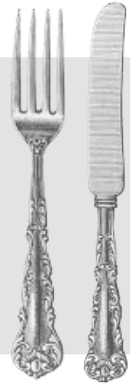


Lunch & Dinner

served mon-sat 8:30am - 9pm sun 8:30am - 5pm



BODY Cafe Philosophy

At the core of BODY Cafe is a desire to provide our clients with highly nutritious and delicious food.

We take pride in serving a core menu of vegan, organic and gluten free offerings.

In addition, we offer food that is 100% GMO free & over 85% organic.

Our animal proteins are local, organic or wild caught.



soups

Soup of the Day **v, gf**

cup \$3.95 / bowl \$5.95

ask your server for today's selection

Raw Thai Soup

r, v, gf

cup \$3.95 / bowl \$5.95

coconut, curry, lemongrass, shallots, cucumber, wild lime leaf, avocado, herbs

r: raw

v: vegan

veg: vegetarian

gf: gluten-free

s: moderately spicy

healthy greens (served at room temperature)

add hard-boiled egg \$1.95, grilled tofu \$1.95, grilled tempeh \$2.95, Red Bird Farms chicken \$4.95, Alaskan wild grilled salmon \$5.95

Blissful **BODY** Salad \$10.95 **v, gf**

blend of exotic mixed greens, carrots, avocado, sunflower-cashew nut croutons, beets, red onions, fresh herb vinaigrette

Bonita Salad \$11.95 **veg**

chopped romaine lettuce, black beans, fresh corn, jicama, cilantro, tomatoes, peas, red onions, red cabbage, avocado, corn tortilla strips, Tucumcari Farms sharp cheddar cheese, hard boiled egg, spicy cilantro jalapeno dressing (no vinegar) served in Leona's local wheat tortilla shell **v** tamari tofu cubes [less spicy dressing option: parsley citrus]

Soba Noodle Salad \$10.95 **v**

butterleaf lettuce, buckwheat noodles, carrots, cucumber, red pepper, black radish, turnips, snow peas, green onion, spicy peanuts, tamari tofu cubes, ginger and toasted sesame dressing

Paradise Salad \$11.95 **r, v, gf**

butter and red leaf lettuce, avocado, cucumber, red onion, orange wedges, mix of coriander almonds, cashews, sunflower and pumpkin seeds, parsley citrus dressing (no vinegar)

Raw Pizza \$12.95 **r, v, gf**

zucchini sunflower crust, sun-dried tomato marinara, olives, cashew sour cream, basil pumpkin seed pesto, with fresh greens and herb vinaigrette

Thai Spring Rolls \$9.95 **v, gf**

basil, mint, carrot, jicama, exotic greens, peanut sauce

Collard Green Wrap \$10.95 **v, gf**

brown rice, sunflower cream, pumpkin seeds, flax seeds, cilantro, sun dried tomatoes, jicama, sea salt, garlic, tamari, olive oil wrapped in a blanched collard green leaf served with ginger dipping sauce, with fresh greens & herb vinaigrette

hearty fare substitute gluten free options on any item **add \$1:** gf bread, brown rice tortilla

Grass Fed Goodness \$12.95

grass fed bison, red onion, tomato, Tucumcari Farms sharp cheddar, romaine lettuce, tomato, cilantro aioli on an Ozery flat bun with curried potatoes

Vegged Out \$10.95 veg

grilled patty of beets, lentils & black beans, brown rice, red onion & herb blend served with romaine lettuce, tomato, Tucumcari Farms sharp cheddar, cilantro aioli and cilantro chutney on an Ozery flat bun with curried potatoes v no cheese

Grilled Chicken Sandwich \$11.95

grilled Red Bird Farms chicken breast, red onions, Tucumcari Farms jack cheese, romaine lettuce, tomatoes, cilantro aioli and cilantro chutney on an Ozery flat bun with curried potatoes

Veggie & Jack Quesadilla \$10.95 veg

Leona's Local organic wheat tortilla, Tucumcari Farms jack cheese, grilled seasonal veggies, sour cream, salsa, rice & beans of the day v cashew sour cream

Red Bird Farms Chicken add \$3.95

Alaskan Wild Salmon add \$4.95

Shangri-La Tacos veg, gf

corn tortilla, jicama, cabbage sesame slaw, New Mexico red chile sauce, avocado, sour cream, salsa, rice & beans of the day v cashew sour cream

Tofu two \$8.95 v

Tempeh two \$9.95 v

Red Bird Farms Chicken two \$10.95

Alaskan Wild Salmon two \$12.95

adventurous taste buds

Add Grilled Tofu \$1.95, Marinated Tempeh \$2.95, Red Bird Farms Chicken \$4.95, Alaskan Wild Salmon \$5.95

Loco for Lemongrass \$11.95 v, gf, s

seasonal vegetables in a rich lemongrass ginger curry, thai chili, choice of brown rice or rice noodles

Ginger Spice \$11.95 v, gf, s

seasonal vegetables, mushrooms, spicy cashews, ginger sauce with a chili infusion, choice of brown rice or rice noodles
**can be ordered without chili infusion*

Peanut, I Love You \$11.95 v, gf

seasonal vegetables, mushrooms, spicy peanuts, peanut thai sauce, choice of brown rice or rice noodles

Kitchari \$10.95 v, gf

basmati rice, lentils, orange & yellow mung beans, carrots, yams, kale, broccoli, chard, celery, onions, garlic, Indian spices

Roots & Greens \$10.95 v, gf (cooked)

yams, steamed kale, grilled marinated tempeh, ginger sauce

sidekicks

Chips and Salsa gf \$5.95

Guacamole \$4.95

Guacamole, Chips and Salsa gf \$6.95

Curried potatoes \$4.95
with sunflower cream

Brown rice small \$2.95 / large \$4.95

House Salad \$4.95

Beans small \$2.95 / large \$4.95

Steamed kale \$4.95

Steamed mixed veggies \$4.95

Steamed spinach \$4.95

Sliced avocado

half \$1.95 / whole \$3.95

