

Café Life

Café Life Organic Vegan Cooked Selections

Black Bean Burger (7012) Burger (black beans, basmati rice, flaxseeds, cilantro, seasonings, non-GMO safflower oil,* sea salt,*), served on freshly baked unbleached white flour bun, tomatoes, lettuce, non-GMO Vegemaise (contains soy).* **6.99**

Blondie Burger (7011) Burger (white northern kidney beans, basmati, seasoned with Middle Eastern herbal blend, sea salt,*), served on freshly baked unbleached white flour bun, tomatoes, lettuce, non-GMO Vegemaise (contains soy).* **6.99**

Organic BLT (7017) Soy tempeh bacon, lettuce, tomato, non-GMO Vegemaise (contains soy)* served on freshly baked unbleached white flour bun, tomatoes, lettuce. **7.99**

Avocado Melt (7013) Flatbread (unbleached, white flour), avocado, tomatoes, sun sauce (contains non-GMO soy),* Daiya cheese* (contains non-GMO canola and/or safflower oil). **9.99**

Add Sweet Potato Fries to Sandwich (7440) **1.69**

Soul Food Plate (7418) **8.99**

Baked Mac & Cheeze: Semolina wheat pasta, cashews, red bell pepper, lemon juice, apple cider vinegar, Earth Balance, unbleached wheat bread, seasonings, nutritional yeast,*/** sea salt.*

Cooked Greens: Greens, garlic, non-GMO safflower oil,* black pepper, smoked paprika, sea salt.*

Cooked Sweet Potato Mash: Sweet potatoes, brown sugar, Earth Balance, cinnamon.

Baked Gluten Free Corn Bread: Corn meal, flax seeds, non-GMO potato starch,* brown rice flour, corn, Tofutti sour cream* (non-GMO soy), brown sugar, non-GMO safflower oil,* sea salt*

May have a double portion of collard greens, sweet potato mash, or corn bread to substitute for mac and cheeze

with BBQ Tofu (7419) **10.99**

Tofu, garlic, Annie's BBQ Sauce, non-GMO safflower oil,* seasonings, sea salt.*

Chili (7033) **sm 4.49** (7034) **lg 6.99**

Kidney beans, onion, garlic, tomatoes, non-GMO safflower oil,* seasonings, sea salt.*

Soup of the Day (7019) **sm 3.49** (7020) **lg 5.99**

Café Life Organic Vegan Living Selections

Café Life Avocado Delight Salad
sm (7337) **6.99** **lg** (7288) **9.99**
Romaine lettuce, avocado, tomatoes, cucumber, onion, apple cider vinegar, olive oil, sunflower seeds.

Living Zucchini Pasta
Alfredo (7421) Cashews, olive oil, seasonings, sea salt,* nutritional yeast.*/** **7.29**

Marinara (7515) Sundried tomatoes, tomatoes, garlic, apple cider vinegar, olive oil, dates, seasonings, sea salt,* **8.29**

Add Living Seed Bread to Avocado Delight or Pasta
(7109) /slice **1.49**

Living Taco Salad (7397) Romaine lettuce, **living taco pumpkin seed meat** (pumpkin seeds, sundried tomatoes, raisins, apple cider vinegar, olive oil, seasonings, sea salt*); **living pico de gallo** (tomatoes, onion, cilantro, apple cider vinegar, seasonings, lime juice, sea salt*); **living sour cream** (cashews, coconut butter, black pepper, sea salt*); **living nacho cheeze** (cashews, red bell pepper, seasonings, sea salt,* nutritional yeast,*/**); **living nacho chips** flaxseeds, pumpkin seeds, tomatoes, cilantro, red bell pepper, carrot, jalapeno pepper, garlic, lime, seasonings, sea salt,* nutritional yeast,*/**) **8.99**

Living Nachos (7967) **1.99**
Flax seeds, carrots, pumpkin seeds, tomatoes, red peppers, jalapeno peppers, garlic, lime, nutritional yeast, seasonings, sea salt,* black pepper, nutritional yeast,*/**

with **living nacho cheeze***** (7423) **4.99**

with **living nacho cheeze*** & Pico de Gallo***** (7424) **6.99**

Living Avo Un-Melt (7435) Café made living seed bread (carrot, sunflower seeds, flax seeds, psyllium husk, seasonings, sea salt*), avocado, tomatoes, **living nacho cheese,* sea salt*** **8.99**

Living Pizza (7182) Café made living seed bread (carrot, sunflower seeds, flax seeds, psyllium husk, seasonings, sea salt*), tomatoes, shredded carrots, **living alfredo sauce,* sea salt*** **7.99**

Living Pumpkin Seed Burger (8004) Café made living flax bread (flax seeds, tomatoes, onions, cilantro, seasonings, sea salt*), burgers (pumpkin seeds, red bell pepper, garlic, onion, parsley, seasonings, sea salt*), served with lettuce, tomatoes, onions, carrots. **6.99**

Sides/Add Ons				
Avocado Slices	(7216)	1.99	Cooked Sweet Potato Fries	(7190) 1.99
Daiya Cheese* (GF, SF)	(7004)	1.99	GF Corn Bread ***	(7287) 1.49
Earth Balance Spread (contains soy)	(7401)	.39	GF Corn Bread *** with chili add	(7425) 1.39
Cooked BBQ Tofu***	(7430)	2.99	Living Nachos ***	(7967) 1.99
Cooked Greens ***	(7426)	2.99	Living Pumpkin Seed Taco Meat ***	(7336) 2.99
Cooked Mac & Cheeze ***	(7428)	2.99	Living Seed Bread Slice	(7958) 1.79
Cooked Sweet Potato Mash***	(7427)	2.99	Substitute Living Seed Bread (GF)	(7109)/slice 1.49

*not organic **not raw updated ***full ingredients above
updated 1/3/17