



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

STARTERS

Chips & Salsa

Fresh tomatoes, onion, Serrano peppers, lime juice, vinegar, and spices with corn chips. - 4.95

Guacamole & Chips

Avocado, lime, garlic and salt. - 6.50

Cauliflower Buffalo Wings (V)

Grilled florets in a spicy pepper sauce served with Vegan Ranch dressing. - 8.25

Southwest Stuffed Avocado (V)

Vegan chorizo, beans, over rice, topped with spicy Chipotle Sauce. - 8.95

Wraps & Bowls

Bowl includes brown rice & corn chips.

Southwestern (V) Option

Black beans, brown rice, tomato, salsa, red onion, Chipotle Sauce, and a choice of jack/cheddar or cashew cheese & a cilantro garnish. - 11.45

Thai (V)

Crunchy cabbage, carrot, celery, red onion, green apple tossed in Spicy Asian Almond sauce, topped with avocado & cilantro. - 11.45

Jerk (V)

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

Buddha Bowl (V)

A scoop of brown rice, a ladle of soup, topped with a greens, carrots, and tomatoes & a drizzle of Balsamic dressing. - 8.95

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. Thank you!

Fall/Winter Menu

Soup & Salads

Dressings: Balsamic Vinaigrette, Cilantro Lime Vinaigrette or Vegan Ranch.
Add Avocado - 1.50 Veggie - .50

House Made Soup of the Day

Cup - 5.95 Bowl - 8.95

House Salad

Greens, tomato, carrot & celery.
Small - 7.25 Large - 11.50

Taco Salad (V) Option

Greens, avocado, tomato, black beans, vegan house made chorizo, salsa, choice of jack/cheddar or cashew cheese tossed in our tangy Cilantro Lime Vinaigrette, a Vegan Chipotle Sauce drizzle & served with corn chips. - 15.25
Add Sour Cream - .50

Buffalo Salad (V)

Greens, spicy roasted cauliflower, avocado, tomato, carrot, celery, red onion, cilantro, dressed with our creamy Vegan Ranch dressing. - 15.25

Sandwiches

Served with mixed greens.



BLTA (V)

Coconut Bacon, lettuce, tomato, and avocado with Goddess Dressing on Sourdough bread. - 12.95

Grilled Cheese

Cheddar cheese, butter on sourdough. - 9.50

Tempeh Reuben (V)

Marinated and grilled tempeh with sauerkraut, grilled onions, Thousand Island dressing, & cashew cheese on rye. - 12.95

**To place an order online or for delivery
(\$20 or more) use the QR Code below.
Or call us at 530-820-3314.**



Comfort Food



Shepherd's Pie (V, GF)

Ground Beyond meat, carrots, peas, mushrooms, onion, garlic red wine, rosemary & thyme topped with creamy vegan mashed potatoes and baked to order. Served with a dinner salad. - 15.95

Nachos Supreme (V Option)

Choice of jack/cheddar or cashew cheese on corn tortilla chips with house made vegan chorizo, black beans, Cilantro Lime Crema, Black olives, jalapeños, guacamole & garnished with cilantro. Includes a side of salsa. - 14.95

Taco Plate (V)

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 a Chipotle sauce drizzle. - 13.95

Choose your fillings:

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



Buffalo Cauliflower Taco Plate (V)

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 a Chipotle sauce drizzle. - 11.95

Kid's Fare

Almond or Peanut Butter & Jam Sandwich	5.95
Black Beans & Rice	5.95
Bean & Cheese Burrito (V Option)	5.95
Cheesy Quesadilla (GF)	5.95
½ Grilled Cheese Sandwich	5.95

House Made Drinks:

Chocolate Fish Coffee & Espresso

Matcha or Chai

Fresh Lemonade

Iced Tea - black and hibiscus

Almond, Oat and dairy milk options.

See our drink menu for seasonal specials.

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

Desserts

Baked Treats (V/GF) - Various

Mousse Cups (V/GF)

Various flavors - 4.75

Burgers

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

OR

Choose a Beyond Burger patty – additional 3.00
(see patty descriptions below)

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

Step 1: Choose your style

American

Nectar Patty, lettuce, tomato & Thousand Island.

Red onion on request. - 12.95

Substitute a Beyond Burger Patty - 15.95



Chipotle

Nectar Patty, Roasted Jalepenos, Chipotle sauce,

Lettuce, tomato, & avocado. - 13.95

Substitute a Beyond Burger Patty - 16.95

Mushroom Cheeseburger

Nectar Patty, portobello mushrooms & onions with

Thousand Island and

dairy OR cashew cheese. - 14.95

Substitute a Beyond Burger Patty - 17.95

Step 2: Choose your patty

Patty Description

House Made Nectar Patty (V)

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

Beyond Burger Patty (V) - Add 3.00

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

No soy, gluten or GMOs.

Smoothies & Shakes (V)

8.25 (20 oz)

Nectar Smoothie

Mango 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.