

Café Life Organic Vegan Cooked Selections

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

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

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

Avocado Melt (7013) Avocado, tomatoes, sun sauce (contains non-GMO soy), * Daiya cheese* (contains non-GMO safflower oil) served on freshly baked unbleached white flour flatbread. **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, 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 nacho cheese**, * 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**
Daiya Cheese* (GF, SF) (7004) **1.99**
Earth Balance Spread (contains soy) (7401) **.39**
Cooked BBQ Tofu*** (7430) **2.99**
Cooked Greens *** (7426) **2.99**
Cooked Mac & Cheeze *** (7428) **2.99**
Cooked Sweet Potato Mash*** (7427) **2.99**
Cooked Sweet Potato Fries (7190) **1.99**
Cooked Basmati Rice (7130) **1.99**

GF Corn Bread *** (7287) **1.59**
GF Corn Bread *** with chili/soup (7425) **1.49**
Living Pumpkin Seed Taco Meat *** (7336) **2.99**
Living Pico De Gallo*** (7438) **1.99**
Living Nacho Cheese*** (8049) **2.99**
Living Sour Cream*** (8050) **2.99**
Living Seed Bread Slice (7958) **1.79**
Substitute Living Seed Bread (GF) (7109)/slice **1.49**

*not organic **not raw updated ***full ingredients above updated 11/24/17

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