



Soy Free Menu

Breakfast

Served Mon ~ Sat 9:30 to 11 and Sunday 10 to 3

Oatmeal Organic oats served with pure maple syrup \$4.75

Oatmeal Deluxe Organic oats cooked with bananas, raisins, cinnamon and walnuts.
Served with pure maple syrup \$5.95

Fruity Rice Organic brown rice, blueberries, strawberries, walnuts and cinnamon.
Served with pure maple syrup \$5.25

Organic Toast Choose from multigrain oat, sour dough or rye \$1.75

Lunch

Served Mon ~ Sat 11 to 5 and Sunday 10 to 3

Hummus Sandwich

Our own tasty hummus with lettuce, tomatoes, sprouts and cucumber served on grilled organic, multigrain oat bread. Please specify organic spring mix with Italian dressing, oil & vinegar or lemon slices for your side salad. \$6.95

Homemade Adzuki Burger

Savory grilled patty of adzuki beans, zucchini, shiitake mushrooms, carrots, corn, organic oats and walnuts with lettuce & tomato on a grilled, 100% organic whole wheat bun. Please say "no mayo" and specify organic spring mix with Italian dressing, oil & vinegar or lemon slices for your side salad. \$7.50

Falafel Pocket

Warm whole wheat pita bread with tasty chickpea patties, lettuce, tomato and cucumber. Please ask for Italian dressing instead of tahini sauce and specify organic spring mix with Italian dressing, oil & vinegar or lemon slices for your side salad. \$6.95

Peanut Butter & Jelly

Ground, organic PB & organic strawberry jelly on toasted, organic multigrain oat bread. Please specify organic spring mix with Italian dressing, oil & vinegar or lemon slices for your side salad. \$5.75

Rice and Bean Burrito

Organic brown rice & black beans wrapped in a whole wheat tortilla with guacamole, fresh salsa and an organic, spring mix side salad. Please ask for oil & vinegar salad dressing and specify "no sour cream" \$7.95

Apollo Platter

Our own hummus, stuffed grape leaves, cucumber slices, carrot coins, kalamata olives and whole wheat pita bread. Please specify organic spring mix with Italian dressing for the side salad \$7.95

Grilled Cheese

Vegan cheddar on organic sour dough \$5.25



Lovin' Spoonfuls does not use any animal products in the careful preparation of your meal. For your health, the planet and the animals, all ingredients are cholesterol-free, cruelty-free and vegan. *Ingredient listings available upon request.*

Lovin' Spoonfuls

Soy-free Menu



Dinner

Served Mon ~ Sat 5 to 9

All dinner entrees are accompanied by a side salad. Please specify Italian salad dressing.

Pasta Primavera Marinara Portobello mushrooms, zucchini, yellow squash, asparagus & eggplant in a chunky marinara sauce over linguini. Served with warm garlic bread. \$10.75

Old Pueblo Bean Burrito Whole-wheat flour tortilla stuffed with organic brown rice & black beans. Served with guacamole and fresh salsa. Please say "hold the sour cream" \$7.95
Add vegan soy-free cheese \$0.75

Mediterranean Plate Falafel, dolmas & organic brown rice, hummus, lettuce, tomato, cucumber & pita. Please request Italian dressing instead of Tahini sauce. \$10.25

Mexicali Black Beans & Rice Black beans, sautéed jicama and peppers, organic brown rice, guacamole & salsa. Please say "hold the sour cream" \$8.75

Angel Hair with Tomato and Basil Fresh tomatoes, basil, garlic & olive oil served over pasta with garlic bread. \$9.25

Garden Veggie Plate Fresh cauliflower, broccoli, carrot coins, mushrooms, grape tomatoes and celery, steam grilled and served over organic brown rice. Please request Italian dressing instead of Tahini sauce. \$8.95

Linguini with Peppers & Mushrooms Linguini topped with marinara sauce, bell peppers and button mushrooms. Includes garlic bread. Please specify "no soy parmesan cheese". \$9.75

Appetizers

Hummus Dip
A generous portion of our own humus surrounded by whole wheat pita triangles \$4.95

Shrimp Cocktail
Chilled mock shrimp served with our own zesty seafood sauce and lemon wedges \$5.95

Cashew Mushroom Pâté
A savory blend of mushrooms & cashews, gently seasoned and served with grilled, organic sour dough toast. \$5.75

Dolmas
Grape leaves stuffed with seasoned rice, served on lettuce with lemon wedges. \$5.75

Shoestring French Fries
A basket of shoestring potatoes fried in 100% canola oil to whet your appetite. \$2.50

Soups

Many of our soups are soy-free. Please ask about the soups of the day when placing your order.

Salads

Choose between Italian salad dressing, oil & vinegar or lemon wedges.

Spring Salad
Organic spring mix with carrot shreds, crispy cucumber slices and organic tomato slices. \$3.95

Spinach Salad
Spinach leaves tossed with juicy strawberry slices, bell peppers, carrots & walnuts. Please say "no soy bacon bits" \$7.25

Garden Salad
Cauliflower, broccoli, carrots, cucumbers & tomatoes over fresh organic spring mix. \$7.25

