



Menu

Farm to Fork Goodness, made from scratch food using Organic GMO Free ingredients without chemicals or preservatives, ALL Vegetarian with MANY Vegan (V), Gluten Free (GF), Soy Free and Dairy Free options!

If you have a food or beverage 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.

STARTERS

Roy's Kickin' Fresh Salsa & Chips - 2.95

Wholly Guacamole - Fresh made with ripe avocados, lime, garlic, salt & pepper. Served with corn chips. - 4.95
Add side of salsa - 2.00

Hummus Plate - House made and served with cucumber, red pepper, carrot and GF crackers. - 7.95

Buffalo Style Cauliflower Wings (V) - Roasted cauliflower grilled to perfection with a spicy pepper sauce. Served with vegan ranch dressing. - 6.95

Stuffed Avocados (V) - 6.95

Your Choice Of:

- **Southwestern:** Black beans, vegan chorizo, salsa, topped with Chipotle & Sriracha Sauce & cilantro. Served with Lime Rice.
- **Hip Chick:** Chick pea salad consisting of; celery, carrot, hummus, lemon, topped with Basil Tahini Cashew Cream, Sriracha Sauce and green onions. Served with corn chips.

Nectar Quesadilla – Jack and cheddar cheese or Cashew cheese (V) between two flour tortillas with the two choices of filling below (GF Option). Includes salsa. –
Full Order 11.95 Half Order 7.50

Add Sour Cream - .50 or Guacamole - 2.50

Your Choice of Fillings:

- Santa Fe: Black beans, chorizo (V) & Roasted Corn Salsa.
- Roasted Veggie: Zucchini, mushrooms & spinach.

KID'S FARE

AB&J - Almond butter & strawberry jam. - 4.95

Rice and Black Beans - Simple and delicious. - 3.95

Bean Burrito - Black beans and organic cheese. - 4.95

Cheesy Quesadilla - Organic cheese grilled inside a sprouted wheat or two GF Corn tortillas. - 3.95

Add any veggie .25, sauce or cheese .50 to any item above. GF Option available on all the above.

SALADS - Add avocado or Feta Cheese - 1.00

Add any other vegetable - .25

House Salad - Romaine, spinach and cabbage, carrot, celery, cucumber, tomato & our house made herbed balsamic vinaigrette. Small - 4.95 Large - 6.95 Add

Taco Salad (V) - Romaine & cabbage in a cilantro lime vinaigrette with black beans, red pepper, tomato, olives, avocado, vegan chorizo, green onions & salsa then topped cashew cheese or dairy cheese and sour cream. - 12.95

Wedge Salad (V) - Romaine heart, tomato, pickled red onion, tamari sunflower seeds with a Vegan Ranch dressing. - 10.95 Add Shaft Blue Cheese - 1.00

SOUP (V & GF) - House made daily.

Cup - 4.95 Bowl - 7.50

Buddha Bowl - A bowl of soup over a scoop of rice with a dinner salad on top. - 8.95

BAKED ENTREES (please allow 12 min. to bake)

Deep Dish Zucchini Lasagna - (GF, V) Roasted Portobello mushrooms, spinach and zucchini “noodles”, layered with house made walnut pesto, marinara sauce and herbed cashew cheese. Includes toast and a side salad. - 14.95

Chile Verde Enchiladas - (GF, V Option) Spanish brown rice, black beans, corn, red pepper, and olives wrapped in corn tortillas and smothered in house made chili verde sauce with your choice of organic cheeses or cashew cheese and baked. (V) - Topped with guacamole & served with chips & salsa - 12.95

OFF THE GRILL

Tempeh Reuben - Marinated/grilled tempeh (GF), house made sauerkraut, “karmalized” onions, swirl rye bread, Thousand Island dressing with your choice of Swiss or herbed cashew cheese (V Option) - 10.95

Bo-dacious BBQ Sandwich (V) - Grilled Tempeh (GF) with house made BBQ sauce and coleslaw, red onion, sliced tomato, smoky sunflower seeds on sourdough, (GF Option). - 10.95

Burger (V) - House made burger with lentil, quinoa, kidney bean, beet, mushroom and seeds on a whole wheat bun, (GF Option) served with corn chips. Add avocado, Jack/Cheddar or Blue cheese or Vegan Cashew Cheese. - 1.00

Burger Three Ways:

- **American:** lettuce, tomato, onion and pickle with Thousand Island dressing - 10.95
- **Californian:** lettuce, tomato, onion, avocado, topped w/ Chili Verde & Spicy Cashew Chipotle Sauce - 11.95
- **Mushroom Swiss:** Add “karmalized” onions, portobellos, Swiss OR Vegan Cashew Cheese to the American burger - 12.95

Beyond Burger: This Vegan plant based burger has 23 grams of protein from peas. No soy, gluten or GMO's and looks and tastes like beef. Add 4.00 to any of the above burger options.

Grilled Veggie Sandwich (V) - Zucchini, Portobello mushrooms, “karmalized” onions, red pepper, spinach, hummus, cashew cheese and walnut pesto on sourdough bread (GF Option). - 10.95

Buffalo Style Cauliflower Taco (V)

Cauliflower grilled with a spicy pepper sauce, lettuce, tomato, avocado in a large flour tortilla (GF Option) and topped with vegan ranch dressing. - 6.00
Add Black beans and rice. - 2.95

Taco Plate - (GF, V) Two corn tortillas tacos with your choice of grilled filling along with guacamole, cabbage topped with Cilantro Lime Jalapeno Cashew Cheese. Includes rice and black beans. - 10.95

Choose any combo from:

- **Portobello:** marinated and roasted mushroom.
- **Vegan Chorizo:** quinoa, kidney beans, GF oats, tomato, tamari and spices.
- **Portobello & Chorizo COMBO:** See above.
- **Tempeh:** Marinated & roasted tempeh & onion.
- **Grilled Veggie:** Zucchini, mushroom, red pepper, “karmalized” onion with Chipotle Cashew Cream.
Any tacos available ala carte. - 4.00 each.

V - Vegan

GF - Gluten Free

OVER

NACHOS - Jack and cheddar cheese or Cashew Cheeses (V) over a mound of corn chips baked with cilantro and includes fresh salsa. – 6.95

Add black beans or Vegan Chorizo – 3.00

NACHOS SUPREME - All the above PLUS house made black beans, vegan chorizo, green onions, jalapenos, olives and guacamole. - 12.95

Add Sour Cream - .50

WRAPS OR BOWLS

All Vegan, sprouted nut based sauces with a sprouted wheat wrap or in a bowl (GF). Gluten Free Teff Wrap available. Served with corn chips.

Add Avocado - 1.00 or Salsa Side - 2.00

Sour Cream - .50 or Jack/Cheddar Cheese - 1.00

Southwestern - House made black beans, brown rice, tomatoes, red onions, celery, salsa, cilantro and Spicy Chipotle Cashew Cream. - 9.50

Santa Fe - Black beans, brown rice, roasted corn salsa, Spicy Chipotle Cashew Cream & dairy Jack/Cheddar Cheese. - 9.50 Vegan Option.

Mediterranean*- Hummus, tomatoes, red peppers, cucumbers, black olives, sunflower seeds, spinach, dressed in our Basil Tahini Cashew Cream. - 9.50
*Bowl includes quinoa.

Thai*- Crunchy cabbage, carrots, onions, celery, apple, cilantro and avocado topped with a mildly spicy Asian Almond Sauce. - 9.50 *Bowl includes brown rice.

Curry Tempeh - Marinated and roasted tempeh and cauliflower, brown rice, carrot, cabbage, raisins, green onion with Coconut Cashew Curry Sauce. - 9.50
Substitute cranberries for raisins & add walnuts. -1.00

SANDWICHES

Comes with corn chips. Gluten Free bread - 1.00
Add Fresh Salsa Side - 2.00 Guacamole - 3.95

Grilled Cheese - Our Jack/Cheddar organic cheese, butter on sourdough, (GF Option). -
Half 4.95 Whole 7.95

Soup & Sandwich - Soup of the day plus half a grilled cheese sandwich. - 7.95
Upgrade to a whole sandwich for 2.00

Soup & Salad - Cup of Soup & Salad. - 8.95

Hip Chick Sandwich (V) House made chick pea salad with celery, carrots, lemon, tomato with romaine on toasted whole grain bread (GF Option) with Vegan Thousand Island dressing. - 8.95

Curried Hip Chick - Add walnuts, cranberries and Coconut Cashew Curry Sauce to the Hip Chick – Add 1.00

DRINKS

Coffee - Award winning roaster Chocolate Fish whole beans, ground fresh and brewed in a French press or Self Serve drip. Includes all dairy milks.
Small - 2.50 Medium - 2.95 Large - 3.25

Espresso Drinks - Organic whole or low fat milk is standard. Substitute Half and Half, Almond milk or house made Cashew milk, add \$1.00

Espresso Shot - 2.50 Extra Shot - 1.50
Americano - 2.50
Latte - 3.50
Vanilla Latte - 4.25
Cappuccino - 3.50
Flat White - 3.50
Macchiato - 3.50
Mocha - 4.25

Make any HOT drink LARGE (TO GO ONLY) - Add .75

Chai Latte - Oregon Chai, served hot or cold with regular milk. - 3.50 Almond or Cashew Milk Add 1.00
Make it dirty (Espresso shot). - Add 1.50

Matcha Green Tea Latte - Creamy and enlivening with 15 times the antioxidants of regular green tea. Choose your milk, sweetened or unsweetened, iced or hot. - 4.75
Add Cashew Milk or Almond Milk - 1.00

DRINKS cont.

Hot Chocolate - Raw Cacao and coconut sugar.
Med. - 3.50 Lg. - 4.25 Nut Milk - Add 1.00

Hot Tea - Assorted ALL Organic flavors - 2.50

BOTTLED COLD BEVERAGES

Various options & prices in the drink cooler.
Kid's Juice Boxes - Apple, Grape, & Lemonade - 1.25

HOUSE MADE

Lemonade - Lemon juice and sugar or stevia. - 2.95

Arnold Palmer - Black tea and lemonade. - 2.95

House Brewed Bottomless Iced Tea -
Black or a Caffeine free Hibiscus.

SMOOTHIES (V) Made from organic ingredients, real fruits, sprouted cashew milk and super foods. Our smoothies are dairy free, delicious and a nutritious whole food with only a few drops of stevia for added sweetness.

Cacao Divinity - Raw cacao, maca, lucama, cashew milk and banana. - 7.45

Vanilla Dream - Maca, flax seed, cashew milk, banana & vanilla. - 7.45

Blueberry Bliss - Blueberries, cashew milk, vanilla, banana, flax seed, cinnamon, and lemon juice. - 7.45

Nectar (All fruit & spinach) - Choose from pineapple, mango, or mixed berry then blended with banana, lemon and a handful of spinach. - 7.45

Modifiers for Any Smoothie -

Coconut Oil, Cacao Nibs, Spinach - Add .50
Protein or Super Greens Powder - Add 1.00
Chia Seeds - Add .50
Espresso Shot - Add 1.50

DESSERTS

Vegan Cheesecake- (V) (GF) Raw - House made, nut & date crust. Ask about our available flavors. Served semi-frozen - 6.95

Flourless Chocolate Cake - Raw cacao, eggs, coconut sugar and butter, served warm. - 6.95

Conscious Creamery Gelato Bars (V) - Check the freezer case for flavors. - 6.00

SIDES

Avocado Slices - 1.00
Chorizo (V, GF) - 3.00
Guacamole - 3.95
Jack & Cheddar Cheese - 1.00
Roy's Kicken' Fresh Salsa - 2.00
Santa Fe Roasted Corn Salsa (V, GF) - 2.00
Sour Cream - .50
Tempeh (V, GF) - 3.00

- **ASK FOR A BEER & WINE MENU.**
- **Join our Rewards Program and get FREE food and great offers!**
- **WE CATER!**
- **Happy Hour 4 to 6pm Daily!**
- **Reservations Accepted.**
- **Gift Certificates Available.**
- **Call in & take out orders welcome.**
- **Find us online at Nectar-Café.com**

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OPEN 7 Days!
Sunday to Thursday 11am to 8:30pm
Friday & Saturday 11am to 9pm