

SEA SALT & CINNAMON

SAVORY

BREAKFAST BOWLS

SANDWICHES

(EVERYBODY LIKES THEM. SANDWICHES!)

NOT-A-MCMUFFIN \$8

LIKE A MCMUFFIN, BUT NOT. TOASTED ENGLISH MUFFIN; JUST EGG; VIOLIFE CHEDDAR CHEESE; AND BEYOND SAUSAGE.

KILLER TOFU! \$7 (OR TOFU! KILLER)

HOUSEMADE BUTTERMILK BISCUIT; FRIED TOFU PATTY; SEITAN HAM; AND CHEESE.

BAKON & EGG & CHEESE BURRITO \$9

THRILLING FOODS BAKON; JUST EGG; AND SHREDDED VIOLIFE CHEDDAR.

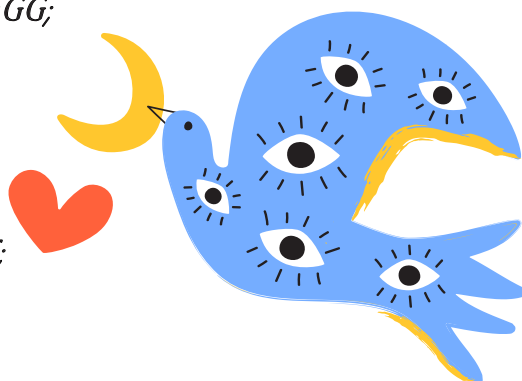
BREAKFAST ANYTIME BURRITO \$6

FLOUR TORTILLA, SCRAMBLED TOFU W/ PEPPERS & ONIONS, POTATOES, TOMATOES, SPINACH, & OUR SOUR CREAM.

NO SUBSTITUTIONS

ALL OUR FOOD IS MADE FRESH IN-HOUSE. HOWEVER, MOST OF OUR BUSINESS IS WHOLESALE, OUR KITCHEN IS NOT SET UP TO CUSTOMIZE DISHES. -THANKS, SS&C

EATEN ALL DAY



BAKED GOODIDS

FLAVORS & ITEMS ROTATE DAILY, CHECK OUT OUR COUNTER DISPLAY FOR WHAT'S FRESH TODAY!

GLUTEN-FREE (NOT FOR SMOKING, FOR EATING)

OATMEAL \$7

GLUTEN-FREE OATS, HOT OAT MILK, AGAVE, CINNAMON AND

CHOOSE TWO OF THE FOLLOWING:

- FRESH BLUEBERRIES <
- FRESH STRAWBERRIES <
- FRESH RASPBERRIES <
- DRIED CRANBERRIES <
- BANANA <
- WALNUTS <
- CHIA SEEDS <
- PEANUT BUTTER <

\$.50 PER EXTRA TOPPING

BREAKFAST ANYTIME BURRITO BOWL \$7

SCRAMBLED TOFU W/PEPPERS & ONIONS, POTATOES, TOMATOES, SPINACH, & OUR SOUR CREAM.

SAUCES

2oz \$.50

MAYO, RANCH, SOUR CREAM, NOT-CFA, & SOME SPECIAL ONES!

16oz \$7

MAYO, SOUR CREAM

16oz \$8

HOUSEMADE RANCH DIP

LUNCH

...ALSO SERVED ALL DAY

SANDWICHES

GREEK CHICKPEA SALAD SANDWICH \$8

CHICKPEA SALAD WITH FRESH DILL, MAYO, SUNFLOWER SEEDS, AND SEASONING; TZATZIKI; PARSLEY; TOMATO SLICES; GREENS; BANANA PEPPERS; SERVED ON GLUTEN-FREE NATIVE BREAD BUN.

SOUTH x SOUTHWESTERN BURRITO \$6

CHIPOTLE ROASTED SWEET POTATOES; TANGY BLACK BEANS WITH GREEN PEPPERS, ONION, AND TOMATO; BROWN RICE; SPINACH; AND OUR HOUSEMADE SOUR CREAM.

THE SANDWICH SANDWICH \$8

ASK FOR THE DAILY SPECIAL!

THE FRUITY PIG \$9

SEITAN HAM, APPLE BLACKBERRY COMPOTE, VIOLIFE SMOKED PROVOLONE, AND AN AGAVE DIJONNAISE DRESSING.

THE LGBT \$9

LETTUCE, TOMATO, THRILLING FOODS BAKON, AND MAYO ON BREAD, WITH SOME GAYNESS.

NOT-A-CHICK'N SANDWICH \$9

CHICK'N FILLET BREADED & SEASONED TO PERFECTION, BAKED, SERVED ON A TOASTED BUTTERED BUN W/ DILL PICKLE CHIPS.

ADD NOT-CFA SAUCE \$.50

THE GOOEY GOBBLER \$4

PEANUT BUTTER AND JELLY. A CLASSIC!



SOUP DE JOUR \$6
THE SOUP OF THE DAY!

BUDDHA BOWL \$8

SEASONAL AND DELICIOUS!
A GRAIN; A GREEN; PROTEIN/VEGGIES;
AND A SAUCE; ALWAYS GLUTEN-FREE.

CHICKEN BAKON RANCH SALAD \$9
DARING CHICKEN, THRILLING FOODS BAKON,
VIOLIFE CHEDDAR, TOMATO,
ROMAINE LETTUCE, AND HOUSEMADE RANCH

NOT-A-BIG-MAC SALAD \$9
PLANT BASED BURGER CRUMBLES,
VIOLIFE CHEDDAR, CHOPPED TOMATO, ONION,
PICKLES, ROMAINE LETTUCE,
AND HOUSEMADE NOT-BIG-MAC DRESSING.



SIIDIES

PICKLE PASTA SALAD

IYKYK
12oz \$5
32oz \$10

HOUSEMADE PITA & HUMMUS \$5

CHEX MIX
HEAVILY ADDICTIVE

12oz \$5
32oz \$10



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