

WELCOME

In this latest edition of our menu, and in keeping with our values to support the planet, the welfare of animals, and our health, we have evolved the emphasis from our historical lacto-vegetarian tradition to a primarily plant-based offering.

All references to meat, cheese or other dairy-type ingredients on the menu are vegan.

While some items formerly made with dairy products will still be available upon request as noted D(O), dairy optional, we hope you'll give our excellent vegan alternatives a try. 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.



Breakfast: Monday-Friday 8:00am - 11:30am

Saturday & Sunday Brunch: 8:00am - 3:00pm

Lunch and Dinner: Monday-Sunday 10:30am - 9:00pm

21825 Sherman Way, Canoga Park, CA 91303

(818) 348-3240 | www.followyourheart.com



Printed on Recycled Paper

V | Vegan D(O) | Dairy Optional GF | Gluten Free GF(O) | Gluten Free Optional N | Contains Nuts

°Cheeses On the Seasonal Cheese Plate May be from Various Brands

APPETIZERS

SEASONAL CHEESE PLATE° | \$10.25 V | GF(O) | N

Three Artisanal Cheeses, Served with Crackers, Marcona Almonds, Cornichons, and a Complementary Spread. Changes Seasonally.

NACHOS | \$10.75 V | GF | N

Organically-Grown Stone Ground Corn Tortilla Chips with Spicy Chipotle Cashew Cream, Organic Black Beans, Guacamole, Sour Cream, Green Onions, Black Olives and Fresh Salsa.

TAMALE PLATE V | GF

2 for \$10.25 | 1 for \$6.00

Tender Corn Masa Tamales Smothered in Homemade Chili Verde Salsa or Rojo Sauce, Topped with Fresh Cilantro.

GRILLED VEGGIE QUESADILLA | \$10.75 V | GF(O)

Freshly Grilled Vegetables, Mild Green Chilies, and Fiesta Blend 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.

MEDITERRANEAN PLATE | \$10.75 V

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

SOUPS, CHILI & SALADS

Ask Your Server for the Daily Soups

SOUP OR CHILI V | GF(O)

Bowl \$6.75 | Cup \$4.95

Served with a Whole Grain Breadstick. Add Gluten-Free Breadsticks for 35¢ each

HOMEMADE CORN BREAD | \$3.50 V | GF

Made with Organic Corn Meal, Served with Butter.

ORGANIC GARDEN SALAD V | GF

Full \$12.75 | Half \$8.50 | Dinner \$4.95

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

GREEK SALAD V | GF

Full \$12.75 | Half \$8.50

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

ITALIAN SALAD V | GF

Full \$12.75 | Half \$8.50

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.

ORGANIC BEET SALAD V | GF | N

Full \$13.95 | Half \$8.95

A Succulent Mixture of Sliced Organic Beets and Sweet Candied Pecans Tossed in a Light Lemon Balsamic Dressing. Served on a Bed of Organic Baby Greens.

CAESAR SALAD V

Full \$12.75 | Half \$8.50

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

SPINACH SALAD V | GF | N

Full \$12.75 | Half \$8.50

Fresh Organic Spinach, Mushrooms, Red Onion, Apples, Tomatoes, Candied Pecans and Dried Cranberries. Tossed in our Homemade Balsamic Vinaigrette.

ORGANIC KALE SALAD V | GF | N

Full \$13.95 | Half \$8.95

Crunchy Organic Kale with Organic Carrots, Tomato, Baby Bok Choy, Avocado, and Whole Raw Cashews. Tossed with Homemade Italian Dressing and Served with Cottage-Style Tofu.

FRESH FRUIT PLATE V | GF

Full \$12.75 | Half \$8.50

A Seasonal Selection of Fresh Fruit, Served with Yogurt or Cottage-Style Tofu.

DRESSINGS: Balsamic Vinaigrette | Organic Miso Ginger | Tofu Tahini Dill | Ranch

Bleu Cheese | Creamy Garlic | Honey Mustard | Italian | Organic Caesar | Lemon Herb | Thousand Island

STUFFED POTATOES

Change a Baked Potato to a Sweet Potato Add \$1.00

ORIGINAL POTATO | \$10.25 V | GF

Marinated and Sautéed Whole Mushrooms, Mozzarella Cheese, Butter, Sour Cream and Green Onions.

BROCCOLI AND CHEESE POTATO | \$10.25 V | GF

Freshly Steamed Broccoli, Butter, Cheddar Cheese and Tomato.

MEXICAN POTATO | \$10.25 V | GF

Avocado, Salsa, Black Olives, Cheddar Cheese, Butter and Sour Cream.

CHILI POTATO | \$10.25 V

Homemade Chili with Cheddar Cheese, Sour Cream and Chives.

KALE SWEET POTATO | \$10.25 V | GF

Organic Baked Sweet Potato Topped with Fresh Sautéed Organic Kale and Avocado.

SOUTHWEST SWEET POTATO | \$10.25 V | GF | N

Organic Baked Sweet Potato Topped with Spicy Chipotle Cashew Cream, Organic Black Beans, and Avocado.

Allergen Warning: In our kitchen, we use soy, wheat, dairy, peanuts, and tree nuts. While we take steps to prevent cross-contact, we do not have separate equipment for the various allergens and are unable to guarantee that any menu item is completely free of allergens. If you have food allergies, please ask your server for information about specific menu items.

V | Vegan D(O) | Dairy Optional GF | Gluten Free GF(O) | Gluten Free Optional N | Contains Nuts

A WORD ABOUT OUR WATER

The water we use for cooking, as well as the drinking water we serve, is all purified by reverse osmosis. Information about the system we use is available in our store office. To conserve water and in compliance with Los Angeles City Law, water is served only upon request.

ROTATING SELECTION OF BEER AND WINE PLEASE ASK YOUR SERVER

COLD BEVERAGES

FRESHLY-MADE ORGANIC SIGNATURE JUICES

8oz \$5.95 | 12oz \$7.50 | 16oz \$8.95

GREEN-EYED GIRL

Spinach, Parsley, Kale, Romaine, Celery, Lemon, and Cucumber

YELLOW SUBMARINE

Coconut Water, Pineapple, Orange, and Lemon

HERE COMES THE SUN

Carrot, Orange, Apple, and Lemon

DOWN TO EARTH

Carrot, Beet, Tomato, Parsley, Lemon, and Ginger

SEA OF GREEN

Kale, Collard Greens, Pineapple, Cucumber, Lemon, and Jalapeño



SPARKLING WATER | \$2.50

FRESH COCONUT | \$5.95

ICED TEAS | \$2.95

Celestial Seasonings Wild Berry Zinger or Red Zinger Tea*
Tropic Star Organic Black Tea (Unsweetened)

SPARKLING COLA | \$2.75

ROOTBEER | \$2.75

ROOTBEER FLOAT | \$5.75

ORGANIC FRESH-PRESSED JUICES

Try One or Mix & Match

8oz \$5.95 | 12oz \$7.50 | 16oz \$8.95

Carrot, Apple, Celery, Beet, and Cucumber
Add Ginger for 75¢

OTHER JUICES

Try One or Mix & Match

8oz \$3.25 | 12oz \$4.25

Apple, Orange, Grapefruit, Berry-Nectar, Lemonade, or Cranberry-Nectar

SHAKES | \$6.75 V | D(O)

Peanut Butter, Fresh Banana, Fresh Date, Carob, Chocolate, Chocolate Mint, Coffee, Mocha, High Protein (N), or Fresh Strawberry
Combine Flavors 50¢ each

SMOOTHIES | \$5.95

Frozen Bananas with Your Choice of Bottled Juice. Add Fresh Juice for \$2.00

SOY, ALMOND (N), or RICE MILK

8oz \$1.75 | 12oz \$2.50

*Caffeine Free

HOT BEVERAGES

ZHENA'S ORGANIC TEA | \$2.95

Passionate Peach, Egyptian Mint, Ambrosia White Plum, Coconut Chai, Fireside Chai*

CELESTIAL

SEASONINGS TEA | \$2.95

Morning Thunder, Chamomile*, Peppermint*, Wild Berry Zinger*, Red Zinger*

CHOICE ORGANICS TEA | \$2.95

Breakfast Blend, Chai Spice, Earl Grey, Green with Peach, Jasmine Green, Bancha, Chamomile Mint*, Rooibos*

YERBA MATÉ | \$2.95

PERO | \$2.95

FOLLOW YOUR HEART COFFEE | \$2.95

Organic Decaf Blend, Organic House, Organic French Roast

CACOCO | \$3.95

Drinking Chocolate

*Caffeine Free

DESSERTS

Add Chocolate or Raspberry Sauce for \$1.50

Add a Scoop of Vegan or Dairy Ice Cream for \$1.50 | Add Whip Cream for 75¢

CAKES | \$6.75 V

Chocolate Vanilla, Chocolate Raspberry, Orange Divine, Mocha Layer, Carrot (N)

CHEESECAKE | \$7.50 V | GF

PIES | \$5.50 V

Peach Raspberry, Blueberry, Apple Streusel

FRESH FRUIT TART | \$7.50 V

CHOCOLATE

MOUSSE | \$5.25 V | GF

TAPIOCA PUDDING | \$5.25 V | GF

Plain or Blueberry

Allergen Warning: In our kitchen, we use soy, wheat, dairy, peanuts, and tree nuts. While we take steps to prevent cross-contact, we do not have separate equipment for the various allergens and are unable to guarantee that any menu item is completely free of allergens. If you have food allergies, please ask your server for information about specific menu items.

V | Vegan D(O) | Dairy Optional GF | Gluten Free GF(O) | Gluten Free Optional N | Contains Nuts

BURGERS & SANDWICHES

All Burgers and Sandwiches are served with Organic Carrot Slices | Add Gluten-Free Bread for \$1.00
Add Organic Fries for \$2.00 or Sweet Potato Fries for \$2.25

FOLLOW YOUR HEART BURGER | \$11.25 V | D(O)

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

MULTIGRAIN MUSHROOM BURGER \$11.25 V | D(O)

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

ORGANIC TOFU BANH MI | \$11.25 V

Savory Tofu Topped with Pickled Vegetables, Jalapeños, Fresh Herbs and Sriracha Vegemaise on a French Baguette.

LORENZO'S TOFU EGGWICH | \$9.25 V

Scrambled Tofu Patty, Pastrami Wheatmeat, Grilled Tomato, Avocado and Vegemaise on a Homemade English Muffin. Served with French Fries or Fresh Fruit.

LOVE PLATE

A Tradition at Follow Your Heart Since 1971. Half Sandwich, a Cup of Soup or Dinner Salad, and Your Choice of Coffee, Hot or Iced Tea, or Small Bottled Juice.

NUTBURGER V | D(O) | N

\$11.25 | Half \$6.75 | Love Plate \$12.50

A Nut and Vegetable Patty on a Toasted Whole Wheat Bun, with Provolone Cheese, and Topped with Sprouts, Tomato, Pickles, Vegemaise, and our Special Sauce.

MELTED CHEESE V | GF(O) | D(O)

\$10.50 | Half \$6.50 | Love Plate \$12.50

Provolone Cheese, Oven-Baked on Whole Wheat Bread with Tomato, Avocado, Sprouts and Vegemaise.

Try it with Onions and Bacon Bits 75¢

NUTBURGER SUPREME V | D(O) | N

\$11.75 | Half \$7.25 | Love Plate \$13.25

A Nut and Vegetable Patty on a Toasted Whole Wheat Bun, with Lettuce (No Sprouts), Provolone Cheese, Tomato, Mushrooms, Onion, Sauerkraut, Vegemaise, Carrot Shreds and our Special Sauce.

MEATBALL SUB V | D(O)

\$11.25 | Half \$6.75 | Love Plate \$12.50

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

CLUB SANDWICH V

\$10.75 | Half \$7.25 | Love Plate \$13.25

The Classic Triple Decker on Toasted Whole Wheat Bread with Turkey Wheatmeat, Bacon Bits, Lettuce, Tomato, Thousand Island Dressing, and Vegemaise.
Add Cheese or Avocado for \$2.00

REUBEN V | D(O)

\$13.25 | Half \$7.95 | Love Plate \$14.25

Pastrami Wheatmeat, Provolone Cheese, Sauerkraut, Mustard, Thousand Island Dressing and Vegemaise on Oven-Baked Rye Bread. Served with a Dill Pickle. Also Available with Cottage-Style Tofu in place of Cheese.

AVOCADO, TOMATO AND SPROUTS V | GF(O)

\$9.25 | Half \$5.95 | Love Plate \$11.75

A Vegetarian Standard in the Follow Your Heart Style, Served on Whole Wheat Bread with Vegemaise.

GRILLED CHICKEN SANDWICH V | D(O)

\$13.25 | Half \$7.95 | Love Plate \$14.25

Chicken Wheatmeat, Grilled Onions and Provolone Cheese on Toasted Rye Bread, with Lettuce, Tomato, Thousand Island Dressing and Vegemaise.

V | Vegan D(O) | Dairy Optional GF | Gluten Free GF(O) | Gluten Free Optional N | Contains Nuts

ENTRÉES

All Entrées are Served with a Soup or Dinner Salad
À la Carte Entrées subtract \$1.00

SPANAKOPITA | \$14.95 V

A Mix of Seasoned Spinach and Kale with Our Cheese Blend, Baked in a Flaky Whole Wheat Filo Pastry. Served with Organic Basmati Rice and Greek Style Salad.

SPINACH LASAGNA | \$13.95 V

Lasagna Noodles, Layered with Spinach, Zucchini, Yellow Squash, Marinara Sauce, and Tofu Crumbles, Topped with Our Cheese Blend. Served with Garlic Bread.

FETTUCCINE ALFREDO | \$14.25 V | N

Fettuccine Pasta Tossed in Our Creamy Cashew Alfredo Sauce, Topped with Parmesan Cheese and Fresh Parsley. Served with Garlic Bread and Garlic Sautéed Kale.

CALIFORNIA TACOS | \$14.25 V | GF

Two Organic Corn Tortillas (Choice of Soft or Hard Shell), Filled with Grilled Organic Tempeh or Organic Braised Tofu. Topped with Tomatoes, Lettuce, Cilantro and Shredded Cheddar Cheese. Served with Organic Black Beans, Organic Spanish Rice, Guacamole, Sour Cream and Salsa.

BAJA WISH TACOS | \$14.95 V

Two Organic Corn Tortillas Filled with Breaded Sticks of Tofu, Mango Salsa, and Chipotle Vegemaise. Topped with Organic Shredded Cabbage, Avocado, and Garnished with Lime. Served with Organic Black Beans and Organic Spanish Rice.

ZORRO BURRITO | \$13.95 V

Organic Black Beans, Braised Tofu, Fiesta Blend Cheese, Organic Spanish Rice and Salsa Wrapped in a Whole Wheat Tortilla. Served with Guacamole and Sour Cream.

SPICY TOFU ENCHILADAS | \$15.25 V | GF

Two Organic Corn Tortillas Filled with Tofu, Tomatoes, Onions, and Cheese. Topped with Spicy Enchilada Sauce and More Cheese. Served with Organic Black Beans, Organic Spanish Rice, Guacamole, Sour Cream, and Salsa.

MAC AND CHEESE | \$15.25 V | N

Elbow Macaroni Noodles, Tossed and Baked with Creamy Cashew Cheese, Topped with Toasted Bread Crumbs. Served with Organic Steamed or Sautéed Greens and Glazed Carrots.

CHICKEN POT PIE | \$15.25 V | N

A Baked Savory Pie Filled with a Creamy Stew of Veggies and Chicken within a Flaky Crust. Served with Organic Steamed or Sautéed Greens and a Beet Salad.

TANDOORI AND CURRY | \$14.25 V

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

WOK STIR FRY | \$14.25 V | GF

Fresh Organic Vegetables and Organic Tofu or Tempeh, Stir Fried with Garlic, Ginger, Olive Oil and Gluten-Free Tamari. Served with Organic Brown Rice.

ORGANIC STEAMED VEGGIES | \$11.95 V | GF(O)

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

SIDES

Cottage Tofu \$3.00 | Organic Steamed Veggies \$9.95 | Eggless Egg Salad \$3.00 | Garlic Bread \$4.00
Organic Stone Ground Corn Chips and Salsa \$4.25 | Guacamole \$4.95 | Organic Brown Rice, Basmati Rice, or Spanish Rice: Small \$2.75 or Large \$4.25 | Classic Baked Potato \$4.75 | Organic Sweet Potato \$5.75 | Sour Cream 75¢

PIZZA

Personal Size Starts At \$11.50 | Gluten-Free Crust Available for \$1.00

STEP 1 | CHOOSE YOUR SAUCE

Marinara | Pesto (N) | Creamy Yeast Sauce

STEP 2 | CHOOSE YOUR CHEESE

Follow Your Heart Pizzeria Blend | Dairy Rennetless Mozzarella

STEP 3 | CHOOSE YOUR TOPPINGS | Up to 3

Artichoke Hearts, Fresh Basil, Fresh Garlic, Green Bell Pepper, Red Onion, Black Olives, Fresh Spinach, Roasted Red Pepper, Mushroom, Fresh Tomato

Premium Toppings Add 50¢

Pesto (N), Pepperoni, Italian Sausage

Add \$1.50 for each additional Topping

FOLLOW YOUR HEART HISTORY

Follow Your Heart began in 1970 as a seven-seat, vegetarian food bar just two blocks from our current location. It consisted only of the curved counter (still in use today), then tucked into a corner of Johnny Weissmuller's American Natural Foods. Originator, Michael Besançon, was joined by Bob Goldberg, Spencer Windbiel and Paul Lewin whose collective efforts met with rapid success. In three years, the bar's popularity led to acquisition of the store which was then renamed Follow Your Heart, embodying the spirit and idealism of the four, young entrepreneurs.

Fifty years later, Follow Your Heart has grown from its humble beginnings into an internationally recognized brand of food products including Vegemaise®, our vegan mayo, and a broad range of dairy alternatives. The store continues to serve the local community as well as visitors from around the world who come to enjoy the good food and the good vibes. Peace.



From Left to Right: Bob, Spencer, Michael and Paul

V | Vegan D(O) | Dairy Optional GF | Gluten Free GF(O) | Gluten Free Optional N | Contains Nuts

BREAKFAST

Served 8am-11:30am Monday-Friday | 8am-3pm Saturday-Sunday

TOFU BENEDICT V | GF(O)

\$12.25 | Half \$8.50

Poached Tofu and Tomato on a Toasted Homemade English Muffin, Smothered in Hollandaise Sauce.

Served with Breakfast Potatoes.

Add Spinach or Ham for \$1.00

BOB'S BREAKFAST (Huevos No Tenemos) V | GF

\$12.25 | Half \$8.50

Two Organic Corn Tortillas Covered with Organic Black Beans, Sautéed Tofu in a Mild Salsa Verde, Topped with Red Sauce and Fiesta Blend Cheese. Served with Organic Spanish Rice, Guacamole, and Sour Cream.

Served with a Grilled Banana.

TOFU RANCHEROS V | GF

\$12.25 | Half \$8.50

Organic Corn Tortillas, Sautéed Tofu in a Zesty Tomato Sauce, with Fiesta Blend Cheese. Served

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

ORIGINAL BREAKFAST BURRITO | \$11.25 V

Scrambled Tofu, Organic Black Beans and Chorizo, Wrapped in a Whole Wheat Tortilla. Served with Organic Spanish Rice, Guacamole and Sour Cream.

Add Fiesta Blend Cheese for \$1.50

COUNTRY-STYLE BREAKFAST BURRITO | \$12.95 V

Scrambled VeganEgg, Crumbled Breakfast Sausage, Breakfast Potatoes and Cheddar Cheese Wrapped in a Whole Wheat Tortilla Topped with Mushroom Gravy.

Served with Fresh Fruit.

KATHY'S BREAKFAST TOFU | \$10.50 V

A Savory Tofu Dish, with Stewed Tomatoes, Onions and Herbs. Served with Avocado Toast.

THREE BEAN HASH V

\$11.25 | Half \$7.95

White, Red, and Organic Black Beans mixed with Sautéed Carrots, Onions, Celery, Potatoes and Wheatmeal. Served with Two Sausage Links, Guacamole and Sour Cream.

LORENZO'S TOFU EGGWICH | \$9.25 V

Scrambled Tofu Patty, Pastrami Wheatmeal, Grilled Tomato, Avocado and Vegenaise on a Homemade English Muffin. Served with Breakfast Potatoes or Fresh Fruit.

BELGIAN WAFFLE | \$11.50 V

A Thick Belgian-Style Waffle with Fresh Fruit and Whipped Cream. Served with Organic Maple Syrup and Butter.

FRENCH TOAST V | GF(O) | N

\$11.25 | Half \$7.95

Thick-Sliced Whole Wheat Bread Dipped in Our Homemade Batter. Topped with Pecans. Served with Organic Maple Syrup and Butter.

GOLDEN CAKES (3) | \$10.25 V

Our Own Special Recipe of Whole Grain Pancakes. Add Bananas, Raspberries, Blueberries or Nuts for \$1.50

ROCKET CAKES (3) | \$10.25 V | GF

Fluffy, Organic, Gluten-Free Pancakes, Made with a Blend of Ancient Grains and Corn Flour.

Add Bananas, Raspberries, Blueberries or Nuts for \$1.50

BUCKWHEAT CAKES (3) | \$10.25 V

A Special Recipe of Buckwheat and Whole Grains.

Add Bananas, Raspberries, Blueberries or Nuts for \$1.50

THE OM LETTE ॐ (Eggless Omelette) | \$13.25 V

An Omelette-Shaped Pancake Made From Your Choice of VeganEgg or Tofu. Your Choice of Three Fillings and Cheddar Cheese. Served with Hash Browned Potatoes and Fresh Fruit.

Fillings: Mushrooms, Spinach, Tomato, Onion, Green Bell Pepper, Ortega Chilies, Ham, Avocado and Sour Cream.

BREAKFAST SCRAMBLE V | GF(O)

\$10.50 | Half \$7.95

Choice of VeganEgg or Scrambled Tofu with Grilled Onions, Mushrooms and Red Bell Peppers with Herbs and Spices. Served with Breakfast Potatoes and Toast or a Homemade English Muffin.

CHILAQUILES V | GF

\$12.25 | Half \$8.50

Crisp Organic Corn Tortilla Wedges, Sautéed with your choice of VeganEgg or Scrambled Tofu, and a Zesty Tomato Salsa. Sprinkled with Fiesta Blend Cheese. Served with Organic Black or White Beans, Organic Spanish Rice, Guacamole and Sour Cream.

ON THE LIGHTER SIDE

FRESH WHOLE GRAIN BAGELS | \$3.50 V | GF(O)

Plain, Garlic, Onion-Poppy, or Sesame.

Add Cream Cheese for \$1.00

GRANOLA or HOT CEREAL \$5.75 V | GF(O) | N

Your Choice of Almond, Soy or Rice Milk.

Add Sliced Bananas or Raisins for \$1.50

THE DELI PLATE | \$7.75 V | GF(O)

A Toasted Bagel with Cream Cheese, Sliced Tomato, Sprouts, Lettuce, and Red Onion.

Add Avocado for \$2.00

FRESH FRUIT PARFAIT | \$8.50 V | GF(O) | N

Layers of Fresh Fruit, Granola, and Yogurt in a Parfait Glass.

BREAKFAST EXTRAS

Breakfast Potatoes \$5.50 | Organic Hashbrowned Potatoes \$5.50 | Three Bean Hash \$6.50 | Scrambled Tofu \$6.25 | Fresh Fruit Cup \$6.20 | Sausage Links (3) \$5.95 | Short Stack of Pancakes \$8.50 | Single Pancake \$6.50 | Side of Maple Syrup \$1/oz.