

# NATIVE FOODS CAFÉ SPRING SEASONAL MENU

## ALLERGY & INGREDIENTS

### CHIPS, SALSA & GUACAMOLE

- **NUT FREE:** CHIPS ARE COOKED IN OIL WITH ITEMS THAT CONTAIN COCONUT
- **SOY FREE:** CHIPS ARE COOKED IN OIL WITH ITEMS THAT CONTAIN SOY
- **WHEAT AND GLUTEN FREE:** CHIPS ARE COOKED IN OIL WITH ITEMS THAT CONTAIN WHEAT/GLUTEN

**Salsa Fresca:** tomato, red onion, olive oil, sea salt, black pepper, cilantro, chipotle peppers (canned), green onion, garlic, cumin, chili powder, lime juice, tomato juice (reconstituted vegetable juice blend (water and concentrated juices of tomatoes, carrots, celery, beets, parsley, lettuce, watercress, spinach), contains less than 2% of: salt, vitamin C (ascorbic acid), natural flavoring, citric acid.)

**Guacamole:** avocado, red onion, tomato, jalapeño, cilantro, sea salt and lemon juice

### CHIMICHURRI CHOP SALAD

- **NUT FREE**
- **SOY FREE:** ORDER WITHOUT RANCH DRESSING
- **WHEAT & GLUTEN FREE:** ORDER WITHOUT CROUTONS

**Chimichurri Dressing:** shallots, cilantro, parsley, garlic, olive oil, Apple cider vinegar, sea salt, cumin, red chili crushed

### AVOCADO CRUNCH WRAP

- **THIS DISH IS NOT NUT, SOY OR WHEAT & GLUTEN FREE**

**Coconut Breading:** Native Batter, unbleached flour, shredded coconut

**Mango Mayo:** Vegenaise, Mango Lime Dressing

**Mango Slaw:** red bell peppers, mango, red onion, green cabbage, red cabbage, carrots

**Jerk Seasoning:** onion powder, thyme, all spice, black pepper, cinnamon, cayenne, sea salt

### CHOCOLATE STRAWBERRY PARFAIT

- **THIS DISH IS NOT NUT, SOY OR WHEAT & GLUTEN FREE**

**Creme:** Tofutti Cream Cheese, Tofu (baking), agave, Soy Milk, Almond Extract

**Chocolate Strawberry Parfait:** Chocolate Cupcake, Creme, strawberries, sugar, lemon juice

### STRAWBERRY LEMONADE

**Strawberry Lemonade:** lemons, sugar, lavender, sea salt, strawberries

NOT ALL INGREDIENTS ARE LISTED. IF YOU HAVE SPECIFIC FOOD AVERSION PLEASE TELL US.

# ALLERGY & INGREDIENTS MENU

NUT FREE  
SOY FREE  
WHEAT & GLUTEN FREE



CHEF - CRAFTED SINCE 1994

# NATIVE FOODS CAFÉ NUT FREE MENU

NATIVE FOODS USES CASHEWS, PEANUTS, ALMONDS & OTHER NUTS IN OUR KITCHEN AND SHARES COMMON KITCHEN EQUIPMENT, UTENSILS AND OILS.

WHEN ORDERED ACCORDING TO GIVEN INSTRUCTIONS, THE FOLLOWING MENU ITEMS CONTAIN NO NUT INGREDIENTS, BUT MAY SHARE COMMON EQUIPMENT, UTENSILS AND OILS:

## START HERE!

Chicken Wings (Crispy version contains Native Batter with coconut)

Chili Cheese Fries

- Order without Cashew Cheese (contains cashews)
- Fries are cooked in oil with items that contain coconut

Chips, Salsa & Guacamole

- Chips are cooked in oil with items that contain coconut

Japanese Sesame Crusted Chicken Bites (contains Native Batter with coconut)

Native Chili

- Order without Cashew Cheese (contains cashews)

Native Nachos

- Order without Cashew Cheese (contains cashews)
- Chips are cooked in oil with items that contain coconut

## SEASONAL SOUPS

Autumn Vegetable Chowder

Creamy Tomato Basil

Cubano Black Bean

Jamaican Callaloo (contains coconut milk)

Smoky Split Pea

Tuscan Garbanzo

## ENTRÉE SALADS

Ensalada Azteca

Mexican Cobb

- Tofu Bacon is cooked in oil with items that contain coconut

Taco Salad

- Tortilla Strips are cooked in oil with items that contain coconut

## HANDHOLDS

Chicken Run Ranch Burger (Native Batter contains coconut)

Chicken, Bacon & Avo Club (Native Batter contains coconut)

Meatball Sub

- Order without Parmesan (contains cashews)
- Meatballs are cooked in oil with items that contain coconut

Oklahoma Bacon Cheeseburger (Daiya Cheddar contains coconut)

- Tofu Bacon is cooked in oil with items that contain coconut

**IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE ASK TO SEE A MANAGER.**

# NATIVE FOODS CAFÉ NUT FREE MENU

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## HANDHOLDS CONT...

Portobello & Sausage Burger

Scorpion Burger

Tacos

Twister Wrap (Crispy Chicken option: Native Batter contains coconut)

## EARTH BOWLS

Bangkok Curry Bowl (Red Curry Sauce contains coconut)

Greek Gyro

Moroccan

- Order without Almonds

Soul Bowl (Crispy Chicken contains Native Batter with coconut)

Thai Meatball

- Meatballs are cooked in oil with items that contain coconut

## KIDS ARE COOL!

Chicken Strips (Native Batter contains coconut)

Mac & Cheese (Daiya Mozzarella contains coconut)

## SIDES

Lemon Dill Potato Salad

Seasoned Fries

- Fries are cooked in oil with items that contain coconut

Side Salad

Steamed Kale

## PREMIUM SIDES

Crispy Sweet Potato Fries

- Fries are cooked in oil with items that contain coconut

Lemongrass Broccoli

Roasted Vegetables

Super Slaw

## DESSERTS

Chocolate Chip Cookie (contains coconut oil)

Oatmeal Raisin Cookie (contains coconut oil)

Oatmeal Crème Pie

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MARCH 24, 2015

# NATIVE FOODS CAFÉ NUT FREE MENU

NATIVE FOODS USES CASHEWS, PEANUTS, ALMONDS & OTHER NUTS IN OUR KITCHEN AND SHARES COMMON KITCHEN EQUIPMENT, UTENSILS AND OILS.

## SAUCES, DRESSINGS, SALSAS & CHEESES

All Sauces, Dressings and Salsas are Nut-Free EXCEPT the following: Red Curry Sauce **contains coconut**.

The following Cheeses CONTAIN CASHEWS

- Cashew Cheese
- Horseradish Cheese
- Parmesan Cheese
- Daiya Cheddar and Mozzarella do not contain cashews, but **DO CONTAIN COCONUT**

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# NATIVE FOODS CAFÉ SOY FREE MENU

**NATIVE FOODS USES SOY IN OUR KITCHEN AND SHARES COMMON KITCHEN EQUIPMENT, UTENSILS AND OILS.**

**WHEN ORDERED ACCORDING TO GIVEN INSTRUCTIONS, THE FOLLOWING MENU ITEMS CONTAIN NO SOY INGREDIENTS, BUT MAY SHARE COMMON EQUIPMENT, UTENSILS AND OILS:**

## START HERE!

Chips, Salsa & Guacamole

- **Chips are cooked in oil with items that contain soy**

Native Nachos

- **Order without Chipotle Sauce, Taco Meat and BBQ Chicken**
- **Chips are cooked in oil with items that contain soy**

## SEASONAL SOUPS

African Peanut

Autumn Vegetable Chowder

Cubano Black Bean

Jamaican Callaloo

Smoky Split Pea

## ENTRÉE SALADS

Ensalada Azteca

## EARTH BOWLS

Greek Gyro

- **Order without Native Peppered Seitan**
  - Chefs' recommended substitute: Portobello Mushrooms

Moroccan

- **Order without Tofu**
  - Chefs' recommended substitute: Black Beans

## SIDES

Lemon Dill Potato Salad,

Seasoned Fries

- **Chips are cooked in oil with items that contain soy**

Side Salad

Steamed Kale

## PREMIUM SIDES

Lemongrass Broccoli

Roasted Vegetables

Sweet Potato Fries

- **Chips are cooked in oil with items that contain soy**

Super Slaw

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MARCH 24, 2015

# **NATIVE FOODS CAFÉ SOY FREE MENU**

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## **KIDS ARE COOL!**

Mac & Cheese

## **DESSERTS**

Oatmeal Raisin Cookie

Peanut Butter Cookie

## **SAUCES, DRESSINGS, SALSAS & CHEESES**

**Soy-free sauces include:** Buffalo Sauce, Moroccan Sauce, Hummus, Pesto, Marinara Sauce

**Soy-free dressings include:** Lemon Garlic, Mango Lime Vinaigrette, Balsamic Vinaigrette

**Soy-free salsas include:** Salsa Fresca, Azteca Salsa

**Soy-free cheeses include:** Cashew Cheese, Parmesan, Daiya Sliced Cheddar, Daiya Mozzarella

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MARCH 24, 2015

# **NATIVE FOODS CAFÉ WHEAT AND GLUTEN FREE MENU**

**NATIVE FOODS USES WHEAT AND GLUTEN IN OUR KITCHEN AND SHARES COMMON KITCHEN EQUIPMENT, UTENSILS AND OILS.**

**WHEN ORDERED ACCORDING TO GIVEN INSTRUCTIONS, THE FOLLOWING MENU ITEMS CONTAIN NO WHEAT OR GLUTEN INGREDIENTS, BUT MAY SHARE COMMON EQUIPMENT, UTENSILS AND OILS:**

## **START HERE!**

**Chips, Salsa & Guacamole**

- **Chips are cooked in oil with items that contain wheat/gluten**

**Native Nachos**

- **Order without Taco Meat or BBQ Chicken**
- **Chips are cooked in oil with items that contain wheat/gluten**

## **DAILY SOUPS**

**African Peanut**

**Autumn Vegetable Chowder**

**Creamy Tomato Basil**

**Cubano Black Bean**

**Jamaican Callaloo**

**Smoky Split Pea**

- **Order without garlic croutons**

## **ENTRÉE SALADS**

**Ensalada Azteca**

**Taco Salad**

- **Tortilla Strips are cooked in oil with items that contain wheat/gluten**
- **Order without Taco Meat**
  - Chefs' recommended substitute: Black Beans

## **EARTH BOWLS**

**Bangkok Curry**

- **Tofu is cooked in oil with items that contain wheat/gluten**

**Moroccan**

**Thai Meatball**

- **Order without Meatballs**
  - Chefs' recommended substitute: Tempeh

## **HANDHOLDS**

**Scorpion Burger**

- **Order "Un-Kneaded" no hamburger bun**

**Tacos**

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MARCH 24, 2015

# **NATIVE FOODS CAFÉ WHEAT AND GLUTEN FREE MENU**

**NATIVE FOODS USES WHEAT AND GLUTEN IN OUR KITCHEN AND SHARES COMMON KITCHEN EQUIPMENT, UTENSILS AND OILS.**

**WHEN ORDERED ACCORDING TO GIVEN INSTRUCTIONS, THE FOLLOWING MENU ITEMS CONTAIN NO WHEAT OR GLUTEN INGREDIENTS, BUT MAY SHARE COMMON EQUIPMENT, UTENSILS AND OILS:**

## **SIDES**

Lemon Dill Potato Salad

Side Salad

- **Order without Croutons**

Steamed Kale

## **PREMIUM SIDES**

Lemongrass Broccoli

Roasted Vegetables

Super Slaw

## **KIDS ARE COOL!**

Mac & Cheese

## **DESSERTS**

Peanut Butter Parfait

## **SAUCES, DRESSINGS, SALSAS & CHEESES**

**Wheat and Gluten-free sauces include:** BBQ Sauce, Buffalo Sauce, Moroccan Sauce, Marinara Sauce, Red Curry Sauce, Mayo (Vegenaise)

**Wheat and Gluten-free dressings include:** Ranch, Chipotle, Jalapeno Cilantro, Lemon Garlic Dressing, Mango Lime Vinaigrette.

**Wheat and Gluten-Free salsa include:** Salsa Fresca, Azteca Salsa

**Wheat and Gluten-Free cheese include:** Cashew Cheese, Horseradish Cheese, Parmesan Cheese, Daiya Sliced Cheddar, Daiya Mozzarella

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MARCH 24, 2015

# **NATIVE FOODS CAFÉ MENU INGREDIENTS**

## **SAUCES AND DRESSINGS**

**Balsamic Vinaigrette:** olive oil, canola, oil, balsamic vinegar, lemon juice, garlic, Dijon Mustard, Italian spice blend, organic unrefined sugar, parsley, basil, crushed chili, sea salt

**BBQ Sauce:** water, apple cider vinegar, Tamari, Yellow Mustard, molasses, Ketchup, brown sugar, liquid smoke, black pepper, cayenne pepper, chili powder, Sriracha

**Buffalo Sauce:** ingredients vary by location

**Cheese Sauce:** Soy Free Earth Balance, Rice Milk, Dijon Mustard, sea salt, Daiya Italian, tapioca starch

**Chipotle Sauce:** Vegenaise, chipotle peppers (canned), agave, onion powder, garlic powder

**Jalapeno Cilantro Lime Dressing:** Vegenaise, garlic, lime juice, sea salt, jalapenos, lime zest, agave, cilantro

**Lemon Garlic Dressing:** olive oil, canola, oil, lemon juice, garlic, sea salt

**Mango Lime Dressing:** olive oil, canola oil, lime juice, rice vinegar, agave, mango, ginger, sea salt

**Mango-Lime Chili Sauce:** olive oil, canola oil, lime juice, rice vinegar, agave, mango, ginger, sea salt, sugar, pickled red chili, vinegar, garlic, sea salt, xanthan gum

**Marinara Sauce:** Olive oil, canola oil, shallots, crushed tomatoes, sea salt, black pepper, agave

**Moroccan Sauce:** Orange juice, ginger, garlic, Safflower oil, olive oil, canola oil, lemon juice, maple syrup, paprika, thyme, crushed red pepper flakes, oregano, turmeric, cinnamon, sea salt

**Pesto Sauce:** olive oil, canola oil, basil, garlic, pumpkin seeds, sea salt

**Ranch:** Vegenaise, Soy Milk, garlic powder, celery salt, black pepper, onion powder

**Red Curry:** lemongrass, ginger, garlic, olive oil, canola oil, Red Curry Paste, coconut milk, cilantro

**1000 Island:** Vegenaise, Ketchup, Relish, lemon juice

**Vegenaise:** water, safflower oil, tapioca starch, olive oil, canola oil, apple cider vinegar, organic soy beans, agave syrup, sea salt, flaxseed oil, lemon juice, mustard flour, gum Arabic, guar gum

**NOT ALL INGREDIENTS ARE LISTED. IF YOU HAVE SPECIFIC FOOD AVERSION PLEASE TELL US.**

## **NATIVE FOODS CAFÉ MENU INGREDIENTS**

### **SIDES**

**Lemon-Dill Potato Salad:** potato, green onion, parsley, dill, Lemon Garlic Dressing, sea salt

**Lemongrass Broccoli:** Broccoli, ginger, garlic, lemongrass, safflower oil, sesame oil, salt, crushed red chili

**Roasted Veggies:** zucchini, carrot, red onion, cauliflower, broccoli, yam, Roasted Garlic Oil, sea salt

**Seasoned Potato Fries:** potatoes, French Fry Seasoning

**Side Salad:** Mesculin Greens, carrots, Croutons

**Steamed Kale:** kale, lemon wedge, red bell pepper, Gomasio

**Super Slaw:** green & red cabbage, kale, carrots, red pepper, chia seeds, flax seeds, sesame seeds, hemp seeds, olive oil blend, lemon juice, agave, salt

**Sweet Potato Fries:** sweet potatoes, Sweet Potato Fry Seasoning

### **SALSAS**

**Azteca Cucumber Salsa:** tomatoes, cucumbers, red onion, lemon juice, sea salt, black pepper

**Salsa Fresca:** tomato, red onion, olive oil, sea salt, black pepper, cilantro, chipotle peppers (canned), green onion, garlic, cumin, chili powder, lime juice, tomato juice (reconstituted vegetable juice blend (water and concentrated juices of tomatoes, carrots, celery, beets, parsley, lettuce, watercress, spinach), contains less than 2% of: salt, vitamin C (ascorbic acid), natural flavoring, citric acid.)

### **VEGAN CHEESE**

**Daiya Cheese (Italian and Cheddar):** Filtered water, tapioca and/or arrowroot flours, non-GMO expeller pressed safflower oil, coconut oil, pea protein, salt, natural flavors (derived from plants), inactive yeast, vegetable glycerin, xanthan gum, citric acid, titanium dioxide (a naturally occurring mineral)

**Cashew Cheese:** cashews, sunflower seeds, lemon juice, nutritional yeast, tahini (sesame seed paste), sea salt, onion powder, garlic powder

**Horseradish Cheese:** cashews, olive oil, canola oil, horseradish, tahini paste, sea salt

**Parmesan Cheese:** Cashews, nutritional yeast, sea salt

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# NATIVE FOODS CAFÉ MENU INGREDIENTS

## DRINKS

**Chai:** cinnamon sticks, cloves, ginger, cardamom, black peppercorns, black tea, earl grey tea, organic sugar

**Lavender Lemonade:** lemons, organic sugar, lavender, sea salt

**Iced Teas:** teas vary by location

**Watermelon Fresca:** watermelon, mint, agave

## MISC.

**Caramelized Onions:** onions, olive oil, canola oil, sea salt, white pepper, maple syrup

**Chili:** white beans, sea salt, Mexican Seitan, tomato, onion, chili powder, paprika, cumin, cayenne, oregano, coriander, rice vinegar

**Black Beans:** onion, bay leaves, garlic, sea salt

**Red Beans:** red kidney beans, onion, bay leaves, coriander, sea salt

**Chipotle Peppers with Adobo Sauce:** Chipotle peppers, tomato puree, vinegar, salt, sugar, garlic, soybean oil

**Chocolate Chips:** evaporated cane juice, natural chocolate liquor (non-alcoholic), non-dairy cocoa butter.

**Croutons:** bread, olive oil, canola oil, garlic, paprika, sea salt

**Deglaze:** Tamari, garlic, peppercorn, ginger, yellow onion

**Dijon Mustard:** ingredients vary by location

**Egg Replacer:** Potato Starch, Tapioca Flour, Leavening (Calcium Lactate, Calcium Carbonate, Cream of Tartar), Cellulose Gum, Modified Cellulose.

**Gomasio:** toasted sesame seeds, sea salt

**Guacamole:** avocado, red onion, tomato, jalapeño, cilantro, sea salt and lemon juice

**Ketchup:** (Annie's Natural) Organic tomato paste, organic white vinegar, water, organic cane sugar, sea salt, organic onion, organic allspice, organic clove (Heinz Simple) Tomato concentrate made from red ripe tomatoes, distilled vinegar, sugar, salt, onion powder, spice, natural flavoring

**Quinoa Pasta:** organic corn flour, organic quinoa flour

**Native Batter:** coconut milk, garlic, coriander, sea salt, unbleached flour

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## **NATIVE FOODS CAFÉ MENU INGREDIENTS**

*(Misc. Continued)*

**Red Curry Paste:** red chili pepper, garlic, lemongrass, galangal (Thai ginger), salt, shallots, spices, kaffir lime, soybean oil

**Rice Milk:** filtered water, brown rice, expeller pressed high oleic safflower oil, tricalcium phosphate, sea salt, vitamin A, vitamin D2, vitamin B12.

**Roasted Garlic:** garlic, olive oil, canola oil, safflower oil, sea salt, black pepper

**Sauerkraut:** organic cabbage, yellow onion, olive oil, canola oil, sea salt, caraway seed

**Sesame Chicken Breading:** black and white sesame seeds, Spicy Chicken Breading

**Soy Free Earth Balance Margarine:** natural oil blend (palm fruit, canola, safflower, flax and olive oil), filtered water, salt, natural flavor (from corn – no MSG/alcohol/gluten), pea protein, sunflower lecithin, lactic acid (non-dairy), annatto

**Soy Milk:** filtered water, whole soybeans, cane sugar, sea salt, carrageenan, natural flavor, Calcium Carbonate, Vitamin A Palmitate, Vitamin D2, Riboflavin (B2), Vitamin B12

**Soy Sauce:** water, wheat, soybeans (non-gmo), salt, sodium benzoate

**Spicy Chicken Breading:** bread crumbs, unbleached organic flour, blackening seasoning, salt, parsley, Native Batter

**Sriracha:** chili, sugar, salt, garlic, distilled vinegar, potassium sorbate, sodium bisulfate as preservatives, and xanthan gum

**Sweet Thai Chili:** sugar, pickled red chili, vinegar, garlic, sea salt, xanthan gum

**Tamari (gluten-free soy sauce):** Water, Organic Soybeans, Salt, Organic Alcohol (to preserve freshness)

**Tofutti Cream Cheese:** Water, partially hydrogenated soy bean oil, non-GMO (isolated soy protein), maltodextrin, tofu, nondairy lactic acid, sugar, locust bean, guar and carrageenan gums, sugar, salt, vegetable mono and diglycerids, and potassium sorbet (added as preservative)

**Veggies Grilled:** zucchini, carrot, red onion, cauliflower, broccoli, yam, roasted garlic oil (garlic, olive oil, canola oil, safflower oil, sea salt, black pepper), sea salt

**Veggies Steamed:** zucchini, carrot, cauliflower, broccoli

**Yellow Mustard:** water, org. vinegar, org. mustard seed, salt, org. turmeric, org. paprika

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# **NATIVE FOODS CAFÉ MENU INGREDIENTS**

## **PROTEINS**

**BBQ Chicken:** Native Chicken, BBQ Sauce

**Mexican Seitan:** unbleached flour, gluten flour, safflower oil, Soy Sauce, sea salt, cumin, coriander, paprika, oregano, garlic powder, onion powder, black pepper, red pepper

**Moroccan Tofu:** Tofu (firm), Moroccan Sauce

**Native Chicken:** (Gardein): water, soy protein isolate\*, vital wheat gluten\*, yeast extract (non-msg), natural flavors (from plant sources) organic cane sugar, expeller pressed/canola oil, sea salt, onion powder, pea protein, carrot fiber, extractives of paprika and turmeric (\*non-genetically engineered soybeans & wheat)

**Original Seitan:** unbleached flour, gluten flour, safflower oil, Soy Sauce, water, garlic powder, granulated onion, sea salt

**Peppered Seitan:** unbleached flour, gluten flour, safflower oil, Soy Sauce, salt-free seasoning, poultry seasoning, black pepper, sea salt, granulated onion, steak seasoning, oregano

**Peppered Steak Seitan (prepared):** Peppered Seitan, olive oil, canola oil, shallots, Deglaze

**Sausage Seitan:** unbleached flour, gluten flour, safflower oil, Soy Sauce, salt free seasoning, poultry seasoning, fennel, tarragon, sea salt, lemon seasoning, steak seasoning, Greek oregano

**Taco Meat:** Mexican Seitan, water, Soy Sauce, cumin, onion powder, garlic powder, crushed red peppers, Safflower oil, bay leaves

**Tempeh:** millet, water, organic soybeans, rice vinegar, tempeh starter, Deglaze

**Tofu Bacon:** Tofu (firm), Soy Sauce, maple syrup, liquid smoke, mirin, ground black pepper, garlic powder, onion powder, paprika smoked hot spice, rice vinegar, nutritional yeast

**Tofu Steak:** Tofu (firm), Dijon mustard, Brown Sugar, Nutritional Yeast, Tamari Soy Sauce, Rice Wine Vinegar, Olive Oil, Canola Oil, Cumin, Chili Powder, Oregano, Onion Powder, Garlic Powder, Sriracha

**Tofu (extra firm/baking)** (Mori-Nu brand): Filtered water, soybeans, isolated soy protein, gluconolactone (non-GMO), calcium chloride

**Tofu (firm):** organic soybeans, calcium sulfate, calcium chloride

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# **NATIVE FOODS CAFÉ MENU INGREDIENTS**

## **SEASONINGS**

**Blackening Seasoning:** paprika, chili powder, oregano, thyme, allspice, garlic powder, onion powder, crushed red pepper, bay leaves, sea salt, black pepper

**French Fry Seasoning:** sea salt, chili powder, paprika, cumin, coriander, fennel seed, garlic powder, onion powder

**Sweet Potato Fry Seasoning:** tarragon, organic sugar, sea salt

## **BREADS**

**Multi-Grain Ciabatta:** water, unbleached enriched wheat flour, whole wheat flour, hard red winter wheat, sugar, rye flour, soybean oil, salt, rye, sunflower seeds, sesame seeds, rye flakes, oats, flax seeds, cracked wheat, spelt, hulled barley, yeast, soft white wheat, yellow corn

**Whole Wheat Bun:** whole wheat flour, unbleached wheat flour, evaporated cane juice, safflower oil, yeast, ascorbic acid

**Cornbread:** corn flour, unbleached flour, baking powder, baking soda, sea salt, orange juice, water, Safflower oil, Tofu (baking), orange zest, agave

**Rye Bread:** unbleached enriched wheat flour, rye flour, enriched semolina flour, salt, caraway seeds, yeast

**Corn Tortilla:** organic yellow corn, water and traces of lime

**Wheat Tortilla:** unbleached whole wheat flour, unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, water, palm oil, cultured wheat, sea salt, sodium acid pyrophosphate (baking powder), sodium bicarbonate, sugar, citric acid, enzyme, guar gum, yeast, mono and diglycerides

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# **NATIVE FOODS CAFÉ MENU INGREDIENTS**

## **DESSERTS**

**Carrot Caramel-Vanilla Cupcake:** Cupcake Batter: carrots, sugar, unbleached, unbromated, enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), almond milk (filtered water, almonds, calcium carbonate, tapioca starch, sea salt, potassium citrate, carrageenan, sunflower lecithin, natural flavor, vitamin A palmitate, vitamin D2 and D-alpha tocopherol [natural vitamin E]), soybean oil, brown sugar, water, leavener (baking soda, sodium acid pyrophosphate, monocalcium phosphate), sea salt, spices, natural flavors, orange oil.

Frosting: Tofutti Cream Cheese, Soy Free Earth Balance Margarine, powdered sugar, vanilla extract, Caramel Extract, Vanilla Bean Paste.

**Chocolate Chip Cookie:** wheat flour, malted barley flour, coconut oil, chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin), brown sugar, sugar, water, vanilla extract, baking soda, salt

**Chocolate Ganache Cupcake:** Cupcake Batter: almond milk (filtered water, almonds, calcium carbonate, tapioca starch, sea salt, potassium citrate, carrageenan, sunflower lecithin, natural flavor, vitamin A palmitate, vitamin D2 and D-alpha tocopherol [natural vitamin E]), sugar, unbleached, unbromated, enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), soybean oil, cocoa (processed with alkali), natural flavors, apple cider vinegar, leavener (baking soda, sodium acid pyrophosphate, monocalcium phosphate), sea salt.

Frosting: Tofutti Cream Cheese, Soy Free Earth Balance Margarine, powdered sugar, cocoa powder, vanilla extract. Ganache: Coconut Milk, Soy Free Earth Balance Margarine, Chocolate Chips.

**Oatmeal Crème Pie:** Cream cheese, Soy Free Earth Balance Margarine, powdered sugar, unbleached flour, baking powder, sea salt, cinnamon, baking soda, sugar, brown sugar, vanilla extract, Egg Replacer, rolled oats

**Oatmeal Raisin Cookie:** wheat flour, malted barley flour, coconut oil, raisins, sugar, water, molasses, vanilla extract, salt, baking soda, spices

**Peanut Butter Cookie:** wheat flour, malted barley flour, brown sugar, peanut butter, coconut oil, sugar, vanilla extract, salt, baking soda

**Peanut Butter Parfait:** Tofutti Cream Cheese, peanut butter (organic peanuts), Tofu (baking), agave, Chocolate Chips, Banana Bread Crumbles (gluten-free flour, gluten-free oats, xanthan gum, coconut, almonds, Chocolate Chips, baking powder, sea salt, Tofu (baking), maple syrup, agave, bananas, safflower oil, vanilla)

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## **NATIVE FOODS CAFÉ MENU INGREDIENTS**

### **SOUPS**

**African Peanut:** olive oil, canola oil, garlic, carrot, red pepper, yams, smoked hot paprika, curry powder, tomatoes, peanut butter (organic peanuts), coconut milk, sea salt, white pepper (garnish: peanuts, cilantro)

**Autumn Vegetable Chowder:** Veggies, Grilled, yellow onion, red pepper, San Marzano tomatoes, safflower oil, garlic, Italian spice blend, thyme, black pepper, sea salt, parsley (garnish: parsley)

**Creamy Tomato Basil:** tomatoes, onions, celery, red pepper, zucchini, garlic, soy milk, basil, Tofutti Cream Cheese, agave, olive oil, canola oil, Italian seasoning, salt (garnish: basil)

**Cubano Black Bean:** black beans, yellow onion, tomatoes, cilantro, garlic, lime juice, jalapeno, cumin, oregano, smoked paprika, salt (garnish: green onion)

**Jamaican Callaloo:** Black Beans, kale, yellow onion, yams, coconut milk, lime juice, ginger, garlic, lemongrass, safflower oil, habanero pepper, turmeric, allspice, thyme, sea salt

**Smoky Split Pea:** olive oil, canola oil, onions, carrots, red peppers, garlic, thyme, parsley, garlic powder, liquid smoke, black pepper, sea salt, split peas, bay leaves (garnish: Croutons, parsley)

**Tuscan Garbanzo:** San Marzano tomatoes, green cabbage, garbanzo beans, yellow onion, carrots, Tofu Bacon, garlic, rosemary, nutritional yeast, lemon juice, safflower oil, black pepper, sea salt (garnish: parsley, Croutons)

**NOT ALL INGREDIENTS ARE LISTED. IF YOU HAVE SPECIFIC FOOD AVERSION PLEASE TELL US.**