

THE PLANT *cafe organic*

BREAKFAST ALL DAY

EGG & SPINACH	2 eggs* spinach* tomato* white cheddar* Acme bun	10.5
EGG & BACON	2 eggs* bacon* tomato* arugula* white cheddar* Acme bun	16.5
BURRITO	eggs* [or basil pesto tofu* (V)] potatoes* avocado* black beans* white cheddar* salsa* wheat tortilla*	13
POWER BOWL	poached egg* brown rice* kale pesto* (gf) 14 watermelon radish* sauteed mushrooms* spinach* side of sriracha* +avocado* 3.5	
PESTO TOFU	basil pesto tofu scramble* spinach* (V) 14 cherry tomatoes* roasted rosemary potatoes* sourdough	
AVO TOAST	avocado* toasted garlic* (V) 9.5 black sesame seeds* shaved radish* arugula* Acme sourdough	

SANDWICHES

AVO BLT	avocado* bacon* tomato* lettuce* aioli* Acme sourdough	19.5
CHICKEN & AVO	roasted chicken* avocado* tomato* greens* honey mustard* Acme sourdough	16
TUNA	tuna salad, lettuce* tomato* Acme sourd	13
KALE CAESAR WRAP	roasted chicken* marinated dino kale* romaine* cherry tomatoes* toasted garlic* parmesan* red onion* crouton, Caesar dressing* whole wheat tortilla*	16
THAI WRAP	romaine* napa cabbage* carrot* cilantro* basil* mint* onion* peanut sauce* whole wheat tortilla* choice of chicken* tofu* (V) (or shrimp + 1)	15

BURGERS

THE PLANT BURGER	our vegan patty made from lentils* (V) 14 mushrooms* beets* cashews* bulgar wheat* topped with grilled onions* lettuce* tomato* vegan aioli* Acme bun	
VEGAN SMASH	our plant burger patty with shiitake (V) 16 mushrooms* avocado* grilled onions* house-made vegan cashew cheese* lettuce* tomato* vegan aioli* Acme bun	
CRISPY CHICKEN	seasoned breaded chicken breast* 15 spicy slaw* tomato* vegan aioli* Acme bun	
BBQ HONEY MUSTARD CHICKEN	juicy pulled BBQ chicken* BBQ sauce* honey mustard* slaw* Acme bun	16.5
HOMEMADE TURKEY	made in-house with ground turkey* 15 vegetables* spices* topped with grilled onions* lettuce* tomato* dijonaise* Acme bun	
ADDITIONS	mushrooms* avocado* white cheddar* bacon* vegan cheese* fried egg*	

SUB GLUTEN FREE BREAD* OR BUN +2

we use only 100% organic olive oil in our sauces & cooking

we source our ingredients from LOCAL ORGANIC BAY AREA FARMS

BOWLS

DAILY SOUP*	cup 6 / bowl 8 (gf) (V)	
POWER BOWL	poached egg* brown rice* kale pesto* (gf) 14 watermelon radish* sauteed mushrooms* spinach* side of sriracha* + avocado* 3.5	
YELLOW CURRY	freshly made curry sauce with (gf) (V) 14 lemongrass* cumin* corriander* tumeric* ginger* & lime* with seasonal vegetables* jasmine rice* & sunflower sprouts*	
TERIYAKI CHICKEN	lemon teriyaki chicken breast* (gf) (V) 16.5 broccoli* seasonal vegetables* cabbage slaw* jasmine rice*	
FAJITA	signature fajita seasoning* red (gf) (V) 15.5 peppers* black beans* avocado* romaine* red & green onions* pico de gallo* cilantro* chipotle aioli* jasmine rice*	
GINGER LIME SALMON	pan-seared wild line caught salmon (gf) 22 ginger-lime scallion sauce* seasonal vegetables* jasmine rice*	

Additions tofu* grilled chicken* grilled shrimp
avocado* egg* bacon*

SALADS

KALE CAESAR	marinated dino kale* romaine* cherry tomato* carrot* croutons parmesan* Caesar dressing*	14
DINO KALE	lemoned dino kale* arugula* (gf) (V) 15.5 red quinoa* avocado* cherry tomatoes* carrot* cucumber* toasted almonds* lemon cumin vinaigrette*	
CHICKEN CASHEW AVO	roasted chicken* avocado* (gf) 15.5 romaine* carrot* cabbage* radish* cucumber* celery* cashews* herbs* apple cider vinaigrette dressing*	
FULL BELLY	marinated dino kale* mixed (gf) (V) 15.5 greens* Napa cabbage* carrot* cucumber* tomato* roasted beets* sunflower sprouts* quinoa* avocado* hummus* pickled onion* sunflower seeds* ginger miso dressing*	
COBB DELUXE	roasted chicken* romaine* bacon* (gf) 19 avocado* Point-Reyes blue cheese spring mix* hard boiled egg* chickpeas* radish* herbs* balsamic vinaigrette*	

ADDITIONS avocado* bacon* grilled chicken* grilled shrimp* tofu* Point Reyes blue cheese

(V) VEGAN (GF) GLUTEN FREE

* means 100% organic ingredient

100% organic ingredients from local organic bay area farms

APPS & SIDES

SHIITAKE SPRING ROLLS shiitakes* tofu* cucumber* (gf) (V) 9
cabbage* lettuce* carrots*
basil* mint* cilantro* rice paper
roasted onion peanut sauce*

SHRIMP SPRING ROLLS wild shrimp, cucumber* (gf) 10
cabbage* lettuce* carrots*
basil* mint* cilantro* rice paper
chipotle*

SHRIMP LETTUCE TACOS romaine wraps* cabbage* (gf) 12
pickled onion* chipotle aioli*
wild shrimp
or sub for chicken* or tofu*

BUFFALO CAULI WINGS cauliflower florets sauteed (gf) (V) 7
in buffalo cashew sauce*
with vegan ranch dip*

VEGAN MAC'N CHEESE gluten free noodles* (gf) (V) 6
vegan cashew cheese*

WEDGE FRIES hand cut organic potatoes* (gf) (V) 7

SWEET POTATO FRIES baked sweet potato wedges ((gf) (V) 6
choice of 1 dipping sauce*

side salad* (gf) (V) 5

roasted potatoes* (gf) (V) 6

coleslaw* (gf) (V) 5

broccoli sauteed in garlic* (gf) (V) 6

avocado* (gf) (V) 4

cauliflower couscous* (gf) (V) 6

bacon* (gf) 6

roasted chicken* (gf) 6

grilled wild shrimp (gf) 7

wild salmon filet (gf) 14

plant burger patty* (V) 7

turkey burger patty* (gf) 8

DIPPING SAUCES all vegan 1.5
house-made
organic sauces

SPICY CASHEW BUFFALO* **RANCH***
HONEY MUSTARD* **KALE PESTO***
CHIPOTLE AIOLI* **PEANUT SAUCE***
GUAJILLO HOT SAUCE* 2 oz

SERVING LOCALLY ROASTED
ORGANIC HIGHWIRE COFFE
"CONSCIENTIOUS OBJECTOR BLEND"

FRESH MADE JUICES (gf) (V) 12oz 8 / 16oz 10

APPLE* ORANGE* CARROT* CELERY*

IMMUNE BUILDER carrot* apple* ginger* lemon*

GREEN DETOX kale* romaine* cucumber* parsley* lemon*

GREEN BASIC kale* apple* celery* parsley* lemon*

HEALTHY SUNRISE carrot* beet* orange* apple* lemon*

SMOOTHIES 16oz choice of milks:
dairy* almond* coconut* soy*

STRAWBERRY strawberry* dates* choice of milk* 10

MANGO mango* banana* pineapple* vanilla* 10
ginger* coconut* apple/oj* choice of milk*

PROTEIN banana* blueberries* coconut* almond 11
butter* hemp protein* choice of milk*

ACAI BERRY PROTEIN acai berries* mango* strawberries* 11
banana* double shot hemp protein*
apple / OJ blend*

GREEN BANANA banana* almond butter* kale* almond milk* 10
10

SUPER GREEN pineapple* avocado* kale* almond milk* 11
apple/orange blend* lemon* juiced ginger*

ADDITIONS hemp protein* chia* spirulina*
bee pollen* almond butter*

SUPER SMOOTHIES w/ Sprout Living (gf) 13
Epic protein*

STRAWBERRY MANGO BEAUTY pro collagen epic protein* mango* 15 grams plant protein
strawberries*coconut milk* dates*

ATHLETIC PROTEIN real sport epic protein* blueberries* 26 grams plant protein
almonds* bananas* coconut milk*

PINEAPPLE PREBIOTIC SUPERFOOD green kingdom prebiotics & protein* 19 grams plant protein
pineapple* blueberries* coconut milk*

GUILT FREE COCONUT ALMOND CHOCOLATE BROWNIES* (gf) (V) 4.5

LOCAL BOSS BIKKIE COOKIES half dozen (gf) (V) 12
VEGAN, GLUTEN FREE, HANDMADE, ORGANIC
bing cherry dark chocolate ginger dark chocolate
s'mores

FIVE MOUNTAINS ORGANIC TEAS

BEERS & SUSTAINABLE WINES
happy hour Mon - Fri 3pm - 6pm

AWARDED #1 MOST SUSTAINABLE BAY AREA RESTAURANT
BY THE NATURE CONSERVANCY

5% Added for SF Mandates surcharge
included in taxes at checkout

www.theplantcafe.com