

Beginnings, Sides, & Such

Our Cream of Tomato Soup cup 4 or bowl 7	ⓐ	
Today's Soup cup or bowl priced daily		
Café Veggie Burger Bites curry lime sauce [non-vegan], & bbq sauce	★	7 ²⁵
Sweet Potato Fries & curry-lime sauce [non-vegan]	ⓐ ★	4 ⁷⁵
Spinach Gyoza Dumplings & soy-ginger sauce	★	7 ⁵⁰
Cafe Spring Rolls & sweet chili sauce	★	6 ⁷⁵
Our Classic Bruschetta fresh mozzarella, tomatoes, basil, roasted honey garlic, balsamic glaze		10 ⁷⁵
Organic White Polenta Sticks [available gluten free] & our marinara sauce		7 ⁵⁰
un-Wing Dings hot, bbq or teriyaki, bleu cheese [non-vegan]	★	8
Edamame sesame oil, sea salt [for two]	ⓐ ★	7
Vegetable Stuffed Portobella Mushroom herbed goat cheese sauce		10 ⁵⁰
Cold Peanut Noodles soba noodles, edamame, red peppers	★	9 ⁷⁵
Grilled Asparagus Spears & tarragon oil	ⓐ ★	7 ⁷⁵
Truffled French Fries truffle oil, black pepper, parmesan	ⓐ	6 ⁵⁰
Wok Fired Bok Choy Japanese dressing, sesame	★	8

Sandwiches

Served on ciabatta or seeded multi-grain bread, with our marinated bean salad - sub regular fries, sweet potato fries or garden salad 3

★ Our Cafe 'Veggie' Veggie Burger

legumes, carrots, broccoli, mushroom, scallions, sunflower seeds ★ 10⁵⁰

Falafel hummus, tahini, Israeli salad, grilled pita	★	10
Classic Sprouthead swiss, avocado, cucumber, hummus, lettuce, tomato, sprouts		9 ⁷⁵
Housemade Seitan Peppersteak swiss cheese, shitake, portobella, peppers, onions, veganize it add \$1		10 ⁵⁰
Blackened Mahi-Mahi our avocado mayo, lettuce, tomatoes, sprouts		11 ⁷⁵
Curried 'Chicken' Salad toasted almonds, grapes, shallots, lettuce, tomato, celery, sprouts	★	10 ⁷⁵
Grilled Eggplant & Pesto fresh mozzarella, tomato		9 ²⁵
Grilled Portobella goat cheese, roasted red peppers, spinach		9 ²⁵
Artichoke Delight artichoke hearts, roasted red peppers, portobella, red onion, greens, balsamic vinaigrette	★	9 ⁷⁵
Grilled Fresh Mozzarella tomato, housemade pesto		8 ⁷⁵
Colossal Veggie eggplant, portobella, spinach, tomato, roasted red peppers	★	9 ⁷⁵

additions

portobella, roasted red peppers or artichoke hearts 1 ea
feta, fresh mozzarella, goat cheese, cheddar, swiss 1²⁵
pesto, caramelized onion or hummus 75¢ avocado 2⁵⁰ tofu 3⁵⁰
sub vegan mozzarella cheese 1

Food Food

Kung Pao Tofu crispy tofu, vegetables, organic brown rice	★	16 ²⁵
Organic White Polenta Cakes [available gluten free] goat cheese, parmesan, roasted red peppers, sautéed spinach, our marinara sauce,		17
Cafe Piccata tofu, brown rice, sautéed onions, capers, tomato, spinach, asparagus, white wine & butter sauce sub mahi		19 22
Blackened Mahi-Mahi roasted red potatoes, grilled asparagus, mango-pineapple salsa	ⓐ	19 ²⁵
Udon Bowl housemade dashi broth, vegetables, shitakes, seaweed, udon noodles with tofu or clams	★	18
Two Pounds P.E.I. Mussels spicy saffron broth, garlic, fresh herbs, tomatoes, butter, grilled ciabatta bread	ⓐ	24
Brown Sugar Acorn Squash baked with curried Israeli couscous, organic red quinoa, dried cranberries, zucchini, scallions, pine nuts, over sautéed spinach	★	16 ⁵⁰
Today's Quiche with garden salad		priced daily
Today's Lasagna with garden salad		priced daily
Pasta of the Day		priced daily
Stir Frys organic brown rice, flat noodles, or soba noodles	★	10 ⁷⁵
Spicy Szechuan ~ Sweet Szechuan ~ Peanut Tahini ⓐ ~ Oriental ~ Teriyaki ~ Thai Curry		
add sautéed shrimp 6 ⁵⁰ seared or blackened mahi-mahi 7 ⁵⁰ tofu 3 ⁵⁰ homemade seitan 4 ⁵⁰		

Salads

add tofu 3⁵⁰ sautéed shrimp 6⁵⁰ seared or blackened mahi-mahi 7⁵⁰

Grilled Portobella Mushroom greens, goat cheese, roasted red pepper, toasted almonds, balsamic vinaigrette	ⓐ	11
Spinach & Tahini Salad our marinated bean salad, avocado, tomatoes, sunflower seeds	ⓐ ★	11
Kale Caesar Salad [available vegan & gluten free] our vegan Caesar dressing, fresh kale, croutons, avocado, parmesan		12
Grilled Tofu Salad greens, tomatoes, avocado, edamame, cashews, miso-ginger dressing	ⓐ ★	12
Warm Beet Salad roasted beets, caramelized onions, goat cheese, pistachios, arugula, honey-sherry dressing	ⓐ	12
Garden Salad small 5 large 9 ⁷⁵	ⓐ ★	
housemade dressings orange-mango vinaigrette, tahini, bleu cheese, balsamic vinaigrette, miso-ginger, curry-lime		

Grilled Pizzas with garden salad, sub vegan cheese 2⁵⁰

Fig, Gorgonzola olive oil, garlic, caramelized onion, walnuts, fresh spinach		17 ⁵⁰
'Sausage', Pesto mozzarella, vegetarian sausage, red onion, portobella mushroom, pine nuts		18

Grilled Pizza of the Day priced daily

ⓐ **Gluten Free** ★ **Vegan**
Please let us know of any dietary concerns

Good Morning... Good Food... Every Sunday

The Café's Veggie Baller Brunch

Brunch

Free range eggs, grass fed tofu...

Vegan Flax & Almond French Toast made with homemade bread, warm fruit compote & Vermont maple syrup ★ 12

The Key Wester... Café Style... grilled multigrain or ciabatta bread with scrambled eggs, cheddar, veggie "sausage", onions, tomato & Romesco served with marinated bean salad 11

Vegetarian B & G biscuits with southern style white peppered gravy and veggie "sausage" 7
add scrambled eggs or tofu 3

Veggie Eggs or Tofu Scramble fresh veggies with homefries & toasted homemade bread ★ 11
add veggie sausage (not vegan) 13

Grilled Tofu Benedict Everything magical about a benni without the eggs. Sautéed kale, tomato, grilled tofu, on our toasted homemade bread, with a vegan, avocado "hollandaise", served with homefries. ★ 13
Want it with eggs? Just ask...

Polenta Benedict our housemade polenta, sautéed spinach, poached eggs, & hollandaise served with homefries 14
available gluten free

Smoked Salmon Benedict smoked salmon, kale, grilled tomatoes, homemade bread & lemon caper hollandaise 15

"Chicken" and Waffles topped with mashed potatoes and battered and fried cauliflower with rosemary maple syrup & blueberry butter 13

Smoked Salmon Bagel Norwegian salmon with capers, onions, tomato, and cream cheese 13⁷⁵

Fresh Fruit & "Grammy J's" Granola rolled oats, maple syrup, spices, sunflower, pecans, walnuts, apricots, & dates served with Greek yogurt or soy milk and cardamom honey available vegan 12

Frittata Of The Day priced daily

Benni Of The Day priced daily

Quiche Of The Day served with side salad priced daily

Sides & Such

Truffled Fries 6⁵⁰

Sweet Potato Fries 4⁷⁵

Classic Fries 4

Stuffed Portabella 10⁵⁰

Edamame 7

Spinach Gyoza Dumplings 7⁵⁰

Café Spring Rolls 6⁷⁵

Polenta Stix 7⁵⁰

Homefries 3

"Sausage" 3⁵⁰

Scrambled Eggs 3

Soup Cup 4

Soup Bowl 7

Bagel with Cream Cheese 3⁷⁵

Sub Vegan Cream Cheese .50

Salads

Most salads available Vegan and Gluten Free, just ask.

Spinach and Tahini Salad spinach, avocado, our marinated bean salad, cherry tomatoes, red onion, sunflower seeds, and tahini dressing 11

Kale Caesar fresh kale & our Vegan Caesar Dressing, croutons, avocado, and topped with parmesan cheese 12

Grilled Mushroom Salad baby greens, goat cheese, roasted red peppers, toasted almonds, and balsamic vinaigrette 12

Warm Beet Salad roasted beets, caramelized onions, pistachios, arugula, honey-sherry dressing (G) 12

Grilled Tofu Salad greens, tomato, avocado, edamame, cashews, miso-ginger dressing 12

Sandwiches & Such...

Sandwiches served on ciabatta or multigrain bread, with our marinated bean salad. Sub regular fries, sweet potato fries, or garden salad for 3.

Falafel Sandwich hummus, tahini, Israeli salad, grilled whole wheat pita ★ 10

Blackened Mahi Sandwich avocado mayo, lettuce, tomato, and sprouts 11⁷⁵

Cafe Veggie Burger Sandwich made with legumes, carrots, broccoli, mushrooms, scallions, and sunflower seeds, with lettuce, tomato, & sprouts ★ 10⁵⁰

Grilled Fresh Mozzarella Sandwich tomato, housemade pesto 8⁷⁵
add grilled eggplant .25

Curried "Chicken" Salad Sandwich toasted almond, grapes, shallots, celery, lettuce, tomato, & sprouts ★ 10⁷⁵

Blackened Tuna Sandwich served with mango-pineapple salsa, lettuce, tomato, & sprouts 13

Clams Provencal lemongrass, white wine, shallots, fresh herbs, finished with butter and served with grilled Ciabatta bread (G) 14

PEI Mussels two pound, spicy saffron broth, garlic, fresh herbs, tomatoes, butter, grilled ciabatta bread (G) 24

Today's Lasagna priced daily



Gluten Free



Vegan

Please let us know of any dietary concerns

Today's Homemade Endings

Vegan Key Lime Cheesecake the ONLY vegan key lime pie in Key West

Vegan Chocolate Mocha Cake layer of raspberry preserves and mocha "cream cheese" icing

Chocolate Orbit Tart mango & raspberry puree (G)

Vegan Chai Tea Panna Cotta coconut milk & housemade chai, candied lemon, & chocolate espresso beans (G)

Vegan Carrot Cake cinnamon cream cheese icing

Vegan Red Velvet Cake vanilla bean "cream cheese" icing

Vegan Coconut Cake fresh ginger "cream cheese" icing

Fresh Mango Pie raspberry puree

(G) **Gluten Free**

★ **Vegan**

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