

COFFEE BAR

LOCAL ROASTER'S BARRETT'S & WILD GIFT

Bottomless Brewed Coffee 4.00

Cold Brewed Iced Coffee 4.50

Espresso 3.50

Americano 3.50 8oz.

Macchiato served hot 3.75 2.5oz.

Cortado served hot 4.50 4oz.

Cappuccino served hot 4.75 8oz.

Latte 5.00

Mocha 5.75 - make it spicy, add cayenne!

Chai Latte 5.50 12oz.

Benny 6.00 12oz.

spiced ginger chai latte with a shot of espresso

Hot Chocolate 4.00

steamed milk & **Holy Kakow** organic vegan chocolate sauce

Matcha Latte 6.00 choice of:

classic + splash of vanilla | pistachio rose

ADD INS

VANILLA | SUGAR-FREE VANILLA | HAZELNUT | REAL MAPLE
PISTACHIO | LAVENDER | ROSE | RASPBERRY

Masala Mocha 6.00

House mocha mixed with chai spices

Lavender Mocha 6.00

House mocha with lavender syrup

Maple Spice Latte 5.75

House latte real maple syrup & warming spices

Chagaccino 5.50

mushroom blend sweetened with monk fruit with cocoa & cinnamon loaded with adaptogens

add espresso or try it with any drink 1.00

Purple Cloud 5.75

ube purple yam infused milk - sweet & nutty with notes of vanilla with a dash of maple syrup

SEASONAL

GARDEN PARTY 6.50

espresso or matcha latte with house-made orange & rosemary infused syrup

SUMMER CRUSH 6.50

espresso or matcha latte with house-made strawberry-vanilla pink peppercorn infused syrup*

*nut allergy

TEAS

FEATURING TEAS FROM LOCAL PURVEYORS INCLUDING
ZHI, SESA & TEXAS MEDICINAL

Iced Tea (choice of) 3.00 free refills!

black | raspberry-hibiscus | yerba maté mint

Iced Raspberry Sour 3.50 refill on tea only
organic raspberry-hibiscus tea & lemonade

Iced Ginger Black Tea Sour 3.75 refill on tea only
black tea & lemonade with a splash of ginger

Iced Lavender-Mate Sour 3.75 refill on tea only
mint mate & lemonade splash of lavender

Hot Caffeinated 3.25

english breakfast | coconut assam | green jade blend
double bergamot earl grey | yerba mate | green chai

Hot Herbal Blends (Decaf) 3.25

blood orange hibiscus | echinacea | mint blend
ginger | buddha's bliss (calming)
throat comfort | coconut spice rooibos

BOULDIN CREEK FOGS 4.50

Tea with Micro-foamed Milk & Splash of Vanilla

London Fog – Double Bergamot Earl Grey

Tokyo Fog - Green Chai, Hint of Mint

Thai Fog – Decaf Coconut Spice Rooibos

Island Fog – Indian Black Tea & Coconut

FIZZY DRINKS & LEMONADES

Soda 3.25 (bottle & cans)

dublin cola (tx) | dublin rootbeer (tx)

spicy ginger beer (tx) | lemon-lime olipop soda

Richard's Sparkling Rainwater 3.00 (bottle)

St. Elmo Hop Water 4.00 12oz. can

citrus, hops & sparkling water

Kosmic Kombucha 4.75

ask about our current selection

House-made Lemonade 3.75

add rose, lavender or strawberry-rose 50¢

Rosemary Matcha Lemonade 5.75

organic matcha, house lemonade & rosemary

JUICE

Orange, Apple or Grapefruit 3.50 8oz. | 4.75 12oz.

Green Juice 6.00 8oz. | 8.00 12oz.

local, cold pressed blend from **Soco Juices** – cucumber, grapefruit, ginger, celery, apple, spinach

SWAMP THING Hangover Helper! 6.75

matcha, Emergen-C, apple juice (served over ice)

Coconut Water 3.50 8oz. | 4.75 12oz.

MIMOSAS

Classic Mimosa Sm. 4.75 | Lg. 8.00
Orange, apple or grapefruit juice

Orange Coconut Dreamsicle Sm. 5.00 | Lg. 8.50
orange juice, vanilla & coconut drizzle

Pink Moon Sm. 5.50 | Lg. 8.50
orange juice & strawberry pink peppercorn*
*nut allergy

Rescue Dog Sm. 5.50 | Lg. 8.50
grapefruit, rosemary, hint of orange & sea salt rim
(a portion from each drink goes to SAFE Animal Rescue)

OTHER ALCOHOL

Electric Lemonade 8.00
house-made lemonade craft champagne & strawberry rose syrup

Black Lightning 6.50
pecan porter, cold brew & chocolate

The Shandy 6.50 16oz. pint *Super Refreshing!*
violet blueberry blonde ale & lemonade

Michelada Especial 7.00 16oz. pint
local **MOMO'S MICHELADA MIX**, splash of lime & local El Berto
Mexican lager, garnished with tajin

New! **BEET & THYME
SANGRIA** 9.00

HOUSE-MADE WITH SPANISH WINE
SERVED OVER ICE

TEXAS BEER

Local Drafts

Pearl Snap German-Style Pilsner 6.00
crisp, bright & refreshing, mild hops
Austin Beerworks, Austin, TX (5.3% ALC/VOL)

Violet Blueberry Blonde 6.50
a very approachable American blonde ale with subtle blueberry notes
Hi Sign Brewing, Austin, TX (5.1% ALC/VOL)

El Berto 6.00
easy to drink Mexican style lager
Hi Sign Brewing, Austin, TX (4.5% ALC/VOL)

Bloodwork Orange IPA 7.00
Sicilian oranges added to this IPA make for a citrus symphony
Austin Beerworks, Austin, TX (7.0% ALC/VOL)

(512) IPA 7.00
dry hopped IPA, bitter & smooth, apricot, vanilla, malty vibes
(512) Brewing Co., Austin, TX (7.0% ALC/VOL)

Cans

St. Elmo Carl Kölsch 5.00 12oz. can

City Orchard Texas Dry Hard Cider 5.50 12oz. can

(512) Pecan Porter 5.50 12oz. can

WINE

Sparkling

JP Chenet, Brut or Rosé 8.00 | 27.00
(France)

White Wine

Bonterra, Chardonnay 8.00 | 27.00
Sustainably Farmed – Made with Organic Grapes
(California)

Caposaldo, Pinot Grigio 9.00 | 31.00
(*delle Venezie, Italy*)

Bonterra, Sauvignon Blanc 9.00 | 35.00
Sustainably Farmed – Made with Organic Grapes
(California)

Orange Wine

Daisy Hazy Orange Blend 10.00 | 35.00
(Golden West Vineyards, Columbia Valley, Washington)

Red Wine

Casliero Del Diablo, Malbec 8.00 | 27.00
Sustainably Farmed – Made with Organic Grapes
(Emiliana Organic Vineyards, Chile)

Bonanza, Cabernet Sauvignon 10.00 | 35.00
Sustainably Farmed (California)

NON-ALCOHOLIC

N/A Michelada 6.00
local **MOMO'S MICHELADA MIX**, splash of lime & N/A beer or Hop
Water garnished with tajin

N/A Re-Animator 8.00
green juice from **Soco Juices**, apple juice
organic coconut water & sparkling water

Best Days N/A Kölsch 5.00 12oz. can
n/a malt beverage, light, crisp with toasty malt character
Best days Brewing

Best Days N/A IPA 5.00 12oz. can
West coast IPA, aromas of citrus & hops
Best days Brewing

HAPPY HOUR 

3PM – 6PM MONDAY – FRIDAY

5.00 IPA & 4.00 OTHER DRAFTS

1.00 OFF OTHER ALCOHOL & N/A

1/2 OFF MOST APPETIZERS *

**DINE IN ONLY*

ALL DAY BREAKFAST

CEREAL, BAGELS & BAKED GOODS

Grilled Blueberry Cornbread (contains flour) 5.50
served with real maple syrup & dairy or vegan butter
add banana 1.00

Golden Oats (GF) 8.25 (contains nuts)
gluten free oats soaked overnight in coconut &
oat milk, vanilla, hemp hearts & flax meal,
local **Curcuma** golden mix♦ topped with bananas,
pecans & maple syrup
♦(turmeric, cardamom & MCT oil, cinnamon base)

Sunrise Granola Bowl (GF) 9.00 (contains nuts)
house-made granola, apple, banana, pecans,
topped with cinnamon-maple yogurt sauce(v)
dried cranberry & flax meal

Toasted Bagel 5.00
choice of spread: dairy or vegan cream cheese,
hummus, peanut butter, chipotle-pecan pesto
make it **Garden Style** - red onion, tomatoes,
organic spring greens & sunflower sprouts +2.75

House Baked Goods 3.50 – while they last!
blueberry lemon | morning glory | lemon-poppysseed
cinnamon roll - 5.00

OMELETS

TOFU SCRAMBLE OR PASTURE RAISED EGGS*

Omelet Sides choice of two:

whole beans	refried black beans
tortillas: flour, corn <u>or</u> wheat	sliced tomatoes
toast: wheat, sourdough <u>or</u> rye	fresh fruit
potato hash cake (GF) + 1.50	small granola (GF)
gluten free toast (GF) + 2.00	organic spring greens
blueberry cornbread + 2.00	w/citrus vinaigrette

Inner Sun Omelet (GFO) 13.00 (two sides)
fresh basil diced tomatoes, melted feta or vegan
feta & chili-flakes
add spinach or zucchini 1.50

Smokin' Joe's Omelet (GFO) 13.50 (two sides)
sautéed organic spinach, cheddar-jack or vegan
cheddar. topped with chipotle pecan pesto

Potato Leek Omelet (GFO) 14.50 (two sides)
caramelized potato shreds & leeks stuffed with
gruyere or vegan cheddar, topped with scallions,
black pepper dairy sour cream or vegan sour cream

Bouldin Omelet (GFO) 14.00 (two sides)
sautéed organic spinach, garlic, mushrooms & onion
with cheddar-jack or vegan cheddar
add chipotle-pecan pesto 1.00

BOULDIN CLASSICS

TOFU SCRAMBLE OR PASTURE RAISED EGGS* add fire (pepper purée) to any entrée for 50¢

Predictable Breakfast (GFO) 10.00
eggs* or tofu served with a scratch-made herbed
potato hash cake (GF) & choice of toast
sub blueberry cornbread for toast 2.00

Lo Maximo 13.50
eggs* or tofu, topped with cheddar-jack or vegan
cheese or vegan queso°. served with beans, hash cake,
avocado, lettuce, tomatoes, tortillas & salsa
°(contains sesame)

Oven Cake Breakfast (contains flour) 9.50
grilled house-made vegan blueberry cornbread
served with two eggs* or tofu & real maple syrup,
dairy or vegan butter

Zucchini Migas Plate (GFO) 13.00
eggs* or tofu, scrambled with a pepper purée, tortilla
chips, zucchini, onion, spices & cheddar-jack, vegan
queso°, or vegan cheddar. served with salsa, choice
of tortillas & choice of beans or fruit
°(contains sesame)

The Benedict SERVED UNTIL 4PM 13.00
tofu bacon, organic baby spinach, sliced tomatoes,
topped with over-medium eggs* or tofu scramble on
an open-faced grilled ciabatta with vegan
hollandaise sauce (contains flour) & scallions

Breakfast Scramwich (GFO) 11.50
organic spinach & chili flakes folded in eggs* or tofu
scramble. topped with basil aioli, tomato & cheddar-
jack or vegan cheddar on sourdough toast

Now Serving! **Rana Salsa** 
House-made spicy jalapeño salsa

BIG BREAKFAST TACOS!

choice of tortilla: flour, corn or wheat. served with house salsa!

Basic Taco (GFO) 3.50
eggs* or tofu with cheddar-jack or vegan cheddar

Ren Taco (GFO) 4.75
eggs* or tofu, jalapeños, garlic, onion, cheddar-jack
or vegan cheddar

Neal Taco (GFO) 5.00
eggs* or tofu, organic spinach, mushrooms,
cheddar-jack or vegan cheddar

Chorizo Taco (GFO) 5.00
eggs* or tofu, house made veggie chorizo (pea protein)
cheddar-jack or vegan cheddar

Mama's Taco (GFO) 4.75
zucchini, refried black beans, tortilla chips, avocado

*Consuming raw or undercooked eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

STARTERS

Vegan Tex-Mex Queso* (*contains sesame*) (GF) 8.50
Bouldin's own vegan queso (*cauliflower, tahini, oat based*)
served with non-GMO tortilla chips. topped with
scallions, diced tomatoes & house salsa
add house made veggie chorizo 2.00

Classic Hummus* (*contains sesame*) (GFO) 9.00
smooth & creamy traditional recipe served with
sliced cucumbers & toasted wheat tortilla points
add tomatoes 75¢ | add feta 1.25

Spicy Pesto* (*contains nuts*) (GFO) 9.00 (sub gluten-free tortilla chips)
Austin's favorite chipotle-pecan pesto made with
pecans & served with grilled ciabatta wedges

Classic Guacamole* (GF) 9.00
Fresh classic version served with chips y salsa

Savory Cornbread (GF) 4.00
a slice of grilled, house-made gluten-free vegan
cornbread. served with side of dairy or vegan butter
add chipotle-pecan pesto 1.00

House Salad (GF) 6.00
carrots, sunflower sprouts, tomatoes
& organic spring greens


Chips & House Salsa (GF) 5.00 *one free refill!*

**SUB GLUTEN-FREE
BREAD 2.00**

CAULIFLOWER KETTLE

SANDWICHES

choice of: **BLACK PEPPER KETTLE CHIPS,
SESAME SLAW, POTATO SALAD OR CHIPS & SALSA**
substitute small house salad 1.95

 **Veggie Royale** (GFO) (*contains sesame*) 14.00
award-winning veggie burger on grilled ciabatta
with green leaf lettuce, red onion, tomatoes,
& choice of chipotle-pecan pesto or basil aioli
add cheddar-jack or vegan cheddar 1.00
add jalapeños 50¢

Kool Hummus Sandwich (*contains sesame*) (GFO) 13.00
house-made hummus° & chipotle-pecan pesto,
tomatoes, red onion, cucumber, alfalfa sprouts,
carrots & organic spring greens on grilled ciabatta
add tofu bacon "fakon" 1.50 | add avocado 1.50

Wanna-B.L.T.A. (GFO) 13.00
our famous house-made tofu bacon with avocado,
green leaf lettuce, tomatoes & basil aioli on toasted
sourdough

Chickpea "Chick'n" Salad Sandwich (GFO) 12.00
a mild red curry mock "chick'n" salad with fresh leaf
lettuce, tomato, pickled red onion, cucumber served
on toasted whole wheat bread

Grilled Cheese con Hierbas (GFO) 9.25
Golden Brown & Delicious! grilled local sourdough, melted
cheddar-jack or vegan cheddar with fresh basil
add organic spinach, red onion, jalapeño & tomato 2.00
add veggie chorizo 2.00

all items are vegan, or can be made vegan. some dishes contain coconut – ask your server
(GF) Gluten-Free | (GFO) Gluten-Free Option

BIG AZZ SALADS

CITRUS VINAIGRETTE, GINGER MISO, GARLIC TAHINI OR PEPPERCORN RANCH
+ add creamy chick'n salad with a hint of red curry 3.00
+ add local kimchi 2.00

Tofu Broccoli Salad (GF) 12.75 *staff favorite!*
stir-fried sesame tofu cubes & stir-fried broccoli served
over organic spring greens with sunflower sprouts,
carrots, tomatoes & sunflower seeds

Good🌻Livin' Salad (GF) 13.50
orange marinated beet shreds, organic green,
apples, pecans & fresh basil served over organic
spring greens, topped with red onion, carrots,
sunflower sprouts & tomatoes
add feta or vegan feta 1.50

Tarzen's Big Salad (GF) 14.00
marinated portobellos & stir-fried broccoli tossed in
nutritional yeast served over organic spring greens,
with avocado, carrots, sunflower sprouts, tomatoes &
sunflower seeds. topped with chipotle-pecan pesto
& ginger miso dressing

ENTRÉES

Massaman Jackfruit Curry (GF) 13.00
Thai style coconut curry sauce with sautéed broccoli,
potato, red onions & jackfruit. served with organic
brown rice | *add sesame tofu 2.00*

Fajitas Ricas (GFO) 13.00
marinated portobello mushrooms, zucchini,
red onions & garlic with sides of pico de gallo,
shredded lettuce & tortillas. served with beans &
house salsa or chipotle-pecan pesto
add cheddar-jack or vegan cheddar 1.00

Greek Quinoa Bowl (GF) 13.00 [°](*contains sesame*)
house-made quinoa tabbouleh, hummus° & kale.
topped with tomatoes, kalamata olives, toasted
pine nuts & cucumbers over organic spring greens.
served with a side of garlic tahini° dressing

Pasta Margarita 14.00
penne, organic spinach & roasted heirloom grape
tomatoes with vegan lemon basil cream sauce.
served with grilled ciabatta bread - *add broccoli 2.00*

South Austin Stir Fry (*contains peanuts*) (GF) 15.00
rice noodles, broccoli, wild mushrooms, red onions,
carrot coins & red/green cabbage with teriyaki
ginger miso sauce. topped with crushed peanuts &
Yellowbird agave sriracha drizzle
add sesame tofu 2.00

The Slacker's Banquet (GF) 8.00 *w/side | 5.00 no side*
An Old Austin Classic, Simple & Healthy!
whole beans & brown rice topped with tomatoes,
scallions, & pickled jalapeños. served with choice of
side salad, organic spinach, broccoli or grilled
vegan cornbread (GF) on the side.
add cheddar jack or vegan cheddar 1.00

SWEET THINGS

ALL DESSERTS ARE VEGAN!

ADD VEGAN ICE CREAM 3.00

**(coconut/avocado base)*

Blueberry-Lavender Pie 6.75
(housemade)
♥♥♥

Seasonal Dessert

ask a server for the current selection
(housemade)
♥♥♥

Carrot-Pumpkin Cake* 6.75
with vegan "cream cheeze" frosting
(Celeste's Best)

**(contains nuts)*

DOUBLE ♥♥♥

Chocolate Brownie 4.75
(housemade)
♥♥♥

Gluten Free

**Rosemary Pumpkin Seed
Sugar Cookie** (GF) 4.00

(housemade)
♥♥♥

Gluten Free

Chocolate Brookie (GF) 4.00
gluten free cookie/brownie fusion!
(housemade)
♥♥♥

Hazelnut Affogato* (GF) 6.00
scoop of Luv Fats vegan ice cream
topped with a shot of espresso
& a drizzle of hazelnut syrup

**(contains nuts)*
♥♥♥

**Stuffed Oatmeal
Cookie Sandwich** 5.50

vanilla "cream" filling stuffed
between oat cookies
(Sugarbush Vegan Bakery)
♥♥♥

Chocolate-Chip Cookie 3.50
(housemade)
♥♥♥

Peanut Butter Cup 4.25
(Celeste's Best)
♥♥♥

THE TAXI DRIVER

A Bouldin Creek Café Classic, Perfect for Sharing!
warm, house-made brownie topped with an
espresso shot & vegan ice cream
chocolate sauce 9.00

DINNER SPECIALS

After 5pm

APPETIZERS

Triple Threat* (GF) 15.00
flight of house queso°, guacamole
& chipotle pecan pesto served with chips
°(contains sesame)

Cauliflower Bites* (GF) 9.00
roasted sweet potato medallions topped with a
miso maple glaze black sesame seeds & scallions

ENTRÉES

Moroccan Summer Bowl (GF) 15.00
roasted harissa carrots & cauliflower, kale & quinoa
topped with marinated beet shreds
chermoula (Moroccan style chimichuri) toasted almonds
& dried cherries. served with lemon tahini dressing

Bulgogi Bowl (GF) 14.00
vegan bulgogi style ground pea protein,
sunflower sprouts, steamed organic spinach,
kimchi by Casper Fermentables,
Korean sesame pickles, shredded carrots
served over brown rice & topped with black sesame
seeds. Served with a side of ginger miso dressing
Try it with Yellowbird sriracha!

La Doña (GFO) 14.00
stuffed grilled cheese on sourdough with
veggie chorizo (pea protein), green taqueria sauce,
fresh cilantro & red onion. served with a choice of
black pepper kettle chips, potato salad,
sesame slaw or chips y salsa
substitute small house salad 1.95

Vegan BBQ Plate (GF) 14.00
smokey tempeh strips topped with a
housemade tangy bbq sauce & green onions.
served with a small house salad w/ *vegan peppercorn
ranch*, served with beans (*refried or whole beans*)
& choice of sesame slaw, sweet potato medallions,
potato salad or vegan cornbread (GF)

Bandera Plate (GFO) 14.00
roasted potatoes, poblanos, corn, spinach &
"chick'n" shreds • served over rice & topped with
melted dairy cheddar-jack or vegan cheddar,
roja enchilada sauce, pepitas & green onions.
served with choice of refried, whole beans, or
organic spring greens w/citrus vinaigrette
& a side of tortillas: corn (GF), flour or wheat

•CONTAINS SOY

SUB GLUTEN-FREE BREAD 2.00

by **ZUCCHINI KILL**

*all items are vegan, or can be made vegan
some dishes contain coconut – ask your server
(GF) Gluten-Free | (GFO) Gluten-Free Option*

**DECONSTRUCTED
ENCHILADA PLATE**

LUNCH SPECIALS

Served from 11am-3pm

Moroccan Summer Bowl (GF) 15.00

roasted harissa carrots & cauliflower, kale & quinoa topped with marinated beet shreds
chermoula (Moroccan style chimichurri) toasted almonds & dried cherries. served with lemon tahini dressing

The McFib (GFO) 13.00

smokey tempeh strips, creamy slaw, pickled red onions & house made bbq sauce on grilled ciabatta. served with a choice of black pepper kettle chips, potato salad, sesame slaw or chips y salsa
substitute small house salad 1.95

Bulgogi Bowl* (GF) 14.00

vegan bulgogi style ground pea protein, sunflower sprouts, steamed organic spinach, kimchi by *Casper Fermentables*, Korean sesame pickles, shredded carrots served over brown rice & topped with black sesame seeds. served with a side of ginger miso dressing
*contains sesame

The Ruby Reuben (GFO) 13.00

grilled rye bread stuffed with marinated beet shreds, organic kale & cabbage kraut with choice of melted Swiss cheese or vegan white cheddar. served with a smoky Russian dressing & choice of black pepper kettle chips, potato salad, sesame slaw or chips y salsa
substitute small house salad 1.95

Ladybird Salad (GF) 13.50

carrots, sunflower sprouts, local tomatoes organic mixed greens, dried cranberries, pecans, red onions & avocado topped with a scoop of house-made chickpea "chickin salad"
add dairy or vegan feta 1.50

Soup Combo (GF) 10.00

grilled vegan cornbread, cup of soup & a side salad

Tostada Lunch Plate (GF) 10.00

2 crispy tostadas loaded with refried beans veggie chorizo (pea protein), shredded lettuce, diced tomato & pickled red onion. served with vegan queso, green taqueria sauce for topping

SUB GLUTEN-FREE BREAD 2.00

by **ZUCCHINI KITT**

all items are vegan, or can be made vegan

(GF) Gluten-Free | (GFO) Gluten-Free Option

ALL DAY BREAKFAST



ALL DAY LUNCH & DINNER

Allium Free Migas (GFO) 13.00 allium free tofu scramble or pasture eggs scrambled with seared zucchini rounds, tortilla chips, mexican oregano & jalapenos; topped with your choice of cheddar jack or vegan cheese. served with tortillas & choice of fruit, broccoli, spinach, or brown rice

add avocado 1.50

Allium Free Omelet (GFO) 14.00 allium free tofu scramble or pasture egg omelet with spinach, mushroom, basil, chili flake. choice of cheddar jack, feta cheese or vegan cheese. served with two sides: fruit, tortillas, toast, small granola with milk, sliced local tomatoes, broccoli, or quinoa tabbouleh.

sub blueberry cornbread for one side 3.00

Allium Free Breakfast Taco (GFO) 5.00 allium free tofu scramble or pasture eggs scrambled with mushrooms & spinach. choice of cheddar jack or vegan cheese. served in a warm tortilla.

add avocado 1.00 | add jalapenos 50¢

Blueberry Cornbread 5.50

scratch-made blueberry cornbread grilled to perfection! served with real maple syrup & choice of vegan or dairy butter.

add sliced bananas 1.00

Golden Oats (GF) 8.25

house-made gluten free oatmeal with turmeric, warming spices, hemp hearts, flax meal & Thai style coconut milk. topped with sliced banana, Texas pecans & real maple syrup. served with your choice of milk

Sunrise Granola Bowl (GF) 9.00

coconut maple cinnamon yogurt poured over fresh chopped apples & bananas. topped with house-made gluten free sunflower seeds, cranberry oat granola. finished with pecans & flax meal

Allium Free Bagel & Spread 5.00

Toasted plain bagel served with your choice of dairy cream cheese, vegan cream cheese, smashed avocado, or peanut butter

Allium Free Garden Bagel 7.75

Toasted plain bagel with your choice of vegan cream cheese, dairy cream cheese, or smashed avocado served with sliced local tomatoes, sunflower sprouts & spring greens

Sesame Bowl (GF) 13.00

broccoli, mushrooms, carrots, red & green cabbage & sesame tofu stir fried in bragg's & lightly tossed with chili flakes. served over brown rice topped with sesame seeds, a drizzle of olive oil, avocado & lime

Veggin' Out Plate (GF) 11.00

choice of 3: brown rice, quinoa tabbouleh, vegan southern cornbread (gf), broccoli, zucchini, or spinach. served with a side of olive oil & lemon

Allium Free Kool Sandwich (GFO) 13.00

ciabatta bread spread with smashed avocado and layered with local tomato, spring greens, alfalfa sprouts, carrots, cucumber, and veggie bacon. served with your choice of fruit or quinoa tabbouleh

Allium Free Grilled Cheese (GFO) 9.25

sourdough grilled to perfection, stuffed with fresh basil, & choice of dairy cheddar jack or vegan cheddar cheese. served with your choice of fruit or quinoa tabbouleh

add local tomatoes, spinach, or jalapeños 2.00

Allium Free Tofu & Broccoli Salad 12.75

stir fried sesame tofu & broccoli served over a bed of organic spring greens. topped with local sunflower sprouts, local tomatoes, carrots & sunflower seeds. served with oil, vinegar & lemon

Allium Free Good Living Salad 13.50

Texas pecans, diced apple, orange marinated beet shreds & fresh basil. served over organic spring greens, topped with carrots, local sunflower sprouts & local tomatoes. served with olive oil, vinegar & lemon

**All Desserts
are
Allium Free!**