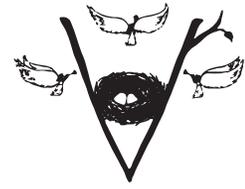


THE VEGAN NEST CAFE

10AM-6PM



BREAKFAST

Smashed Avo Toast    12

Organic avocado smashed with Himalayan salt and lemon on toasted seven grain bread.

*GF option available, please specify

Breakfast Sandwich    9

"Worth the Wait" - Scrambled tofu, vegan cream cheese, greens, tomato and kale-basil pesto on a freshly toasted bagel.

Pancakes    10

House-made spelt pancakes
Add seasonal fruit topping +2

*GF option available, please specify

Waffles    10

House-made spelt waffles
Add seasonal fruit topping +2

*GF option available, please specify

French Crepe    10

House-made spelt Crepes
Add seasonal fruit topping +2

*GF option available, please specify

SIDES + EXTRAS

Breakfast Sausage  5

Seasonal Fruit Bowl    7

Seven-Grain Toast 2

Gluten-Free Toast 3

 = gluten free

 = nut free

 = all organic ingredients

BREAKFAST BOWLS

Garden Vegetable Tofu Bowl    7

Scrambled tofu, massaged kale greens, heirloom tomato and locally sourced sprouts.

Add Seven Grain Toast +2

Lemon + Garlic Breakfast Bowl   8

Seasonal veggies served over quinoa or massaged kale greens and topped with pressed tofu egg

Warm Quinoa Breakfast Bowl  10

Quinoa and Gluten-free oats topped with seasonal fruit, nuts and seeds served with steamed mylk

SMALL PLATES

Daily Soup   5 / 10

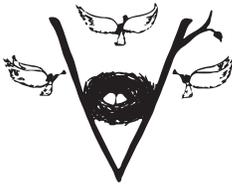
Ask about our daily soup made with locally sourced vegetables and served with toasted ciabatta

Market Hummus Bowl  8

Daily hummus with vegetables and bread

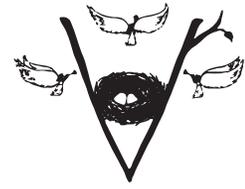
* PLEASE LET US KNOW OF ANY FOOD ALLERGIES BEFORE PLACING YOUR ORDER *

MADE WITH LOVE IN OUR 100% VEGAN (AND MOSTLY ORGANIC) KITCHEN



THE VEGAN NEST CAFE

10AM-6PM



BURGERS + SANDWICHES

All sandwiches can be made gluten free (+2)

Caprese 10
kale-basil pesto, massaged kale greens, heirloom tomatoes, cashew mozzarella

The Hippocrates 10
olive tapenade, herbed feta, heirloom tomato, bell peppers, grilled seasonal vegetables

Grilled Spinach + Artichoke 10
artichoke, spinach, cashew mozzarella

French Dip + French Onion Au Jous 10
marinated jackfruit, cashew cheese, caramelized onion

Grilled Cheese 8
house-made plant-based cheese

BBQ Jack Grilled Cheese 10
bbq jackfruit, vegan smoked gouda, locally sourced sprouts

Hot Pastrami Melt 10
house-made vegan pastrami, mustard aioli, cashew cheese, locally sourced sprouts

Cheese Burger 12
Organic Chickpea patty, caramelized onions, tomato, house-made cheese
Plant-Based Bacon +2

Philly Cheesesteak 12

= gluten free

= nut free

= all organic ingredients

PLATES + BOARDS

Chef's Charcuterie Plate 15 / 30
artisan plant-based meats and cheeses, seasonal fruit and freshly baked bread

Skillet Chik'n + Cheese 15
organic soy chicken, spinach, kale, tomato, kale-basil pesto, locally sourced sprouts served with toasted ciabatta

GREENS + BOWLS

Nicoise Salad 10

Kale Caesar 10
massaged greens, nut and seed parmesan, fresh lemon squeeze and garlic roasted chickpea croutons

Simply Green 10
massaged greens, locally sourced sprouts, garlic, lemon, olive oil, Himalayan salt and hemp seeds

Nourish Bowl 12
grains, greens and roasted veggies

Mac and Cheese * 10
Macaroni and house-made plant-based cheese
*GF option available, please specify

SIDES + EXTRAS

Air Baked Potato Wedges 4

Roasted Seasonal Vegetables 4

Daily Beans 3

Rice 3

Grilled Tofu 5

Extra Dressing 2

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MADE WITH LOVE IN OUR 100% VEGAN (AND MOSTLY ORGANIC) KITCHEN

BEVERAGES

MADE WITH LOVE IN OUR 100% VEGAN KITCHEN

HERBAL COFFEE

Hot MoCa	3
Iced MoCa	5

WELLNESS LATTES + TEAS

Hot Carob	3
Chai Latte	5
Turmeric Latte	4
Sweet Beet Latte	5

OTHER BEVERAGES

Spicy Organic Lemonade	5
Strawberry Organic Limeade	5
Cherry Pie Spritzer	8

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SMOOTHIES

MADE WITH LOVE IN OUR 100% VEGAN KITCHEN

PEACH COBBLER SMOOTHIE	9
<i>Organic peaches, nut mylk, ceylon cinnamon</i>	
STRAWBERRY SHORTCAKE	8
<i>Organic strawberries, organic banana, vanilla protein, nut mylk</i>	
BLUEBERRY LASSI	9
<i>Organic blueberries, organic açai, organic banana, nut mylk, organic dates</i>	
BLACK CHERRY	10
<i>Cherries*, banana*, carob powder, nut mylk</i>	
VERRY BERRY MEDLEY	10
<i>Organic blueberries, organic blackberries, organic raspberries, nut mylk</i>	
MANGO LASSI	9
<i>Organic mango, organic banana, cardamom, nut mylk, organic dates</i>	
PINA COLADA GREEN	10
<i>Organic pineapple, coconut flakes, organic banana, organic kale, nut mylk</i>	
UNCHOCOLATE	7
<i>Carob, organic banana, moCa herbal coffee, nut mylk</i>	
NUTTY BUTTER CUP	7
<i>Organic peanut butter, organic banana, carob powder, nut mylk</i>	
MOCACCINO	10
<i>MoCa herbal coffee, organic banana, nut mylk</i>	
CINNAMON TOAST CRUNCH	8
<i>Ceylon cinnamon, chia seed, organic banana, nut mylk</i>	

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