

## Café Menu

\*all menu items can be made gluten free and or vegan\*

### Free Range Chicken Quesadilla \$11.95

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 \$12.50

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 \$11.95

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 \$2.00

### **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 \$2.00

### **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 \$10.95**

w/ oil, garlic, kale, broccoli, cauliflower, zucchini, yellow squash & carrots over brown rice.

### **Steamed Veggie Plate \$10.95**

w/ kale, broccoli, cauliflower, zucchini, yellow squash & carrots 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 \$11.95**

w/ lettuce, tomato, mayo on whole wheat served with chips & homemade salsa.

### **Grilled Cheese \$7.50**

On whole wheat served with chips & homemade salsa.

### **PB & J \$5.95**

served with chips & homemade salsa.

### **Additions to lunch items:**

Chicken, bacon. \$6 Tofu. \$4

Cheese/ vegan cheese. \$2.50

Gluten free bread, hummus, avocado, sour cream. \$2

Black beans, salsa. \$1.50

Lettuce, tomato, rice, onion. \$1

## **Breakfast Menu 9-11am**

*\*all items can be gluten free\**

### **Breakfast Burrito \$11.95**

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 \$9.95**

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

### **BLT \$11.95**

w/ lettuce, tomato, mayo on whole wheat

## SMOOTHIE & JUICE BAR MENU

### SMOOTHIES \$10.95

#### 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 Warriar

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

#### Green Warriar

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:

12oz \$7.95

16oz \$9.95

### Cucumber/ Celery juice

12oz \$8.95

16oz \$9.95

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

### Orange juice:

12oz \$5.50 16oz \$6.50

## SHOTS

Wheatgrass \$3.50/oz

Beet \$4.50/4oz

Ginger \$4.50/oz +1oz lemon \$5.50

Turmeric \$6.00/oz +1oz lemon \$7.00