



**Organic
Vegetarian and Vegan
food made from scratch.**

STARTERS

Chips & Salsa - 4.25

Guacamole & Chips - 5.95

 **Cauliflower Buffalo Wings**

Grilled florets in a spicy pepper sauce served with vegan ranch dressing. - 7.95

 **Southwest Stuffed Avocado**

Half of an avocado stuffed with chorizo, beans, over rice, topped with spicy cashew chipotle sauce. - 8.95

Hipchick Stuffed Avocado

Half of an avocado stuffed with our hipchick over corn chips and topped with 1000 island sauce- 8.95

Wraps & Bowls

*Bowl includes brown rice.
Served with corn chips.*

Southwestern

Black beans, brown rice, tomato, salsa, red onion, cashew chipotle sauce, and a choice of dairy cheddar or cashew cheese & cilantro. - 10.95

Thai

Crunchy cabbage, carrot, celery, red onion, green apple tossed in spicy asian almond sauce, topped with avocado & cilantro. - 10.95

Jerk

Black beans, brown rice, jerk spiced tempeh, sweet potatoes, red onion, pickled carrots, mango lime sauce & cilantro garnish. - 12.95

PLEASE NOTE!

If you have a food allergy (particularly to nuts or seeds), we recommend you NOT dine with us as we cannot guarantee you won't be exposed. If you have any other types of dietary allergies, please let us know as not every ingredient is listed for each menu item.

Spring/Summer Menu

Soup & Salads

Dressings: Balsamic Vinaigrette, Cilantro Lime Vinaigrette or Vegan Ranch.

Add Avocado - 1.50 Veggie - .50

House Salad

Greens, tomato, carrot & celery.

Small - 6.50 Large - 10.95

Taco Salad

Greens, avocado, tomato, olives, black beans, vegan chorizo, choice of dairy cheddar cheese or cashew cheese with cashew chipotle sauce, dressed with cilantro lime vinaigrette

& served with corn chips. - 14.95

Add Sour Cream - .50



Buffalo Salad

Greens, spicy roasted cauliflower, avocado, tomato, carrot, celery, red onion, cilantro, dressed with our vegan ranch dressing. - 14.95

Chopped Wedge Salad

Greens, avocado, tomatoes, pickled onions and smokey sunflower seeds with vegan ranch dressing. - 14.95

Sandwiches

Served with mixed greens.



BLTA

Coconut Bacon, lettuce, tomato, and avocado with goddess dressing on Sourdough bread. - 12.50

Grilled Cheese

Cheddar cheese, butter on sourdough. - 8.95

Tempeh Reuben

Marinated and grilled tempeh with sauerkraut, grilled onions, thousand island dressing, & cashew cheese on rye. - 12.50

Hipchick

Chickpeas mixed with hummus, carrots, celery and basil with lettuce, tomato, 1000 island sauce on sourdough. - 12.50

**We accept online orders at
Nectar-Café.com or by calling:
530-820-3314**

**Deliveries are available through DoorDash
but please NOT for PICK UP. Thanks**

Comfort Food



Nachos Supreme

Choice of dairy cheddar cheese or cashew cheese with a cashew cilantro lime crema on corn tortilla chips with vegan chorizo, black beans, black olives, jalapeños, guacamole & garnished with cilantro and a side of salsa. - 14.50



Buffalo Cauliflower Taco Plate

One Spicy grilled cauliflower taco served with lettuce, tomato, carrot, avocado, ranch dressing on a large flour tortilla. Served with a side of black beans, brown rice & salsa with chipotle sauce. - 10.95

Taco Plate

Two tacos with guacamole, cabbage, & cilantro lime crema on corn tortillas with your choice of fillings (see options below). Served with a side of black beans, brown rice & salsa with chipotle sauce. - 13.50

Choose your fillings:

- Portobello Mushroom
- Vegan Chorizo
- Combo: Portobello and Chorizo mixed

Kid's Fare

Almond or Peanut Butter & Jam Sandwich	5.25
Black Beans & Rice	5.25
Bean Burrito	5.25
Cheesy Quesadilla (GF)	5.25
½ Grilled Cheese Sandwich	5.25

House Made Drinks:

Chocolate Fish Coffee & Espresso

Matcha or Chai

Fresh Lemonade

Iced Tea - black OR hibiscus

Almond, Oat and dairy milk options.

We have a variety of bottled drinks, beer, & wine.

Desserts

Cookies (V/GF) - 3.25

Mousse Cups (V/GF)

Various flavors - 4.25

Burgers

Comes with corn chips, a pickle and a house made Nectar Patty

OR

Choose a Beyond Burger patty - additional 2.75
(see patty descriptions below)

Add avocado, dairy/cheddar, cashew cheese to any burger. - 1.50

Step 1: Choose your style

American

Nectar Patty, lettuce, tomato & thousand island.

Red onion on request. - 12.50

Substitute a Beyond Burger Patty - 15.25



Californian

Nectar Patty, chili verde sauce, chipotle sauce, lettuce, tomato, & avocado. - 13.95

Substitute a Beyond Burger Patty - 16.70

Mushroom Cheeseburger

Nectar Patty, portobello mushrooms & onions with thousand island and dairy OR cashew cheese, lettuce & tomato. - 14.25

Substitute a Beyond Burger Patty - 17.00

Step 2: Choose your patty

Patty Description

House Made Nectar Patty

House made patty with quinoa, lentils, kidney beans, oats, sunflower seeds, flax seeds, beets, mushrooms & spices.

Beyond Burger Patty - Add 2.75

A plant-based burger patty from Beyond Meat with 23 grams of protein from peas.

No soy, gluten or GMOs.

Smoothies & Shakes

7.95

Nectar Smoothie

Choice of Mango or Pineapple

With banana, spinach, lemon.

Strawberry Banana Smoothie

Strawberries, banana, cashews, lemon, vanilla, sweetened with monk fruit.

Chocolate Shake

Raw Peruvian Cacao, banana, maca, lucama, cashews, sweetened with monk fruit.

Vanilla Shake

Banana, maca, flax, vanilla, cashews, sweetened with monk fruit.

Blueberry Bliss

Blueberries, banana, cashews, lemon, vanilla, flax, cinnamon and sweetened with monkfruit