

MOTHER'S CAFE

VG = Vegetarian **V** = Vegan
GF = Gluten-Free **(O)** = Organic
 = Mother's Famous Dish

100% Organic Juices | 16 oz. (V) (GF)

 GODDESS OF GREENS 9 Apple, Celery, Cucumber, Spinach Blend, Parsley Blend, Kale	CLEANSING COCKTAIL 9 Carrot, Apple, Beet, Ginger
ALOHA GODDESS 9 Goddess of Greens + Pineapple	ISLAND COOLER 9 Pineapple, Cucumber, Apple
DETOX SHOCK 9 Apple, Wheatgrass, Lemon, Ginger	LIVER CLEANSE 9 Apple, Beet, Lemon, Ginger, Parsley Blend

Superfood Smoothies | 16 oz.

 ACAI ENERGY 9 Acai (O), Banana (O), Strawberries (O), Choice of Milk or Juice (V)	CUSTOM WORKOUT 9 Banana (O), Peanut Butter (O), Cacao (O), Choice of Milk and Protein (VG)
CREAMY MANGO 9 Mango (O), Banana (O), Hemp Granola (O), Apple Juice (O), Plain Yogurt (O) (VG)	BRAIN POWER 9 Pomegranate Juice (O), Pineapple Juice (O), Banana (O), Mixed Fruit (O), Lecithin, Flax Oil, Choline Cocktail (V)
ANTIOXIDANT 9 Acai (O), Blueberries (O), Banana (O), Pomegranate Juice (O) (V)	DRINKS
	Hot Coffee 2.5 Iced Coffee 3
	Hot Tea 2.5 Iced Tea 3

Bowls (GF)

ACAI BOWL 10 Acai (O), Strawberries (O), Banana (O), Hemp Granola (O), Choice of Milk or Juice (V)	PITAYA BOWL 10 Pitaya (O), Strawberries (O), Banana (O), Hemp Granola (O), Choice of Milk or Juice (V)
---	---

SIDES (GF)

Herb-Roasted Potatoes (O) 3 (V)	Black Beans (O) 3 (V)	Fresh Fruit Mix (O) 3 (V)
Roasted Sweet Potatoes (O) 3 (V)	Brown Rice (O) 3 (V)	Steamed Veggies (O) 3 (V)
Keto Cauliflower "Potato" Salad (O) 3 (VG)	Lemon or Spinach Quinoa 3 (V)	Corn Tortilla Chips (O) 2 (V)

Specialties (VG)

CHICKPEA SCRAMBLE 9 Chickpeas (O), Spinach (O), Mushrooms (O), Onion (O), Red Bell Peppers (O), Tomato (O), Herb-Roasted Potatoes (O) (V) (GF)

AVOCADO TOAST 10 Two Fried Eggs*, Avocado (O), Baby Arugula (O), Creamy Sriracha Sauce (O), Feta Cheese, Tomato (O) on Toasted 9-Grain Bread (O)
--

 CELIA'S BOWL 10 Choice of Eggs*, Brown Rice (O), Black Beans (O), Cheddar Cheese (O), Avocado (O), Cilantro (O) <i>Served with Corn Tortillas (O) and Fire-Roasted Salsa (O)</i> (GF)

MAPLE BRIOCHE SAMMIE 11 Egg Over Hard, Mozzarella Cheese (O), Baby Arugula (O), Red Onion (O), Tomato (O), Maple Mayo Spread (O) on a Toasted Brioche Bun (O) <i>Served with Herb-Roasted Potatoes (O)</i>

BREAKFAST MELT 13 Scrambled Eggs*, Veggie "Sausage," Cheddar Cheese (O), Avocado (O), Tomato (O) on Toasted Sourdough (O). Choice of Side

Classics

MA'S SPECIAL 6 Two Eggs* Cooked Your Way. Choice of Side <i>Served with Sourdough Toast (O) and Strawberry Jam (O), or Corn Tortillas (O) with Fire-Roasted Salsa (O), and organic coffee or tea</i> (VG)

BREAKFAST CROISSANT 10 Egg Over Hard, Mozzarella Cheese (O), Spring Mix (O), Avocado (O), Creamy Sriracha Sauce (O) on a Croissant <i>Served with Herb-Roasted Potatoes (O)</i> (VG)	THE ORIGINAL BREAKFAST BURRITO 10 Scrambled Eggs*, Black Beans (O), Avocado (O), Tomato (O), Cheddar Cheese (O) in a Whole Wheat Tortilla (O). Choice of Side <i>Served with Fire-Roasted Salsa (O)</i> (VG)
--	--

CHILAQUILES 12 Corn Tortilla Chips (O), Chile and Tomatillo Sauce (O), Two Sunny Side Up Eggs*, Feta Cheese, Sour Cream (O), Cilantro (O) +Make it Vegan with Scrambled Tofu (O) and Vegan "Mozzarella" (VG) (GF)	 BUILD YOUR OWN OMELETTE 12 Three Egg Omelette* Filled with any Three Ingredients: Avocado (O), Cheese (O) (Cheddar, Mozzarella, Feta, Swiss or Vegan), Green Chiles, Mushrooms (O), Yellow Onions (O), Bell Peppers (O), Homemade Fire-Roasted Salsa (O), Sour Cream (O), Spinach (O), Steamed Veggies (O), Tomato (O). Choice of Side and Toast (VG)
---	--

Pancakes Your Way!

Served with Fresh Fruit (O)

CLASSIC BUTTERMILK (VG) (3) 10
 VEGAN GLUTEN-FREE (V) (GF) (3) 11
BANANA (V) (GF) (3) 11

ADD ONS

Homemade Fire-Roasted Salsa (O) 2 (V) (GF)	Mozzarella or Cheddar Cheese (O) 2 (GF)	Non-GMO Chicken 5 (GF)
Homemade Guacamole (O) 3 (V) (GF)	Avocado (O) 3 (V) (GF)	BAP Certified Sustainable Salmon* 8 (GF)
Plant-Based "Chicken" 5 (V)	Non-GMO Bacon(2) 3 Toast (O) 2	Veg. Fed, Cage Free Egg* 2

*Warning: Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

MOTHER'S CAFE

VG = Vegetarian **V** = Vegan
GF = Gluten-Free **(O)** = Organic
 = Mother's Famous Dish

Starters

CHIPS WITH GUAC & SALSA

Corn Tortilla Chips (O) with Homemade Guacamole and Fire-Roasted Salsa (O)

(V) (GF)

SPROUTED HUMMUS PLATTER

Garlic Hummus (O), Cucumber and Tomato Salad (O), Naan Flatbread, Carrot and Celery Sticks (O), Extra Virgin Olive Oil (O), Feta Cheese Crumbles

(VG)

GREEN CHILE & CHICKEN QUESADILLA

Mozzarella and Cheddar Cheeses (O), Non-GMO Chicken, Green Chiles in a Toasted Flour Tortilla (O)

Served with Homemade Guacamole (O), Homemade Fire-Roasted Salsa (O) and Sour Cream (O)

BLACK BEAN & CHEESE QUESADILLA

Mozzarella and Cheddar Cheeses (O), Black Beans (O) in a Toasted Flour Tortilla (O)

Served with Homemade Guacamole (O), Homemade Fire-Roasted Salsa (O) and Sour Cream (O)

(VG)

VEGGIE QUESADILLA

Mozzarella and Cheddar Cheeses (O), Mushrooms (O), Tomato (O), Red Bell Pepper (O), Green Bell Pepper (O), Onion (O), Cilantro (O), Green Onions (O) and Green Chiles in a Toasted Flour Tortilla (O)

Served with Homemade Guacamole (O), Homemade Fire-Roasted Salsa (O) and Sour Cream (O)

(VG)

♥ LOADED NACHOS

Corn Tortilla Chips (O), Black Beans (O), Mozzarella and Cheddar Cheeses (O), Black Olives (O), Green Onions (O), Green Chiles, and Jalapeños (O)

Served with Homemade Guacamole (O), Homemade Fire-Roasted Salsa (O) and Sour Cream (O)

(VG) (GF)

Burgers, Sammies, Tacos & Flatbreads

AVOCADO FLATBREAD

Avocado (O), Mozzarella and Cheddar Cheeses (O), Baby Arugula (O), Homemade Cilantro Jalapeño Dressing on a Flatbread

(VG)

MARGHERITA FLATBREAD

Homemade Marinara Sauce (O), Mozzarella Cheese (O), Fresh Basil (O), Black Pepper (O) on a Flatbread

(VG)

BBQ CHICKEN FLATBREAD

Marinated BBQ Non-GMO Chicken, Mozzarella Cheese (O), Pineapple and Jalapeño Relish (O), Red Onion (O) on a Flatbread

CHICKEN SALAD CROISSANT

Homemade Non-GMO Chicken Salad, Green Leaf Lettuce (O) on a Croissant. Choice of Side

INFERNO WRAP

Veggie Cutlet, Mixed Greens (O), Black Beans (O), Mexican Rice (O), Roasted Peppers, Homemade Cilantro Jalapeño Dressing in a Spinach Tortilla (O). Choice of Side

(V)

CHICKEN PESTO SANDWICH

Non-GMO Chicken, Pesto (O), Cheddar Cheese (O), Creamy Sriracha Sauce (O), Red Onion (O), Tomato (O), Baby Arugula (O) on Toasted Sourdough (O). Choice of Side

♥ TUNA MELT

Sustainable Tuna, Vegan Mayo, Cheddar Cheese (O) on Toasted Sourdough (O). Choice of Side

♥ POTATO TACOS

Two Potato Tacos served on Corn Tortillas (O) with Escabeche, Cilantro (O)

Served with Mexican Rice (O) and Black Beans (O) with a side of Homemade Fire-Roasted Salsa (O)

(V) (GF)

CHICKEN TACOS

Two Non-GMO Chicken Tacos served on Corn Tortillas (O) with Onion (O), Escabeche, Cilantro (O)

Served with Mexican Rice (O) and Black Beans (O) with a side of Homemade Fire-Roasted Salsa (O)

(GF)

CARAMELIZED GRILLED CHEESE

Mozzarella and Cheddar Cheeses (O), Caramelized Red Onion (O) on Toasted Garlic Sourdough (O). Choice of Side

TURKEY SWISS SANDWICH

All-Natural Turkey*, Swiss Cheese, Tomato (O), Lettuce (O), Red Onion (O), Avocado (O), Homemade Spread on Parmesan-Crusted Sourdough (O). Choice of Side

CRISPY CHICKEN SANDWICH

Marinated Panko-Crusted Non-GMO Chicken, Lettuce (O), Creamy Sriracha Sauce (O) on a Toasted Bun. Choice of Side

BURGER YOUR WAY

Non-GMO Grass-Fed Wagyu Beef* or Plant-Based Amazing Burger, Lettuce (O), Tomato (O), Red Onion (O), Homemade Spread on a Toasted Bun. Choice of Side

Super Famous Soups

Cup 4 | Bowl 7

♥ GREEN POZOLE SOUP

Zucchini (O), Yellow Onion (O), White Corn Pozole, Plant-Based "Beef," Vegetable Broth (O), Celery (O), Green Bell Pepper (O), Sunflower Seeds (O), Pumpkin Seeds (O), Garlic (O), Spinach (O)

(VG)

CHICKEN NOODLE SOUP

Non-GMO Chicken, Fettuccine Pasta, Yellow Onion (O), Carrots (O), Celery (O)

SOUP OF THE DAY

Salads

VEGAN TACO SALAD

Romaine Lettuce (O), Homemade Pico de Gallo (O), Sweet Corn (O), Red Bell Pepper (O), Red Onion (O), Homemade Cilantro Jalapeño Dressing, Vegan Taco Crumble

(V) (GF)

CHOPPED SALAD

Romaine Lettuce (O), Garbanzo Beans (O), Shredded Carrot (O), Sliced Black Olives (O), Tomato (O), Cucumber (O), Homemade Vegan Ranch Dressing

(V) (GF)

COBB SALAD

Spring Mix (O), Chopped Non-GMO Chicken, Hardboiled Egg*, Cherry Tomatoes (O), Cucumber (O), Lemon Quinoa, Homemade Vegan Ranch Dressing

(GF)

CHICKEN CAESAR

Romaine Lettuce (O), Non-GMO Chicken, Parmesan Cheese, Croutons, Homemade Caesar Dressing

♥ SPRINGTIME SALAD

Spring Mix (O), Mushrooms (O), Avocado (O), Beets (O), Carrots (O), Broccoli (O), Cauliflower (O), Cherry Tomatoes (O), Cucumber (O), Sunflower Seeds (O), Homemade Tahini Dressing (O)

(V) (GF)

Signature Bowls

PENNE PASTA BOWL

Penne Pasta, Homemade Marinara Sauce (O), Mozzarella Cheese (O), Chili Flakes, Fresh Basil (O)

(VG)

FARMHOUSE BOWL

Plant-Based "Chicken," Mexican Rice (O), Bell Peppers (O), Red Onion (O), Black Beans (O), Homemade Cilantro Jalapeño Dressing, Avocado (O), Cilantro (O)

Served with Corn Tortillas (O)

(V)

♥ WILD & FREE SALMON BOWL

BAP Certified Sustainable Salmon*, Miso Rice (O), Kale (O), Avocado (O), Togarashi Yogurt (contains sesame) (O)

(GF)

ANCIENT GRAINS BOWL

Brown Rice (O), Lemon Quinoa, Sweet Potatoes (O), Mushrooms (O), Broccoli (O), Homemade Cilantro Jalapeño Dressing

(V) (GF)