

## APPETIZERS & STARTERS

**Creamy Pesto & White Bean Dip \$6.5 GF, SF**  
served warm with organic blue corn tortilla chips, basil oil and scallions

**Live Nachos \$10 L, GF, SF**  
spiced tomato & walnut chips, zucchini tahini nacho cheese and ground walnut chorizo, topped with onion, tomato, cilantro, scallion, cashew sour cream and avocado ranch, served with a lime wedge

**Fruit & Cheese Board \$10 SF**  
house-made almond cheese, fresh fruit, grilled artisan bread, and sorrel hempseed pesto, *can be made live and gluten-free upon request*

## SOUPS AND A SIDE cup \$6/bowl \$7

with whole grain bread, corn bread, rice, quinoa or house salad

**Soup Du Jour** *seasonally inspired*

**Spicy Butternut & Black Bean Chili**

## SALADS

add golden sauteed tofu, tempeh or soy curls \$3  
add cup of soup \$3 add avocado \$2

**House Mixed Green Salad sm \$4 / lg \$7 L, GF, SF**  
mixed greens, carrot, beet, cucumber and micro greens\*, with creamy sweet ginger dressing

**Roasted Beet & Curried Cashew Salad \$9.5 GF**  
sesame and agave roasted beets tossed with curried cashews, served over a bed of fresh greens, with cashew sour cream and sesame seeds

**Live Taco Salad \$13 L, GF, SF**  
crisp romaine, chili lime dressing, avocado, red onion, tomato, walnut chorizo, and our famous spicy nacho chips, served with a side of house made cashew sour cream

**Crispy Thai BBQ Salad \$13 GF**  
romaine, mixed greens, shredded cabbage, carrot, cucumber, raisins, crispy rice sticks, curried cashews and thai spiced barbecue soy curls, with creamy sweet ginger dressing, fresh herbs & toasted coconut

## BOWLS

add golden sauteed tofu, tempeh or soy curls \$3 add avocado \$2

**Basic Bowl \$8 GF, SF**  
choice of brown rice or quinoa, daily beans and steamed greens, choice of house-made sauce (see our sauces section)

**Southwest Bowl \$9.5 GF, SF**  
brown rice, spicy butternut & black bean chili and steamed greens topped with avocado ranch, roasted red pepper sour cream, scallions and cilantro

**Green Goddess \$9.5 GF, SF**  
steamed greens, mixed greens, micro greens\*, with avocado ranch and roasted garlic balsamic vinaigrette, topped with sesame seeds, served with a choice of brown rice or quinoa

*Many of our dishes contain plant-based food allergens.  
We cannot guarantee that any product has not come in contact with these foods. Thank you for your understanding.*

## LUNCH ENTREES

add avocado or blue corn chips \$2 add cup of soup or house salad \$3  
add golden sauteed tofu, tempeh or soy curls \$3

**Garden Veggie Wrap \$7.5 SF**  
pesto & white bean spread, carrot, tomato, cucumber, purple cabbage, romaine, micro greens\*, and roasted garlic vinaigrette, wrapped in a whole wheat tortilla

**Crispy Thai BBQ Wrap \$8.5**  
thai spiced barbecue soy curls, crispy rice sticks, carrots, cucumber, red cabbage and romaine, with creamy sweet ginger sauce, wrapped in a whole wheat tortilla. *add avocado for \$2*

**Smoked Maple Tempeh \$8.5**  
with romaine, tomato, micro greens\*, and stone ground mustard, served warm with choice of whole wheat tortilla or whole grain bread *add avocado for \$2*

**Spicy BBQ Sandwich \$8.5**  
seasoned soy curls sauteed with red onion and smoky whiskey ginger barbecue sauce, served warm on grilled whole grain bread or in a whole wheat tortilla with romaine, tomato, micro greens\* and lemon wasabi aioli. *add avocado for \$2*

**Live Wrap \$11 L, GF, SF**  
tahini-cilantro pate, cucumber, micro greens\*, carrot and avocado ranch in a leafy green wrap, with cashew sour cream

**Spicy Butternut & Black Bean Chili Quesadilla \$11**  
whole wheat tortilla with spicy butternut & black bean chili, ground walnut chorizo, zucchini tahini nacho cheese, scallion, avocado ranch and roasted red pepper sour cream, served with blue corn chips

**Live Falafel Wrap \$12.5 L, GF, SF**  
walnut & brazil nut falafel, tahini-cilantro pate, cucumber, onion and fresh tomato, wrapped in a leafy green, served with cashew sour cream

**Live Sorrel Pesto and Portobello Pizza \$13 L, GF, SF**  
fresh sorrel hempseed pesto, "roasted" portobello mushrooms and micro greens\* on a spiced tomato & walnut crust with a basil oil drizzle, served with a mixed green appetizer salad with creamy sweet ginger dressing, *add creamy cashew cheese to pizza \$.75*

**Seasonal Lunch Special** *changes daily, ask your server*

## SIDES

Daily Bean \$3	Golden Sauteed Tofu, Tempeh or Soy Curls \$3
Brown Rice \$3	Tahini-Cilantro Pate \$3
Quinoa \$3	Live Nacho Chips \$4
Corn Bread \$3	Steamed Veggies \$4
Steamed Kale \$3	

## SAUCES & DRESSINGS

1oz serving \$.75

Creamy Sweet Ginger	Smoky Whiskey Ginger BBQ
Spicy Peanut	House Red Hot Sauce
Avocado Ranch	Roasted Garlic Vinaigrette
Cashew Sour Cream	Roasted Red Pepper Sour Cream
Chili Lime	

**GF** - DENOTES GLUTEN-FREE SELECTION

**L** - DENOTES LIVE/RAW SELECTION

**SF** - DENOTES SOY-FREE SELECTION

**\*** - DENOTES ITEM MAY BE SUBSTITUTED

## FRESH JUICES & BOOSTER SHOTS

Ginger Shot 1oz \$3

Flu Fighter Shot 1oz \$3.5  
ginger, lemon, cayenne

Carrot 16oz \$5.5

Carrot Ginger 16oz \$6

Apple Celery Cucumber 16oz \$6.5

Apple Lemon Ginger 16oz \$6.5

Apple Lemon Ginger Kale 16oz \$7

Thai Greens 16oz \$8  
apple, lime, ginger, basil, cilantro

All Greens 16oz \$8.5  
kale, celery, cucumber, parsley

## SMOOTHIES & MILKSHAKES 16oz

with choice of soy or rice milk  
or with coconut milk for \$1 extra  
sweetened with agave

Strawberry Banana \$6.5

Peanut Butter Banana \$6.5

Peaches 'N' Cream \$7  
peaches, coconut milk and banana

Berry Blast \$7  
marionberry, raspberry, strawberry, blueberry, boysenberry,  
and banana

Greens Protein Plus \$8  
banana, peanut butter, spirulina, hemp protein

Softy Shake \$7  
with our house-made soft serve, changes daily

## OTHER DRINKS

Coconut Chai \$4  
house-made chai and coconut milk,  
served over ice

Lavender Lemonade \$3  
sweetened with agave

Eight-Herb Iced Tea \$2  
caffeine-free

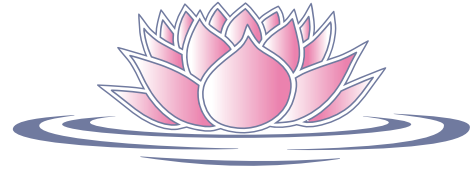
Coconut Water \$2.5

Townshend's Kombucha \$4

## COFFEE & TEA

Organic Hot Tea Pot \$4  
Green, Immune Boost, 8-Herb, Earl Grey,  
Darjeeling, Yerba Mate

Caffé Vita Organic Coffee \$3



# BLOSSOMING LOTUS

## LUNCH MENU

SERVED FRESH DAILY

## BLOSSOMING LOTUS

### LUNCH

11 AM - 4PM • MONDAY - SATURDAY

### HAPPY HOUR

3PM - 6PM • MONDAY - FRIDAY

### DINNER

5PM - 9PM • SUNDAY - THURSDAY  
5PM - 10PM • FRIDAY & SATURDAY

### SUNDAY BRUNCH

10AM - 2:30PM

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