

Welcome

to Follow Your Heart. We are pleased to offer the following selection of natural food dishes, each prepared from the highest quality ingredients available, and entirely without the use of any meat, poultry, fish, eggs, or harmful additives. We invite you to sit back and relax. Enjoy the good food and good company, and we thank you for giving us the opportunity to serve you.

Sincerely, Follow Your Heart.



NATURAL FOODS RESTAURANT

RESTAURANT HOURS:

BREAKFAST: Monday - Friday 8:00 - 11:30 a.m.

Saturday & Sunday Brunch: 8:00 a.m. - 3:00 p.m.

Lunch and Dinner: Monday - Sunday 10:30 a.m. - 9:00 p.m.

21825 Sherman Way, Canoga Park, CA 91303 (818) 348-3240

www.followyourheart.com



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▲ APPETIZERS ▲

NACHOS \$6.95

Organically Grown Stone Ground Corn Tortilla Chips with Melted Jack and Cheddar Cheese, Guacamole, Sour Cream, Green Onions, Black Olives and Fresh Salsa.

Also Available with Black Beans. \$7.95

MEDITERRANEAN PLATE \$8.50

Fresh Hummus, made of Ground Garbanzo Beans, Sesame Tahini, Olive Oil, Onion, Garlic, Lemon Juice and Cayenne Pepper. Served with Tabbouleh, Falafel, Cucumber, Onion, Tomato, Cabbage and Warm Pita Bread.

GRILLED VEGETABLE QUESADILLA \$8.50

Freshly Grilled Vegetables, Mild Green Chilies, Jack and Cheddar Cheese, in your choice of a Whole Wheat Flour Tortilla or Organically Grown Stone Ground Corn Tortillas. Served with Fresh Salsa, Guacamole and Sour Cream.

LORENZO'S TOFU EGGWICH \$6.95

A Grilled Scrambled Tofu Pattie, Tomato and "Pastrami" Wheatmeat, with Avocado and Vegenaize on our Homemade English Muffin. Served with French Fries or Fresh Fruit.


▲ BURGERS & SANDWICHES ▲

THE FOLLOW YOUR HEART BURGER \$8.95

Our Incredibly Meat-Like Low Fat Burger Pattie with Cheddar Cheese, Lettuce, Tomato, Onion, Pickles, Vegenaize and Thousand Island Dressing, on a Toasted Whole Wheat Bun.

THE NUTBURGER \$8.95

A Nut and Vegetable Pattie on a Toasted Whole Wheat Bun, Baked with Raw Cheddar Cheese, and Topped with Sprouts, Tomatoes, Pickles, Vegenaize, and our Special Sauce.

 NUTBURGER SUPREME: Lettuce (No Sprouts), Raw Cheddar Cheese, Mushrooms, Onion, a Little Sauerkraut, and Carrot Shreds. \$9.50

MULTI-GRAIN MUSHROOM BURGER \$8.95

A Grilled Pattie Made from Brown Rice, Wheat Berries, Barley, Lentils, Mushrooms and Herbs. Served on a Whole Wheat Bun with Grilled Onion, Melted Cheddar Cheese, Tomato, Lettuce and Vegenaize.

ORGANIC TEMPEH TACOS \$9.50

Two Organically Grown, Stone Ground Corn Tortilla Shells, Filled with Seasoned, Grilled Organic Tempeh, Jack and Cheddar Cheese, Tomatoes and Fresh Cilantro. Served with Spanish Rice, Black Beans Guacamole, Sour Cream and Lime Wedges.

BRAISED TOFU WRAP \$8.95

Braised Tofu, Jack and Cheddar Cheese, Guacamole, Tomato, Cabbage, Cucumber, Parsley, Romaine Lettuce and a Special Dressing, Wrapped in a Whole Wheat Tortilla.

ORGANIC TOFU FILET SANDWICH \$8.95

A Succulent, Organic Tofu Filet, Coated in a Seasoned Breading and Baked to Perfection. Served on a Toasted, Whole Wheat Bun, with our Special Vegenaize Tartar Sauce and Fresh Lemon Wedges.

VEGETARIAN "MEATBALL" SUB \$8.95

Italian Style "Meatballs" Smothered in a Hearty Marinara Sauce, Topped with Roasted Green Bell Peppers and Melted Mozzarella. Served on a Toasted Multi-Grain Sub Roll.

THE REUBEN \$10.75

Thinly Sliced Wheatmeat, Natural Swiss Cheese, Sauerkraut, Mustard and Vegenaize on Oversized Rye Bread, Oven-Baked. Served with Dill Pickle and Thousand Island Dressing. Also Available Non-Dairy with Cottage-Style Tofu or Vegan Cheese.

MELTED CHEESE \$8.50

Raw Rennetless Cheddar Cheese, Oven-Baked on Whole Wheat Bread with Tomato, Avocado, Sprouts and Vegenaize. Try It with Onions and Bacon Bits \$8.25

CLUB SANDWICH \$8.50

The Classic Triple Decker on Toasted Whole Wheat Bread with Turkey-Style Wheatmeat, Vegetarian Bacon Bits, Lettuce, Tomato, Thousand Island Dressing, and Vegenaize. With Cheese Add \$1.50 With Avocado Add \$1.75

AVOCADO, TOMATO AND SPROUTS \$7.50

A Vegetarian Standard in the Follow Your Heart Style, Served with Vegenaize. May Be Customized to Your Taste with Any of the Extras Listed Below.

THE LOVE PLATE

(Prices Starting at \$9.50)

A Tradition at Follow Your Heart Since 1971. Any Half Sandwich, a Cup of Soup or dinner salad, and Your Choice of Coffee, Hot or Cold Tea, Soda or Small Juice.

GRILLED "CHICKEN" SANDWICH \$10.75

Sliced "Chicken" Wheatmeat, Grilled Onions and Swiss Cheese on Toasted Rye Bread, with Lettuce, Tomato, Thousand Island and Vegenaize.

Sandwiches May Be Ordered With Any of the Following Extras: Rennetless Raw Cheddar and Jack Cheese \$1.50, Swiss Cheese \$1.50, Vegan Cheese \$1.50, Soy Cheese (Contains Casein) \$1.50, Wheatmeat or Avocado \$1.75, Vegetarian Bacon Bits \$.75, Green Pepper \$.75, Mushrooms \$.75, Cucumber \$.75, Sauerkraut \$.75, Tomato \$.75, Oven-baked "Fries" \$1.50. Half Sandwiches Available. (Half Nutburger on Bread)

▲ STUFFED POTATOES ▲

ORIGINAL \$7.95

Sauteed Whole Mushrooms, Melted Cheese, Butter, Sour Cream and Green Onions.

BROCCOLI AND CHEESE \$7.95

Freshly Steamed Broccoli, Butter, Melted Cheese, and Tomato.

MEXICAN \$7.95

Avocado, Salsa, Olives, Melted Cheese, Butter and Sour Cream.

CHILI \$7.95

Served on a Baked Potato with Melted Cheese, Sour Cream and Chives

▶ **HOMEMADE SOUP AND CHILI** ◀

 **BOWL \$5.50**  **Cup \$3.95**

Served with Crackers or a Non-Dairy Whole Grain Roll.

 **HOMEMADE CORNBREAD \$2.50**

Served with Butter or Non-Hydrogenated Margarine

▶ **SALADS** ◀

WHOLE \$9.95 HALF \$6.50

 **ORGANIC GARDEN SALAD**

A Daily Selection of Seasonal Organically Grown Salad Greens, Shredded Carrots, Red Cabbage, Sprouts and Tomato. Your Choice of Dressing.

 **GREEK SALAD**

Feta Cheese, Greek Olives, Cucumber, Green Pepper, Red Onion and Tomato Wedges, Served on a Bed of Organically Grown Salad Greens. Your Choice of Dressing.

 **ITALIAN SALAD**

A Mix of Marinated Artichoke Hearts, Garbanzo Beans, Red Onion, Black Olives, Tomatoes, Mozzarella Cheese and Pepperoncinis. Served on a Bed of Organically Grown Salad Greens.

 **CAESAR SALAD**

A Vegetarian Version of this Classic Salad with Organically Grown Romaine Lettuce, Artichoke Hearts, Tomatoes, Croutons and Parmesan Cheese. Tossed with Our Own Caesar Salad Dressing. Served with Garlic Bread.

 **FRESH FRUIT SALAD PLATE**

A Seasonal Selection of Fresh Fruit, Served with Plain Low-Fat Yogurt, Soy Yogurt, Cottage Cheese or Cottage-Style Tofu.

 **SPINACH SALAD**

Fresh Spinach, Mushrooms, Onions, Apples, Tomatoes and Toasted Rosemary Walnuts. Tossed in a Homemade Balsamic Vinaigrette.

▶ **ENTREES** ◀

All Entrees Served with Soup or Salad. A La Carte Subtract \$1.00

 **ORGANIC STEAMED VEGETABLE PLATE \$10.95**

A Daily Selection of Organically Grown Vegetables Steamed to Order. Served over Organic Brown or Basmati Rice, with Melted Cheese or Mushroom Sauce.

 **WOK STIR FRY \$11.95**

Fresh Vegetables and Organic Tofu, Stir Fried with Garlic, Ginger and Tamari. Served with Organic Brown Rice.

 **SPANAKOPITA \$11.95**

A Spinach Pie with Feta and Ricotta Cheese, Seasoned with Dill and Baked in Flaky Whole Wheat Filo Pastry. Served with Basmati Rice and Side Salad.

 **SPINACH LASAGNE \$11.50**

Lasagne Noodles, Layered with Spinach, Zucchini, Yellow Squash, Marinara Sauce, and Our Three-Cheese Blend. Served with Garlic Bread.

 **ANGEL HAIR POMADORO \$10.50**

Angel Hair Pasta, Tossed with Fresh Garlic, Basil, Olive Oil and Tomato. Served with Garlic Bread. Add Pesto Sauce (Non-Dairy) \$11.95

 **TANDOORI AND CURRY \$11.95**

Tandoori Spiced Vegetarian "Chicken" and a Savory Tofu Curry, Served with Basmati Rice, a Vegetable Samosa and Mango Chutney.

 **ENCHILADAS CORAZON \$11.95**

Two Organic Corn Tortillas Filled with Corn, Onions, Chilies and Black Olives, Topped with Jack and Cheddar Cheese, and Your Choice of Red or Green Sauce. Served with Black Beans, Spanish Rice, Salsa, Guacamole and Sour Cream. With Turkey-Style Wheatmeal \$12.95

 **BRAISED TOFU SOFT TACOS \$11.50**

Organic Corn Tortillas Filled with Braised Tofu, Jack and Cheddar Cheese, Diced Tomato, Lettuce and Cilantro. Served with Black Beans, Spanish Rice, Guacamole, Sour Cream and Salsa.

 **ZORRO BURRITO \$10.50**

Black Beans, Braised Tofu, Jack and Cheddar Cheese, Spanish Rice and Salsa Wrapped in an Oversized Whole Wheat Tortilla. Served with Jicama Salad, Guacamole and Sour Cream.

 ▶ **PIZZA \$9.50** ◀

Individual Sized. Vegan Pizza Crust, Made to Order with Your Choice of the Following:

Step 1. Choose a sauce: Marinara, Alfredo, or Non-Dairy Yeast Sauce;

Step 2. Choose a cheese: Rennetless Cheese, Soy Cheese (Contains Casein) or Vegan Cheese;

Step 3. Choose up to 3 of the following toppings: Artichoke Hearts Fresh Basil

Fresh Garlic Green Pepper Roasted Eggplant Vegetarian Italian Sausage

Pesto (Non-Dairy) Red Onion Olives Fresh Spinach Roasted Red Pepper

Soy Pepperoni Mushrooms Fresh Tomato Seasoned Tofu **Additional Toppings \$.75 each**

SIDE ORDERS... Baked Potato with Butter or Margarine \$4.00, With Dairy or Vegan Sour Cream \$4.75,

Cottage Cheese or Cottage Tofu \$2.00, Organic Fresh Steamed Vegetables \$8.95,

Eggless Egg Salad \$2.00, Organic Stone Ground Corn Chips and Salsa \$3.00, Guacamole \$3.50, Garlic Bread \$2.75,

Organic Brown Rice \$3.00, Basmati Rice \$3.00, Muffin with Butter or Margarine \$1.75

▲ BREAKFAST & BEVERAGES ▲

BREAKFAST SERVED: Monday - Friday 8:00 - 11:30 a.m. Saturday & Sunday Brunch: 8:00 a.m. - 3:00 p.m.

▲ SPECIALTIES ▲

 **TOFU BENEDICT \$9.95**

Poached Tofu and Tomato on a Toasted English Muffin, Smothered in an Eggless Hollandaise Sauce. Served with Our Breakfast Potatoes. With Spinach or Our Vegetarian "Ham" \$10.95

 **SCRAMBLED TOFU \$7.95**

Scrambled Tofu with Herbs and Spices. Served with Breakfast Potatoes and Toast or English Muffin.

 **BREAKFAST BURRITO \$8.95**

Scrambled Tofu, Black Beans and Vegetarian "Chorizo", Wrapped in an Oversized Whole Wheat Tortilla. Served with Spanish Rice, Guacamole and Sour Cream. With Cheese \$9.95

 **BOB'S BREAKFAST (HUEVOS NO TENEMOS) \$9.95**

Two Organic Corn Tortillas Covered with Black Beans, Tofu, Sauteed in a Mild Salsa Verde, and Topped with Red Sauce and Feta Cheese (Optional). Served with Spanish Rice, Guacamole, Sour Cream and Grilled Bananas.

 **TWO BEAN HASH \$8.95**

White and Black Beans, Vegetables, Wheatmeat and Spices, Pan Fried Crispy. Served with Two Vegetarian "Sausage" Links, Guacamole and Sour Cream.

 **TOFU RANCHEROS \$9.50**

Organic Corn Tortillas, Covered with Tofu, Sauteed in a Zesty Tomato Sauce, with Jack and Cheddar Cheese. Served with Black Beans, Spanish Rice, Guacamole and Sour Cream.

 **CHILAQUILES \$9.50**

Crisp Organic Corn Tortilla Wedges, Sauteed with Scrambled Tofu and a Zesty Tomato Salsa. Sprinkled with Feta Cheese (Optional). Served with Black or White Beans, Spanish Rice, Guacamole and Sour Cream.

 **THE OM LETTE (3 EGGLESS OMELETTE) \$10.25**

An Omelette Shaped Tofu Pancake with Your Choice of Three Fillings and Dairy, Soy or Vegan Cheese. Served with Hash Browned Potatoes and Fresh Fruit. Filling Suggestions: Mushrooms, Spinach, Tomato, Onion, Green Pepper, Ortega Chillies, Vegetarian Ham, Avocado and Sour Cream.

▲ GRIDDLE ITEMS ▲

 **GOLDEN CAKES (3) \$7.50**

Our Own Special Recipe of Whole Grain Pancakes. Bananas, Raspberries, Blueberries or Nuts Add \$1.00

 **BUTTERMILK CAKES (3) \$7.50**

Light and Delicious Egg-Free Buttermilk cakes. Bananas, Raspberries, Blueberries or Nuts Add \$1.00

 **WHEAT-FREE CAKES (3) \$7.50**

A Wheatless, Dairyless Pancake Made with Brown Rice and other Whole Grains. Bananas, Raspberries, Blueberries or Nuts Add \$1.00

 **BUCKWHEAT CAKES (3) \$7.50**

A Special Recipe of Buckwheat and Whole Grains. Bananas, Raspberries, Blueberries or Nuts Add \$1.00

 **FRENCH TOAST \$8.50**

Thick Sliced Whole Wheat Bread Dipped in Our Own Special Non-Egg, Non-Dairy Batter. Topped with Pecans. Half Order \$5.50

 **WAFFLES \$7.50**

Two Thin and Crispy Multi-grain Waffles, Served with Fruit and Whipped Cream, Real Maple Syrup and Butter or Margarine. Half Order \$5.00

All Pancakes, Waffles and French Toast Are Served with Real Maple Syrup, and Whipped Butter or Margarine. Pancakes also Available in a Short Stack of Two \$5.95 or Single Cake \$3.50 Fruit Pancakes Available in a Short Stack of Two \$6.95 or Single Cake \$4.50

▲ A LA CARTE ▲

 **THE DELI BAGEL PLATE \$5.50**

Toasted Bagel with Cream Cheese, Sliced Tomato, Sprouts, and Red Onion. With Avocado \$6.25

 **FRESH WHOLE GRAIN BAGELS \$2.25**

Plain, Garlic, Onion-Poppy or Sesame

 **GRANOLA OR HOT CEREAL OF THE DAY .. \$3.95**

Your Choice of Organic Milk, Soy Milk or Rice Milk. With Sliced Bananas or Raisins Add \$1.00

 **FRESH FRUIT PARFAIT \$6.95**

Layers of Fresh Fruit, Granola, and Plain Low-Fat Yogurt or Soy Yogurt in a Parfait Glass.

 **LORENZO'S TOFU EGGWICH \$6.95**

Scrambled Tofu Pattie, Tomato, "Pastrami" Wheatmeat, Avocado and Veganaise on Homemade English Muffin. Served with Potatoes or Fresh Fruit.

 **BREAKFAST POTATOES \$3.95**

 **HASH BROWNED POTATOES \$3.25**

 **SCRAMBLED TOFU \$4.50**

 **TWO-BEAN HASH \$4.50**

 **VEGETARIAN "SAUSAGE" (3) \$4.25**

 **FRESH FRUIT CUP \$4.50**

▲ BEVERAGES ▲

 **JUICES: LARGE \$3.50 SMALL \$2.50**

Apple, Orange, Grapefruit, Carrot, Berry Nectar, Lemonade, and Cranberry-Nectar.

 **FRESH ORGANIC JUICES: Lg. \$4.50 Sm. \$3.50**


Carrot, Apple, Celery and Beet. Add Ginger \$.50

 **FOLLOW YOUR HEART SMOOTHIE (Non-Dairy) .. \$4.50**

Frozen Bananas with Your Choice of Fruit Juice.

 **ROOT BEER FLOAT \$3.95**

 **SHAKES: Most Shakes Available Non-Dairy \$1.00 extra Additional Items \$.75 each**

Any Juice Flavor \$3.95; Peanut Butter \$3.95; Fresh Banana \$3.95; Fresh Date \$4.25; Carob \$3.95; Chocolate \$3.95; Chocolate Mint \$3.95; Coffee \$3.95; Mocha () \$4.25; High Protein \$4.50; Fresh Strawberry \$4.25 (seasonal).

ADDITIONAL BEVERAGES:

Our Custom Blended, **Organic** French Roast, Medium Roast (House) or Decaf Coffee \$2.25
Sparkling Water or Sodas \$1.95; Hot Teas \$1.95; Iced Teas \$1.95; Organic Milk \$1.25 Sm. \$1.95 Lg.; Soy or Rice Milk \$1.25 Sm. \$1.95 Lg.