



NECTAR

SINCE 2013



**NC
TR**

APPETIZERS

CAULIFLOWER WINGS 9

Roasted cauliflower tossed in a spicy buffalo sauce

CHIPS & GUACAMOLE OR SALSA 6

Choose both for +\$4

STUFFED AVOCADO 9

Avocado half over rice with salsa, beans, vegan chorizo chipotle sauce & cilantro

SALADS

HOUSE SALAD 11

Greens, carrots, tomatoes celery w/ balsamic vinaigrette

TACO SALAD 15

Greens, beans, vegan chorizo tomatoes, olives, avocado vegan or dairy cheese, cilantro lime vinaigrette dressing & chips

BUFFALO SALAD 15

Greens, spicy buffalo cauliflower, carrot, celery tomato, red onion, avocado cilantro with house made vegan ranch dressing

CHOPPED WEDGE 15

Tomatoes, pickled onions smokey sunflower seeds avocado, ranch dressing

WRAPS OR BOWLS

SOUTHWESTERN 13

Rice, beans, salsa, vegan or dairy cheese, chipotle sauce tomatoes, red onion, cilantro and chips

THAI 13

Raw cabbage, carrot, celery red onion, green apple cilantro, rice & thai sauce with chips

JERK 14

Rice, beans, sweet potato, red onion, pickled carrot, cilantro jerk spiced tempeh & mango sauce with chips

BUDDHA BOWL 12

Rice, soup, house salad all layered in one bowl!

SANDWICHES

BLTA 13

Sourdough bread, mustard aoli, coconut bacon, lettuce tomato & avocado

TEMPEH REUBEN 14

Rye bread, 1000 island marinated tempeh, cashew cheese, grilled onions & sauerkraut

GRILLED CHEESE 9

Sourdough bread, vegan butter and vegan or dairy cheese

TACOS

CAULIFLOWER TACOS 14

Cauliflower in spicy buffalo sauce on 2 flour tortillas lettuce, carrot, tomato avocado and housemade vegan ranch dressing Served with rice and beans

VEGAN CHORIZO, PORTOBELLO MUSHROOM OR COMBO OF BOTH 14

Your choice of filling above on 2 corn tortillas, guacamole cabbage, lime crema sauce & cilantro. Served with beans and rice

NACHOS 16

Tortilla chips with vegan or dairy cheese, beans, vegan chorizo, olives, jalapenos cilantro, guacamole and salsa

KID'S FARE

BLACK BEANS & RICE 5

BEAN & CHEESE BURRITO 5

CHEESE QUESADILLA 5

1/2 GRILLED CHEESE SANDWICH 5

We make all of our food in house, from scratch! All of our sauces are made by us and are vegan! ANYTHING on the menu can be made VEGAN & GLUTEN FREE!!! just ask :)

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.

BURGERS

AMERICAN 13

Nectar Patty or Beyond Patty +\$3 1000 island sauce, lettuce and tomato on a pretzel bun

CHIPOTLE 14

Nectar Patty or Beyond Patty +\$3 Chipotle sauce, jalapenos, lettuce tomato and avocado on a pretzel bun

THE "HOWDY" 15

Nectar Patty or Beyond Patty +\$3 BBQ sauce, mustard aoli, coconut bacon, guacamole, red onion on a pretzel bun

MUSHROOM & CHEESE 15

Nectar Patty or Beyond Patty +\$3 1000 island sauce, vegan or dairy cheese, grilled onions & mushrooms, lettuce and tomato on a pretzel bun

SHAKES & SMOOTHIES

CHOCOLATE SHAKE 9

Raw cacao, banana, maca lucama, cashews, sweetened with monkfruit

VANILLA SHAKE 9

Maca, flax, banana, cashews vanilla, sweetened with monkfruit

STRAWBERRY BANANA 9

Strawberries, banana cashews, lemon, vanilla sweetened with monkfruit

BLUEBERRY BLISS 9

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

MANGO 9

Mango, banana, lemon, spinach

We are open 7 days a week
11:30am - 7pm
530-820-3314