

Café Menu

all menu items can be made gluten free and or vegan

Free Range Chicken Quesadilla \$13.95

w/ cheese, lettuce, tomato, onion, sprouts on a spelt flour tortilla served with chips & homemade salsa.

Veggie Quesadilla \$11.50

w/ sautéed seasoned vegetables, cheese, lettuce, tomato, onion, sprouts on spelt flour tortilla served with chips & homemade salsa.

Cheese Quesadilla \$7.50

Served with chips & homemade salsa.

Free Range Chicken Caesar Wrap \$13.50

w/ house made Caesar dressing, lettuce, tomato, parmesan on whole wheat wrap served with chips & homemade salsa.

Bean Burrito \$7.95

w/ onions & black beans in whole wheat tortilla served with chips & homemade salsa.

Add: lettuce, tomato rice \$1.00 ea

Add: salsa \$1.50

Add: sour cream, avocado \$2.00 ea

Add: cheese \$2.50

Deluxe Bean Burrito \$11.95

w/ black beans, lettuce, tomato, onions, cheese, sour cream, salsa & avocado in whole wheat tortilla served with chips & homemade salsa.

Sunshine Grinder \$12.95

w/ Hilary's worlds best veggie burger, cheese, lettuce, tomato, onions, carrots, sprouts & house made goddess dressing on whole wheat wrap served with chips & homemade salsa.

Chapati Spelt Wrap \$7.95

w/ lettuce, tomato, carrots, onions, sprouts & house made goddess dressing in spelt wrap served with chips & homemade salsa. + avocado, hummus \$2.00ea

Falafel Wrap \$12.95

w/ house made falafel, lettuce, tomato, cucumber & house made goddess dressing in whole wheat tortilla served with chips & homemade salsa. + avocado, hummus \$2.00ea

Veggie Melt \$10.95

w/ cheese, lettuce, tomato, carrots, onions, sprouts in whole wheat tortilla served with chips & homemade salsa. + avocado/hummus \$2.00ea +chicken \$6.00

Organic Hamburger \$13.50

w/ local grass fed beef lettuce, tomato, onion on whole wheat bun served with house baked fries & ketchup. +cheese \$2.50

Organic Turkey Burger \$12.95

w/ lettuce, tomato, onion on whole wheat bun served with house baked fries & ketchup. + cheese \$2.50

Sunshine Burger \$10.95

w/ Hilary's worlds best veggie burger, lettuce, tomato, carrots, onions, sprouts, mayo, mustard, ketchup on whole wheat bun served with chips & homemade salsa. +cheese \$2.50

Beyond Meat Burger \$11.95

w/ vegan cheese, lettuce, tomato, onion, mayo, mustard, ketchup on whole wheat bun served with chips & homemade salsa.

Tofu Melt \$11.50

w/vegan cheese, lettuce, tomato, sprouts & house made goddess dressing, served with chips & homemade salsa.

Organic Hot Dog \$6.95

w/ mustard & sauerkraut on whole wheat bun served with chips & homemade salsa.

Chicken Caesar Salad \$12.50

Lettuce, tomato, cucumber, house made Caesar dressing & parmesan.

Deluxe Burrito Salad \$10.95

w/ black beans, lettuce, tomato, onion, cheese, salsa, sour cream, avocado & tortilla chips.

Sautéed Veggie Plate \$11.95

w/ oil, garlic, seasonal veggies, over brown rice.

Steamed Veggie Plate \$10.95

Seasonal veggies over brown rice.

Quiche Special \$10.95

Quiche of the week served with a side salad.

House Veggie Burger Special \$11.95

Our weekly veggie burger w/ lettuce, tomato, onion & vegan mayo on whole wheat bun served with a side salad.

BLT \$12.95

Hummus w/ Chips \$5.50

PB & J \$5.95

FRIES \$5.95

Additions to lunch items:

Chicken \$6 Bacon \$6 Tofu \$4

GF Bread \$2 Cheese \$2.50 Avo \$2

Egg \$2 Hummus \$2 Sour Cream \$2

Salsa \$1.50 Black Beans \$1.50

Lettuce-Tomato-Rice-Onion \$1 Each

Breakfast Menu 9-11am

all items can be gluten free

Breakfast Burrito \$12.95

w/ black beans, 1 egg, lettuce, tomato, onion, salsa, sour cream, cheese & avocado in whole wheat tortilla.

Vegan Avocado Toast \$8.95

w/ tomato, onion, sprouts & nutritional yeast on whole wheat bread.

Avocado Toast \$9.95

w/ tomato, feta, hardboiled egg on whole wheat bread.

Egg & Cheese Sandwich \$9.95

2 eggs & cheese on whole wheat bread or spelt wrap.

BLT \$12.95

w/ lettuce, tomato, mayo on whole wheat

SMOOTHIE & JUICE BAR MENU

SMOOTHIES- Priced in Store

Loveys Rio

Acai, strawberries, banana, apple juice.

Very Berry

Strawberry, blueberry, raspberry, banana, apple juice.

Coffee Date

Banana, cold brew, oats, dates, MCT oil, almond milk.

West Coast Swing

Banana, avocado, cacao powder, sea salt, almond milk.

Super Fruit

Acai, blueberry, goji berry, banana, almond milk.

Pina Colada

Banana, mango, pineapple, coconut milk.

Golden Warrior

Banana, turmeric, bee pollen, cardamom, honey, lemon, coconut milk.

Green Warrior

Banana, kale, pineapple, mango, whey protein, coconut oil, coconut milk.

Tropical Thunder

Banana, mango, pineapple, cilantro, spinach, lemon, water.

Happy Monkey

Banana, cacao powder, nut butter, water.

Kale Berry

Blueberry, strawberry, hemp seeds, yogurt.

Kids Fruit Smoothie

Banana, apple juice & choice of 1 fruit: blueberry, mango, pineapple, strawberry, or peach.

ACAI BOWLS \$10.95

Loveys Rio Bowl

Banana, acai, apple juice topped w/gluten free granola & banana slices

Port City PB Bowl

Banana, acai, peanut butter, apple juice topped w/ gluten free granola, banana slices & cacao nibs

Landfall Greens Bowl

Banana, acai, strawberries, spinach, kale, apple juice topped with banana slices.

JUICES

Carrot juice: Cucumber/ Celery juice

12oz \$7.95 12oz \$7.95

16oz \$10.95 16oz \$8.95

Juice additions \$1ea: cucumber, celery, carrot, apple, lemon, beet, parsley, spinach, ginger, turmeric.

Orange juice:

12oz \$5.98 16oz \$7.50

SHOTS

Wheatgrass Live-Pressed 1oz

Beet \$4.00/4oz

Ginger \$4.50/oz +2oz lemon \$5.50

Turmeric \$6.00/oz +2oz lemon \$7.00