

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.



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

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

21825 Sherman Way, Canoga Park, CA 91303

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



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

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

APPETIZERS

SEASONAL CHEESE PLATE ◊ V | GF(O) | N | \$12.95

Three Artisanal Cheeses, Served with Crackers, Marcona Almonds, Cornichons, and Fruit Preserves. Changes Seasonally.

NACHOS V | GF(O) | N | \$12.75

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 \$10.95 | 1 for \$6.50

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

GRILLED VEGGIE QUESADILLA V | GF(O) | C \$12.95

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 V | \$12.95

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.

MAC N' CHEESE V | N | \$7.95

Elbow Macaroni Noodles, Tossed with Cashew Cheese.

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 V | \$4.50

Made with Organic Corn Meal, Served with Butter.

ORGANIC GARDEN SALAD V | GF

Large \$13.95 | Medium \$10.95 | Dinner \$5.50

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

Large \$13.95 | Medium \$10.95

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 | C

Large \$13.95 | Medium \$10.95

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

ORGANIC BEET SALAD V | GF | N

Large \$14.75 | Medium \$10.50

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 | GF(O)

Large \$14.50 | Medium \$10.95

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

Large \$14.50 | Medium \$10.95

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

Large \$15.50 | Medium \$11.95

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

Large \$14.50 | Medium \$10.95

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 | Honey Mustard | Italian | Organic Caesar | Thousand Island

STUFFED POTATOES

ORIGINAL POTATO V | GF | C | \$11.50

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

BROCCOLI AND CHEESE POTATO V | GF | \$11.50

Freshly Steamed Broccoli, Butter, Cheddar Cheese and Tomato.

MEXICAN POTATO V | GF | C | \$11.50

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

CHILI POTATO V | C | \$11.50

Homemade Chili with Cheddar Cheese, Sour Cream and Chives.

KALE SWEET POTATO V | GF | \$11.50

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

SOUTHWEST SWEET POTATO V | GF | N | \$11.50

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

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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 \$6.50 | 12oz \$7.95 | 16oz \$9.50

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.

FRESHLY-MADE SMOOTHIES

TUTTI FRUITI | \$8.50

Frozen Bananas, Acai Nectar,
Blueberries, Strawberries,
and Raspberries.

BUILD YOUR OWN | \$8.50

Frozen Bananas with Your Choice of
Bottled Juice and One Fresh Fruit.
50¢ per Additional Add-On

GREEN GORILLA | \$8.50

Frozen Bananas, Orange Juice,
Pineapple, Cucumber, and Spinach.

SPARKLING WATER | \$2.50

FRESH COCONUT | \$5.95

ICED TEAS | \$3.50

Wild Berry Zinger*,
Red Zinger Tea*,
Organic Black Tea (Unsweetened)

SPARKLING COLA | \$2.75

ROOT BEER | \$2.75

ROOT BEER FLOAT | \$6.25

ICED COFFEE | \$3.50

ORGANIC FRESH-PRESSED JUICES

Try One or Mix & Match

8oz \$6.25 | 12oz \$7.95 | 16oz \$9.50

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

BOTTLED JUICES

Try One or Mix & Match

8oz \$3.25 | 12oz \$4.25
Apple, Orange, Grapefruit,
Acai Nectar, Lemonade, or
Cranberry-Nectar.

WHEAT GRASS SHOTS

1oz \$3.00 | 2oz \$4.00

SHAKES V | D(O) | \$7.50

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

SOY, ALMOND (N), or RICE MILK

8oz \$1.95 | 12oz \$2.75

*Caffeine Free

HOT BEVERAGES

LOOSE LEAF TEA | \$3.50

Coconut Chai, Decaf Chai*,
Yerba Maté.

BAGGED ORGANIC TEA | \$2.95

Breakfast Blend, Earl Grey,
Jasmine Green, Rooibos*.

COFFEE | \$3.75

Organic Decaf Blend*, Organic
House, Organic French Roast.

CACOCO | \$3.95

Drinking Chocolate

CELESTIAL

SEASONINGS TEA | \$2.95

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

*Caffeine Free

DESSERTS

HOUSEBAKED CAKES AND PIES

Ask for our Daily Selections and Specials

CHOCOLATE MOUSSE V | GF | \$5.75

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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 V | D(O) | C \$12.95

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

MULTI-GRAIN MUSHROOM BURGER V | D(O) | C \$12.95

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 Vegenaïse.

ORGANIC TOFU BANH MI V | \$12.95

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

LORENZO'S TOFU EGGWICH V | \$11.50

Scrambled Tofu Patty, Pastrami Wheatmeat, Grilled Tomato, Avocado and Vegenaïse 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 | C \$12.95 | Half \$8.95 | Love Plate \$15.50

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

MELTED CHEESE V | GF(O) | D(O) | C \$12.95 | Half \$8.95 | Love Plate \$15.50

Provolone Cheese, Oven-Baked on Whole Wheat Bread with Tomato, Avocado, Sprouts and Vegenaïse. Try it with Onions and Bacon Bits 75¢

NUTBURGER SUPREME V | D(O) | N | C \$13.50 | Half \$9.50 | Love Plate \$15.95

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

MEATBALL SUB V | D(O) \$12.95 | Half \$8.95 | Love Plate \$15.50

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 \$13.50 | Half \$9.50 | Love Plate \$15.95

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

REUBEN V | D(O) | C \$14.95 | Half \$10.95 | Love Plate \$16.95

Pastrami Wheatmeat, Provolone Cheese, Sauerkraut, Mustard, Thousand Island Dressing and Vegenaïse 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) \$10.95 | Half \$8.50 | Love Plate \$14.50

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

GRILLED CHICKEN SANDWICH V | D(O) | C \$14.95 | Half \$10.95 | Love Plate \$16.95

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

PIZZA

Personal Size Starts At \$13.25 | Gluten-Free Crust Available for \$1.50

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 75¢

Pesto (N), Pepperoni, Italian Sausage

Add \$1.50 for each additional Topping

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ENTRÉES

Add a Cup of Soup or Dinner Salad for \$3.95

SPANAKOPITA V | \$15.95

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 V | \$14.95

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

FETTUCCINE ALFREDO V | N | \$14.95

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 V | GF | \$14.95

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 V | \$15.95

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

ZORRO BURRITO V | \$14.95

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

SPICY TOFU ENCHILADAS V | GF | \$15.95

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 N' CHEESE V | N | \$15.95

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 V | N | \$15.95

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 V | \$14.95

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

WOK STIR FRY V | GF | \$14.95

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 V | GF(O) | \$12.95

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 \$3.50 | Organic Steamed Veggies \$10.95 | Eggless Egg Salad \$3.50 | Garlic Bread \$4.00 | Potato Salad \$3.50
Organic Stone Ground Corn Chips and Salsa \$4.95 | Guacamole \$5.95 | Organic Brown Rice, Basmati Rice, or Spanish Rice: Small \$2.95 or Large \$4.75 | Classic Baked Potato \$5.95 | Organic Sweet Potato \$6.95 | Sour Cream \$1.25

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 Vegenaise®, 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

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BREAKFAST

8am-3pm Saturday-Sunday

TOFU BENEDICT V | GF(O)

\$14.95 | Half \$10.50

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 | C

\$14.95 | Half \$10.95

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 | C

\$14.95 | Half \$10.95

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 V | C | \$13.95

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

Add Fiesta Blend Cheese for \$1.50

COUNTRY-STYLE BREAKFAST BURRITO V | \$14.50

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

Served with Fresh Fruit.

TUSCAN TOFU V | \$12.50

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

THREE BEAN HASH V | C

\$12.95 | Half \$8.95

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 V | \$11.95

Scrambled Tofu Patty, Pastrami Wheatmeal, Grilled Tomato, Avocado and Vegemaise on a Homemade English Muffin.

Served with Breakfast Potatoes or Fresh Fruit.

BELGIAN WAFFLE V | \$12.95

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

FRENCH TOAST V | GF(O) | N

\$12.95 | Half \$8.95

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

GOLDEN CAKES (3) V | \$11.95

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

ROCKET CAKES (3) V | GF | \$11.95

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) V | \$11.95

A Special Recipe of Buckwheat and Whole Grains.

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

THE OM LETTE ॐ (Eggless Omelette) V | GF(O) | C \$14.95

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)

\$11.95 | Half \$8.95

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 | C

\$13.95 | Half \$9.95

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 HOMEMADE BAGELS V | GF(O) | \$4.00

Plain, Garlic, Onion-Poppy, or Sesame.

Add Cream Cheese for \$1.00

GRANOLA or HOT CEREAL V | GF(O) | N | \$6.50

Your Choice of Almond, Soy or Rice Milk.

Add Sliced Bananas or Raisins for \$1.50

THE DELI PLATE V | GF(O) | C | \$8.50

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

Add Avocado for \$2.00

FRESH FRUIT PARFAIT V | GF | N | \$8.95

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

BREAKFAST EXTRAS

Breakfast Potatoes \$6.50 | Organic Hashbrowned Potatoes \$6.50 | Three Bean Hash \$6.95 | Scrambled Tofu \$7.95

Fresh Fruit Cup \$6.50 | Sausage Links (3) \$6.95 | Short Stack of Pancakes \$9.95 | Single Pancake \$7.95 | Side of Maple Syrup \$1/oz.