

## ENTRÉES

organic

\$1.95 add goat cheese, guacamole, \$2.95 add local organic chicken, or wild smoked salmon\*, nut cheese

95¢ sub tempeh for tofu, extra sauce, or sour cream

**Vegetarian or Vegan Quesadilla** \$8.95

**Chicken or Salmon Quesadilla** \$10.95  
spelt tortilla, jack cheese, grilled veggies, sour cream, salsa, **vegan** with pine nut cheese and no sour cream

**Vegetable Masala** **gluten-free** \$10.95

mushrooms, onions, carrots, potatoes, peas, tofu, cashew cream, tomatoes, curry, Indian spices, brown rice

**Soft Tacos with Rice and Beans** **gluten-free**

**Tofu, Tempeh or Egg** one/\$5.95, two/\$6.95, three/\$10.95

**Chicken or Salmon** one/\$7.95, two/\$10.95, three/\$12.95  
corn tortillas, jack cheese, avocado, sour cream, salsa, tomatoes, lettuce

**vegan** with pine nut cheese and no sour cream

**Asian Curry** **gluten-free** \$10.95

brown rice, stir-fry vegetables, tofu, coconut curry sauce, nori

**Collard Green Burrito** **gluten-free**

\$10.95 • \$6.95 half order

brown rice, nut cheese (almonds, cashews, pecans, miso), red peppers, cashews, flax seeds, basil, salsa fresca, with salad

**Grilled Vegetables and Tofu** **gluten-free** \$10.95

brown rice, tofu, seasonal vegetables may include: broccoli, carrots, zucchini, sweet peppers, turnips, cabbage

**Buckwheat Soba Noodles** \$10.95

100% soba noodles with raw cashews and ginger sauce, tofu, with salad seasonal vegetables may include: broccoli, carrots, zucchini, sweet peppers, turnips, cabbage

**Harvest Meal** **gluten-free** \$10.95

brown rice, beans, steamed greens, ginger sauce

**Roots and Greens** **gluten-free** \$10.95

yams, steamed greens, grilled marinated tempeh, ginger sauce

## SUSHI

served with sauerkraut salad, wasabi, and pickled ginger (non-organic)

**Avocado and Vegetable** **organic** \$9.95

**Wild Smoked Salmon\*** \$12.95

\*organic except wild smoked Salmon

**Kim Chi and Avocado** **organic** \$10.95

**Raw Sushi** **organic** \$10.95

jicama, avocado, carrot, cucumber, bok choy and raw sauerkraut, (no cooked rice)

## RAW ENTRÉES

organic, vegan, gluten and dairy-free, prepared through individual dehydration and/or marination

**Raw Sushi** \$10.95

jicama, avocado, carrot, cucumber, bok choy, raw sauerkraut, (no cooked rice)

**Raw Lasagna** \$10.95

zucchini, basil pesto, spinach, tomato, **vegan** pine nut cheese, marinara, with salad

**Raw Pizza** \$10.95 • \$6.95 half order

zucchini almond crust, sun-dried tomato marinara, olives, pine nut ricotta cheese, basil pesto, with salad

**Raw Veggie Burger** \$10.95

tomato, avocado, cucumber, lettuce, walnuts, sunflower seeds, miso, onion, on veggie seed bread, with salad

**Raw Thai Curry** \$10.95 • \$6.95 half order

zucchini, mango strips, tomatoes, in special pad thai sauce with crushed cashews

**Raw Pesto-Ghetti** \$10.95 • \$6.95 half order

zucchini, cauliflower, basil pesto, pine nut cheese, sun-dried tomatoes, ginger, olives

**Caesar** **vegan, raw** \$9.95 • \$5.95 half order

add local organic chicken, wild smoked salmon\*, or goat cheese \$1.95  
romaine hearts, jicama, sunflower croutons, capers, dulce, house caesar dressing

There is a .30¢ fee per to go item

# BODYcafé

organic · local · breakfast · lunch · dinner · live music

333 Cordova Rd Santa Fe 505 986 0362 bodyofsantafe.com

## to go

Seven Days 7:00 am - 9:00 pm

## BREAKFAST

whole milk, 2%, rice, soy, coconut milk, 95¢ to sub raw nut milk fresh daily

**Muffin** **vegan** \$2.55

seasonal fruit, cinnamon, lemon juice, nutmeg, sea salt, dates, coconut oil, spelt flour, non-alum baking powder, spices, nut milk, egg replacer, honey, seasonal nuts or seeds

**Scone** \$2.55

spelt, agave, baking powder, sea salt, cream, eggs

**Bagel or Toast with butter and preserves** \$2.55

**Bagel or Toast with cheese** \$4.95

cream cheese, or **vegan** nut cheese (almonds, cashews, pecans, miso)

**Breakfast Bagel** \$5.95

spelt bagel, eggs, jack cheese, tomato

**Breakfast Ambrosia** **raw** \$8.95

sprouted buckwheat, dried fruit, bananas, fresh seasonal fruit, coconut,

raw local honey, fresh nut milk

**Granola** **raw** \$8.95

brazil nuts, almonds, pecans, walnuts, sunflower seeds, pumpkin seeds, raw local honey, dried cherries and raisins, fresh seasonal fruit, fresh nut milk

**Oatmeal** \$6.95

raisins, pecans, cinnamon, milk, raw local honey or Paradise mix (brazil, cashews, piñon, & almonds)

**Eggs Italiano** \$7.95

eggs, goat cheese, brown rice, sun-dried tomatoes, marinated artichoke hearts, onions, garlic

**Omelet** \$8.95

eggs, goat cheese, fresh basil pesto, tomatoes, spinach, served with seasoned potatoes, spelt toast

**Burrito** \$8.95

eggs or tofu, jack cheese, savory southwestern vegetable stir-fry with zucchini, brown rice, squash, onion, spelt tortilla, **vegan** with tofu and pine nut cheese

## SMOOTHIES 16 oz.

organic, raw \$5.95

95¢ each additional item: almonds, aloe vera, berries, cacao, chlorella, coconut milk, soy powder, whey powder, 95¢ to sub raw nut milk fresh daily

**Tropical**

coconut milk, tropical fruit, bananas, agave, ice

**Banana Chai**

banana, house chai, vanilla, agave, ice

**Nut Choconana**

raw almond milk, cacao, banana, ice

**Blueberry - Mango**

mango, blueberries, coconut milk, bananas, agave, ice

**Berry**

coconut milk, mixed berries, bananas, agave, ice

**Strawberry**

coconut milk, strawberry, cashews, raw local honey

**Banana**

bananas, raw nut milk, agave, ice

**Green** 12 oz. \$6.95

avocado, spinach, green powder, raw nut milk, agave, flax meal

## BEVERAGES

organic

We carry coffee, tea, espresso drinks, chai, bottle water, juice, Kombucha, and Whole Fresh Coconut. Please ask about our current selection.

There is a .30¢ fee per to go item