

People's O.B. Garden Café

Vegan & Vegetarian Educated Food Created for Everyone

~ Featuring Organic Ingredients ~

Brunch Served All Day! Dinner Specials Start at 5 p.m.

Breakfast

ORANGE ROSEMARY BISCUITS *cracked black pepper, chipotle gravy, southern cooked kale, served with roasted sweet potato hash, and house-made spicy mustard 9 V*

BUCKWHEAT FLOUR GRIDDLE CAKES *coconut almond bliss sauce, fresh fruit, & shredded coconut 11 V, GF, N*

QUICHE OF THE MOMENT *gluten-free vegan crust, pumpkin seed ricotta cheese, egg quiche, fresh fruit, served with lemon-herb vinaigrette dressed mixed greens 13 GF, DF*

SUNSHINY MORNING SALAD *quinoa tabouli, cucumber, carrots, tomato, raw sunflower & papeta seeds, chia seeds, flax seeds, shredded coconut, raw sauerkraut, fresh fruit, served with lemon-herb vinaigrette dressed mixed greens 11 V, GF, DF add avocado 2*

BREAKFAST BURRO *lentil breakfast sausage crumbles, roasted sweet potato hash, southwest sunflower seed cheese, sunflower sprouts, mint pico de gallo, cashew-turmeric sour cream, & hot sauce 6 V, GFA, DF add superfood guacamole 3*

Happy Eggs Make Happy Cast Iron Frittatas 13

add dairy or vegan cheese 1.50

all Frittatas served with roasted sweet potato hash & house-made spicy mustard

CONSCIOUS BEACH BUM *egg whites, broccoli, kale, & sundried tomato GF, DF*

THE OOEY GOOEY CHEESY *cheddar, brie, goat, & parmesan cheeses, with a little bit of spinach GF*

EL AMIGO *bell peppers, nopales, onion, tomato pine nut relish, & southwest cashew lime crema GF, DF, N, NFA*

THE O.B. "O.G." *chickpea flour frittata, bells peppers, onions, tomato, asparagus, lentil breakfast sausage crumbles, & cashew southwest cheese sauce V, GF, DF, N, NFA*

Breakfast Sides

*fruit 5 - breakfast porridge 5 - 2 eggs 3.25 - zucchini bacon 3 - grilled toast & house-made jam 3 - avocado 2
southern cooked kale 3 - sweet potato hash 4 - dairy or vegan cheese 1.50 - pure maple syrup .50 - coconut almond bliss sauce .75*

EGGS HOW YOU LIKE *2 eggs served with sweet potato hash, zucchini bacon, & grilled toast with house-made jam 11
GFA, DF*

Plates

QUESADILLA *Oaxacan jackfruit, southwest sunflower seed cheese, & turmeric cashew sour cream 11 V, GFA
add egg . . . 1.75 add superfood guacamole 3*

HUMMUS IN THE GARDEN *micro veggies & micro sprouts, served over a pumpernickel garden bed 9 V*

BUILD YOUR OWN AVOCADO TOAST *avocado, blistered tomato, balsamic reduction 8 V
add hummus, sunflower seed cheese, giardiniera, olive artichoke heart relish, roasted mushrooms . . . 1 each / add egg . . . 1.75*

NACHO MAMA'S NACHOS *southwest cashew cheese sauce, superfood guacamole, achiote stewed black beans,
turmeric cashew sour cream, mint pico de gallo, & carrot chili agave hot sauce 11 N, V, GF
add Oaxacan jackfruit . . . 3 add egg . . . 1.75*

BAKED FALAFEL *baked falafel, quinoa tabouli, olive artichoke relish, roasted garlic lemon tahini, & whole wheat pita 9
V, GFA add hummus & veggies 3*

Sandwiches 13 More sandwiches continued on other side of menu!

all sandwiches come with one sandwich side

substitute gluten-free bread . . . 2 / add egg . . . 1.75

BANH MI (Vietnamese street food) *grilled marinated tempeh, house-fermented kimchi, pickled chili,
& sunflower seed mayo V, GFA add fried egg . . . 1.75*

V = Vegan / DF = dairy free / GF = gluten free / GFA = gluten free available / N = contains nuts / NFA = nut free available

PO' BOI *creole black bean patty, olive tapenade, giardiniera, & smoked cayenne sunflower seed mayo* V

THE CHEESY ITALIAN PANINI *fresh mozzarella, goat cheese, brie, arugula, blistered tomato, giardiniera, house-made spicy mustard, sunflower seed mayo, & lemon-herb vinaigrette*

BEACH BOUND PANINI *goat cheese, arugula, tomato, sunflower sprouts, olive artichoke heart relish, roasted mushrooms, fresh basil, & grilled marinated tempeh*

RUSTIC REUBEN PANINI *black bean patty, house-fermented sauerkraut, sunflower seed cheese, caramelized onions, & Catalina Island sauce* V

ST. LOUIS BARBECUE JACKFRUIT *grilled jalapeno-vinegar slaw, house-made pickles, & sunflower seed mayo* V

Extra Sandwich Sides 5 each

*corn tortilla chips with superfood guacamole & mint pico de gallo - superfood salad - grilled veggies
- fruit - quinoa tabouli - sweet potato hash - avocado toast - soup of the day
- house-fermented kimchi & sauerkraut - basil mac & cheese add 2*

1/2 Sandwich & 1/2 Salad 11 Make Any 3 Sandwich Sides a Meal 12

CURRY CHICKPEA WRAP *apple, dried cranberry, lettuce, tomato, dill, sunflower seed curry mayo, served wrapped in a collard green* 8 V

Bowls 12

all Bowls are vegan and gluten free
add egg . . . 1.75 / add avocado . . . 2

COCONUT-LIME SWEET POTATO DAHL *lentils, sweet potato, coconut milk,, seasoned veggies, & toasted fennel seed brown rice*

MACRO *achiote stewed beans, quinoa tabouli, grilled veggies, 1/2 avocado, chia seeds, flax seeds, raw sunflower & pepitas seeds, & sunflower sprouts
choose jackfruit or grilled tempeh
choose one sauce: coconut curry lime, carrot chili agave, Thai peanut, ginger-garlic hoisin*

BASIL MAC & CHEESE *caramelized onions, giardiniera, basil cashew cheese sauce* N

THE MAGIC WOK *Brussels sprouts, hearts of palm, bell peppers, onions, mushrooms, & sweet potato, served with a ginger-garlic hoisin sauce
choose rice noodles or fennel seed brown rice
choose jackfruit or grilled tempeh*

Salads 11

all Salads are vegan and gluten-free

SUPERFOOD POWER KALE *chia seeds, flax seeds, raw sunflower seeds & pepitas, carrots, tomato, cucumbers, superfood guacamole, balsamic coconut oil vinaigrette dressed mixed greens & kale*

LOADED WHOLE LEAF ROMAINE SALAD with FRUIT *romaine, sundried tomato & artichoke heart relish, chickpea croutons, walnut parmesan cheese, served with cashew Caesar dressing* N

FARMERS' MARKET VEGGIES *grilled veggies, mint, dill, roasted red pepper tapenade, walnut parmesan cheese, & apple cider agave dressed mixed greens* N, NFA

Add a Protein 3

*Oaxacan jackfruit - superfood guacamole - marinated grilled tempeh - black bean patty
quinoa tabouli - achiote heritage beans*

The Raw Deal 11

NORI ROLLS *avocado, cucumber, carrot, bell pepper, asparagus, sunflower cream cheese, chia caviar, sunflower seed garden sauce & sesame coconut amino dipping sauce* V