugula* white cheddar* Acme bun	16.5
<b>BURRITO</b>	eggs* [or basil pesto tofu* (V)] potatoes* avocado* black beans* white cheddar* salsa* wheat tortilla*	13
<b>POWER BOWL</b>	poached egg* brown rice* kale pesto* (gf) 14 watermelon radish* sauteed mushrooms* spinach* side of sriracha* +avocado* 3.5	
<b>PESTO TOFU</b>	basil pesto tofu scramble* spinach* cherry tomatoes* roasted rosemary potatoes* sourdough (V) 14	
<b>AVO TOAST</b>	avocado* toasted garlic* black sesame seeds* shaved radish* arugula* Acme sourdough (V) 9.5	

## SANDWICHES with choice of potatoes\* side salad\* or cup soup\*

<b>AVO BLT</b>	avocado* bacon* tomato* lettuce* aioli* Acme sourdough	19.5
<b>CHICKEN &amp; AVO</b>	roasted chicken* avocado* tomato* greens* honey mustard* Acme sourdough	16
<b>TUNA</b>	tuna salad, lettuce* tomato* Acme sourdough	13
<b>KALE CAESAR WRAP</b>	roasted chicken* marinated dino kale* romaine* cherry tomatoes* toasted garlic* parmesan* red onion* crouton, Caesar dressing* whole wheat tortilla*	16
<b>THAI WRAP</b>	romaine* napa cabbage* carrot* cilantro* basil* mint* onion* peanut sauce* whole wheat tortilla* choice of chicken* tofu* (V) (or shrimp + 1)	15

## BURGERS with choice of potatoes\* side salad\* or cup soup\*

<b>THE PLANT BURGER™</b>	our vegan patty made from lentils* mushrooms* beets* cashews* bulgar wheat* topped with grilled onions* lettuce* tomato* vegan aioli* Acme bun (V) 14	
<b>VEGAN SMASH</b>	our plant burger patty with shiitake mushrooms* avocado* grilled onions* house-made vegan cashew cheese* lettuce* tomato* vegan aioli* Acme bun (V) 16	
<b>CRISPY CHICKEN</b>	seasoned breaded chicken breast* spicy slaw* tomato* vegan aioli* Acme bun 15	
<b>BBQ HONEY MUSTARD CHICKEN</b>	juicy pulled BBQ chicken* BBQ sauce* honey mustard* slaw* Acme bun 16.5	
<b>HOMEMADE TURKEY</b>	made in-house with ground turkey* vegetables* spices* topped with grilled onions* lettuce* tomato* dijonaise* Acme bun 15	
<b>ADDITIONS</b>	mushrooms* avocado* white cheddar* bacon* vegan cheese* fried egg* Point Reyes blue cheese	

SUB GLUTEN FREE BREAD\* OR BUN +2

**we use only 100% organic olive oil in our sauces & cooking**

*we source our ingredients from LOCAL ORGANIC BAY AREA FARMS*

## BOWLS

DAILY SOUP\* cup 6 / bowl 8 (gf) (V)

<b>POWER BOWL</b>	poached egg* brown rice* kale pesto* (gf) 14 watermelon radish* sauteed mushrooms* spinach* side of sriracha* + avocado* 3.5	
<b>YELLOW CURRY</b>	freshly made curry sauce with lemongrass* cumin* coriander* tumeric* ginger* & lime* with seasonal vegetables* jasmine rice* & sunflower sprouts* (gf) (V) 14	
<b>TERIYAKI CHICKEN</b>	lemon teriyaki chicken breast* broccoli* seasonal vegetables* cabbage slaw* jasmine rice* (gf) 16.5	
<b>FAJITA</b>	signature fajita seasoning* red peppers* black beans* avocado* romaine* red & green onions* pico de gallo* cilantro* chipotle aioli* jasmine rice* (gf) (V) 15.5	
<b>GINGER LIME SALMON</b>	pan-seared wild line caught salmon ginger-lime scallion sauce* seasonal vegetables* jasmine rice* (gf) 22	

**Additions** tofu\* roasted chicken\* grilled shrimp avocado\* egg\* bacon\*

## SALADS

<b>CAESAR &amp; ROASTED CHICKEN</b>	roasted chicken* romaine* cherry tomato* carrot* croutons, parmesan* house-made Caesar dressing* without chicken 14	17.25
<b>DINO KALE</b>	lemoned dino kale* arugula* red quinoa* avocado* cherry tomatoes* carrot* cucumber* toasted almonds* lemon cumin vinaigrette* (gf) (V) 15.5	
<b>CHICKEN CASHEW AVO</b>	roasted chicken* avocado* romaine* carrot* cabbage* radish* cucumber* celery* cashews* herbs* ginger miso dressing* (gf) 15.5	
<b>FULL BELLY</b>	marinated dino kale* mixed greens* Napa cabbage* carrot* cucumber* tomato* roasted beets* sunflower sprouts* quinoa* avocado* hummus* pickled onion* sunflower seeds* ginger miso dressing* (gf) (V) 15.5	
<b>COBB DELUXE</b>	roasted chicken* romaine* bacon* avocado* Point-Reyes blue cheese spring mix* hard boiled egg* chickpeas* radish* herbs* housemade ranch* (gf) 19	

**ADDITIONS** avocado\* bacon\* roasted chicken\* wild grilled shrimp\* tofu\* Point Reyes blue cheese

(V) VEGAN (GF) GLUTEN FREE

\* means 100% organic ingredient

# 100% organic ingredients from local organic bay area farms

## APPS & SIDES

<b>SHIITAKE SPRING ROLLS</b>	shiitakes* tofu* cucumber* cabbage* lettuce* carrots* basil* mint* cilantro* rice paper roasted onion peanut sauce*	(gf) (V)	9
<b>SHRIMP SPRING ROLLS</b>	wild shrimp, cucumber* cabbage* lettuce* carrots* basil* mint* cilantro* rice paper chipotle*	(gf)	10
<b>SHRIMP LETTUCE TACOS</b>	romaine wraps* cabbage* pickled onion* chipotle aioli* wild shrimp or sub for chicken* or tofu*	(gf)	12
<b>BUFFALO CAULI WINGS</b>	cauliflower florets sauteed in buffalo cashew sauce* with vegan ranch dip*	(gf) (V)	7
<b>VEGAN MAC'N CHEESE</b>	gluten free noodles* vegan cashew cheese*	(gf) (V)	6
<b>FRIES</b>	organic potatoes* (fried in canola oil)	(gf) (V)	7
<b>SOUP</b>	vegan soup of the day*	(gf) (V)	6 / 8

side salad*	(gf) (V)	5
roasted potatoes*	(gf) (V)	6
coleslaw*	(gf) (V)	5
broccoli sauteed in garlic*	(gf) (V)	6
avocado*	(gf) (V)	4
cauliflower couscous*	(gf) (V)	6
bacon*	(gf)	6
roasted chicken*	(gf)	6
grilled wild shrimp	(gf)	7
wild salmon filet	(gf)	14
plant burger patty*	(V)	7
turkey burger patty*	(gf)	8

## DIPPING SAUCES

<b>SPICY CASHEW BUFFALO*</b>	<b>RANCH*</b>	all vegan house-made organic sauces	1.5
<b>HONEY MUSTARD*</b>	<b>KALE PESTO*</b>		
<b>CHIPOTLE AIOLI*</b>	<b>PEANUT SAUCE*</b>		
<b>GUAJILLO HOT SAUCE*</b>			

SERVING LOCALLY ROASTED ORGANIC HIGHWIRE COFFE "CONSCIENTIOUS OBJECTOR BLEND"

## FRESH MADE JUICES (gf) (V) 12oz 8 / 16oz 10

<b>APPLE* ORANGE* CARROT* CELERY*</b>	
<b>IMMUNE BUILDER</b>	carrot* apple* ginger* lemon*
<b>GREEN DETOX</b>	kale* romaine* cucumber* parsley* lemon*
<b>GREEN BASIC</b>	kale* apple* celery* parsley* lemon*
<b>HEALTHY SUNRISE</b>	carrot* beet* orange* apple* lemon*
<b>SMOOTHIES</b>	16oz (gf) choice of milks: dairy* almond* coconut* soy*
<b>STRAWBERRY</b>	strawberry* dates* choice of milk* 10
<b>MANGO</b>	mango* banana* pineapple* vanilla* ginger* coconut* apple/oj* choice of milk* 10
<b>PROTEIN</b>	banana* blueberries* coconut* almond butter* hemp protein* choice of milk* 11
<b>BLUEBERRY &amp; GREENS DETOX</b>	wild blueberries, banana* orange* cilantro* spirulina* Atlantic dulce* barley grass powder* (heavy metal detox) 12
<b>GREEN BANANA</b>	banana* almond butter* kale* almond milk* 10
<b>SUPER GREEN</b>	pineapple* avocado* kale* almond milk* apple/orange blend* lemon* juiced ginger* 11

**ADDITIONS** hemp protein\* chia\* spirulina\* bee pollen\* almond butter\*

## SUPER SMOOTHIES w/ Sprout Living (gf) 13

<b>STRAWBERRY MANGO BEAUTY</b>	pro collagen epic protein* mango* strawberries*coconut milk* dates* 15 grams plant protein
<b>ATHLETIC PROTEIN</b>	real sport epic protein* blueberries* almonds* bananas* coconut milk* 26 grams plant protein
<b>PINEAPPLE PREBIOTIC SUPERFOOD</b>	green kingdom prebiotics & protein* pineapple* blueberries* coconut milk* 19 grams plant protein

**GUILT FREE COCONUT ALMOND CHOCOLATE BROWNIES\*** (gf) (V) 4.5

**LOCAL BOSS BIKKIE COOKIES** half dozen (gf) (V) 12  
VEGAN, GLUTEN FREE, HANDMADE, ORGANIC  
bing cherry dark chocolate ginger dark chocolate s'mores

FIVE MOUNTAINS ORGANIC TEAS

## BEERS & SUSTAINABLE WINES

happy hour Mon - Fri 3pm - 6pm

AWARDED #1 MOST SUSTAINABLE BAY AREA RESTAURANT BY THE NATURE CONSERVANCY

5% Added for SF Mandates surcharge included in taxes at checkout

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