

# GLUTEN FREE MENU

All gluten free breads are baked in our gluten free bakery Rising Hearts®, located in Culver City.

## APPETIZERS

### NACHOS \$6.95

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

(Also Available with Black Beans. \$7.95)

### GRILLED VEGETABLE QUESADILLA \$8.50

Freshly Grilled Vegetables, Mild Green Chilies, Jack and Cheddar Cheese, in Organically Grown Stone Ground Corn Tortillas. Served with Fresh Salsa, Guacamole and Sour Cream.

## SOUPS & SALADS

Daily Soups Available. Please ask associate for the daily choices.

### DAILY SOUP

Bowl \$5.50 Cup \$3.95

Gluten Free Bread available on request.

### GLUTEN FREE GARLIC BREAD \$3.75

Try our delicious Gluten Free Garlic Bread.

### ORGANIC GARDEN SALAD

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

Full \$9.95, Half \$6.50

### 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.

Full \$9.95, Half \$6.50

### 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.

Full \$9.95, Half \$6.50

### FRESH FRUIT PLATE

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

Full \$9.95, Half \$6.50

### SPINACH SALAD

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

Full \$9.95, Half \$6.50

### CAESAR SALAD

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

Full \$10.95, Half \$7.50

## DRESSINGS

**VEGAN:** Balsamic Vinaigrette, Creamy Garlic, Honey Mustard, Caesar, Lemon Herb, Thousand Island **DAIRY:** Low-Fat Ranch

## POTATOES

### CLASSIC \$4.00

Baked Potato with Butter or Margarine.  
Dairy or Vegan Sour Cream \$4.75

### ORIGINAL \$7.95

Marinated, 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.

## SIDES

### ORGANIC STEAMED VEGETABLES \$8.95

A Daily Selection of Organically Grown Vegetables Steamed to Order.

### TAPIOCA PUDDING \$3.50

Coconut Milk & Tapioca. Try it blended with Blueberries or topped with strawberries.

### ORGANIC RICE \$3.00

Choose from Brown, Basmati or Spanish style rice.

### BAKED ORGANIC FRENCH FRIES \$2.75

Fresh, organic and delicious baked french fries.

### GUACAMOLE \$3.50

### CHIPS & SALSA \$3.00

### COTTAGE CHEESE \$2.00

### FRESH HUMMUS \$2.50

### EGGLESS EGG SALAD \$2.00

## BURGERS & SANDWICHES

All Burgers and Sandwiches are served with Organic Carrot Slices.

Add Fries for \$1.50

### ORGANIC TEMPEH TACOS \$9.50

Two Organically Grown, Stone Ground Corn Tortilla Shells, Filled with Seasoned, Grilled Organic Tempeh, Jack and Raw Rennetless Cheddar Cheese, Tomatoes and Fresh Cilantro.

Served with Organic Spanish Rice, Organic Black Beans Guacamole, Sour Cream and Lime Wedges.

### EGGLESS EGG SANDWICH \$8.95

A Vegetarian Standard in the Follow Your Heart Style, Served with Vegenaise.

\*Love Plate: \$10.75, 1/2 Plate: \$5.00

### SAUTEED PORTOBELLO PANINI \$11.50

Sautéed Portobello mushrooms, Red onions with Red and Green bell peppers. Topped with your choice of dairy or non-dairy mozzarella cheese, served on a Gluten Free Ciabatta with basil garlic aioli. Served with a side of our fresh daily deli salad.

### PEANUT BUTTER & JELLY \$4.50

A Classic Favorite. Peanut Butter and Jelly served on Gluten Free Bread.

### MELTED CHEESE \$9.50

Raw Rennetless Cheddar Cheese, Oven-Baked on Gluten Free Bread with Tomato, Avocado, Sprouts and Vegenaise. Try it with Onions and Bacon Bits

\*Love Plate: \$11.25, 1/2 Plate: \$5.50

### AVOCADO, TOMATO AND SPROUTS \$8.50

A Vegetarian Standard in the Follow Your Heart Style, Served with Vegenaise served on Gluten Free Bread.

\*Love Plate: \$10.75, 1/2 Plate: \$5.00

### \*THE LOVE PLATE (Prices start at \$10.50)

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

## ENTREES

All Entrees are served with a soup or salad, \*Ala Carte entrees 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 or Tempeh, Stir Fried with Garlic, Ginger and Tamari. Served with Organic Brown Rice

### \*BRAISED TOFU 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.

### \*ENCHILADAS CORAZON \$11.95

Two Organic Corn Tortillas Filled with Corn, Onions, Chilies and Black Olives, Topped with Jack and Cheddar Cheese Served with Black Beans, Spanish Rice, Salsa, Guacamole and Sour Cream.

### PIZZA \$10.50

Served on Gluten Free Crust  
Not Served with Soup or Salad

1. Sauce: Marinara, Alfredo, Pesto or Non-Dairy Yeast Sauce;
2. Cheese: Rennetless Cheese, Soy Cheese (Contains Casein) or Vegan Cheese;
3. Up to 3 of the following toppings (Add Toppings \$1.00 each)

\*Artichoke Hearts, Fresh Basil Fresh Garlic, Green Pepper, \*Roasted Eggplant, \*Pesto (Non-Dairy), Red Onion, Olives Fresh Spinach, Roasted Red Pepper, Mushrooms, Fresh Tomato, \*Seasoned Tofu.

## BREAKFAST

Served 8am-11:30am M-F & 8am-3pm Sat and Sun

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

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.

Half Order \$5.50

### 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

Half Order \$5.50

### 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.

Half Order \$5.50

### TOFU BENEDICT \$10.95

Poached Tofu and Tomato on Toasted Gluten Free Bread, Smothered in a Non-Dairy Eggless Hollandaise Sauce. Served with Our Breakfast Potatoes. Add Spinach \$1.00

Half Order \$6.50

### WHEATFREE CAKES \$7.50

3 Gluten Free Pancakes

### BAGEL \$3.25

Toasted Gluten Free Bagel.

### FRESH FRUIT PARFAIT \$6.95

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

### HASHBROWNS \$3.25

A Fresh mixture of potatoes served golden brown

### BREAKFAST POTATOES \$3.95

Potatoes served golden brown with bell peppers and onions.

### SCRAMBLED TOFU \$8.95

Scrambled Tofu with Herbs and Spices. Served with Breakfast Potatoes and Gluten Free Bread.

Half Order \$4.50

### DELI BAGEL PLATE \$6.50

Toasted Gluten Free Bagel with Cream Cheese, Sliced Tomato, sprouts and red onion. Add Avocado \$7.95

### FRENCH TOAST \$9.50

Gluten Free Bread Dipped in our own Egg-Free, Non Dairy Batter. Topped with Pecans.

Half Order \$6.00