



# Breakfast Menu

**Lovin'  
Spoonfuls**

**Vegetarian  
Restaurant**

**100% Plant-Based  
Cholesterol-Free  
Cruelty-Free**





# From the Griddle

All selections served with 100% pure maple syrup

## Stack O' Pancakes

Three fluffy golden pancakes cooked on the griddle the old-fashioned way.  
Choose from organic whole wheat ~or~ organic buckwheat. (GF available)

7

## Short Stack

Two smaller pancakes as a side or for a lighter appetite.  
Choose from organic whole wheat ~or~ organic buckwheat. (GF available)

4

## French Toast

Thick slices of freshly baked whole wheat French bread, dipped into a vanilla- cinnamon batter  
and grilled to a golden brown. (GF available)

7

## ~ ~ ~ ~ Griddle Add-Ins ~ ~ ~ ~

75¢ each

Whipped cream, strawberries, blueberries, bananas,  
chocolate chips, walnuts, coconut- curry.



NEW



NEW

# Breakfast Burritos

Our breakfast burritos are served with a side of fresh salsa.  
French fries may be substituted for home fries upon request.  
Add vegan cheddar 75¢

## Traditional Breakfast Burrito

Soy bacon, organic tofu, and crispy home fries wrapped in a whole wheat tortilla.

7.25

## Southwest Breakfast Burrito

Chorizo, green chilies, organic tofu and crispy home fries wrapped  
in a whole wheat tortilla.

7.75

## Grilled Veggie Breakfast Burrito

Green, red and gold bell peppers, sweet onions, seasoned Portobello strips,  
organic tofu and crispy home fries wrapped in a whole wheat tortilla.

7.75



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# Side Dishes

Home Fries 2.5  
Corn Bread 2.5  
Side of Scramble 3.5  
Veggie Sausage 2.5  
Veggie Bacon 2.5  
Organic Toast and Jelly 1.75





# Popular Scrambles

All of our scrambles are made with organic tofu and served with organic, sprouted, wheat toast and crispy home fries. Organic brown rice may be substituted for home fries.

## Country Scramble

Seasoned tofu served with organic, sprouted wheat toast and home fries. *(GF available)*

6

## Rainbow Kale Scramble



Seasoned tofu scrambled with rainbow kale, toasted pine nuts and fresh tomatoes. *(GF available)*

8

## Spinach-Mushroom Scramble

Seasoned tofu scrambled with fresh spinach and flavorful mushrooms. *(GF available)*

7.5

## Denver Scramble

Seasoned tofu scrambled with veggie ham, green pepper, sweet onions and vegan soy cheese. *(GF available)*

8.5

## Italian Scramble

Seasoned tofu scrambled with chunks of fresh Roma tomatoes and fresh basil. *(GF available)*

7.5

## Mediterranean Scramble

Seasoned tofu scrambled with Kalamata olives, garlic, sun-dried tomatoes and sweet onions. *(GF available)*

9

## Fiesta Scramble

Seasoned tofu scrambled with soy chorizo, green chilies and vegan soy cheese.

Served with guacamole and non-dairy sour cream.

9.5

# Scramble Add-Ins

75¢ each

Bell peppers

Garlic

Green chilies

Kalamata olives

Kale

Mushrooms

Pine nuts

Scallions

Soy bacon

Soy chorizo

Soy sausage

Spinach

Tomatoes, fresh

Tomatoes, sun-dried

Vegan cheddar

Veggie ham





# Beverages

## Hot Teas

**Caffeinated:** China black, green or jasmine  
**Naturally decaffeinated:** Spiced or mango peach  
**Herbal:** Hibiscus, mint or chamomile  
 1.75

## Hot Coffee

We serve organic, fair-trade, shade grown coffee. Caffeinated and decaf are available.  
 2.5

## Iced Teas

Lovin' Spoonfuls special spiced blend is a naturally decaffeinated black tea blended with rooibos, rose hips, cinnamon and orange peel with no added sugar. It has a natural sweetness from fruit extract and a hint of stevia.

Our China Black iced tea is fully caffeinated with a nice robust flavor.  
 1.75

## Refreshing Juices and Soy Milk

Orange, Organic Apple, Organic Pineapple,  
 Vanilla or Chocolate Soy Milk  
 Small (6 oz) 1.5  
 Large (14 oz) 3

## Fountain Drinks

Pepsi, Diet Pepsi, Sierra Mist, Cranberry  
 Juice, Mug Root Beer,  
 House-Made Lemonade  
 1.75

## Smoothies

Apple Kale ~ Organic, unfiltered apple juice, fresh kale, mango and banana 5.75  
 Strawberry Sunshine ~ Strawberries, orange, mango 5  
 Stella Blue ~ Organic apple, blueberry, banana 5  
 Tropical Dream ~ Organic pineapple, mango, banana 5  
 Orange mango Creamsicle ~ Orange, mango and vanilla soy milk 5



Add kale to any smoothie for 75¢ 

## From Our Cooler

Bottled Water 1.75  
 Sparkling Water 1.75  
 Outrageous Ginger Ale 1.75  
 Izzi Sparkling Blueberry 1.75  
 Izzi Sparkling Clementine 1.75  
 Izzi Sparkling Grapefruit 1.75  
 Yerba Matte 2.95  
 Kombucha 3.95

