

# MOTHER'S CAFE

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

## 100% Organic Juices | 16 oz. **V** **GF**

- |   |   |
|---|---|
| <b>♥ GODDESS OF GREENS 9</b><br>Celery, Cucumber, Apple, Spinach, Parsley, Kale | <b>CLEANSING COCKTAIL 9</b><br>Carrot, Apple, Beet, Ginger    |
| <b>ALOHA GODDESS 9</b><br>Goddess of Greens + Pineapple                         | <b>ISLAND COOLER 9</b><br>Pineapple, Cucumber, Apple          |
| <b>DETOX SHOCK 9</b><br>Apple, Wheatgrass, Lemon, Ginger                        | <b>LIVER CLEANSE 9</b><br>Apple, Beet, Lemon, Ginger, Parsley |

## Organic Smoothies | 16 oz.

- |   |  |
|---|--|
| <b>♥ ACAI ENERGY 9</b><br>Acai, Banana, Strawberries, Choice of Milk or Juice<br><b>V</b> | <b>CUSTOM WORKOUT 9</b><br>Banana, Peanut Butter, Cacao, Choice of Milk and Protein<br><b>V</b>  |
| <b>CREAMY MANGO 9</b><br>Mango, Banana, Hemp Granola, Apple, Plain Yogurt<br><b>VG</b>    | <b>BERRY ALOHA 9</b><br>Almond Milk, Banana, Raspberries, Blueberries, Whey Protein, Coconut Cream, Blue Spirulina, Raw Agave<br><b>VG</b> |

### DRINKS

- Hot Coffee **2.5** Iced Coffee **3**  
Hot Tea **2.5** Iced Tea **3**

## Organic Bowls **GF**

- |  |  |
|--|--|
| <b>ACAI BOWL 10</b><br>Acai, Strawberries, Banana, Hemp Granola, Choice of Milk or Juice<br><b>V</b> | <b>PITAYA BOWL 10</b><br>Pitaya, Strawberries, Banana, Hemp Granola, Choice of Milk or Juice<br><b>V</b> |
|--|--|

### SIDES **GF**

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

## Specialties **VG**

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

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

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

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

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

## Classics

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

- BREAKFAST CROISSANT 10**  
Egg Over Hard, Mozzarella Cheese (O), Spring Mix (O), Avocado, Creamy Sriracha Sauce (O) on a Croissant  
*Served with Herb-Roasted Potatoes (O)*  
**VG**

- THE ORIGINAL BREAKFAST BURRITO 10**  
Scrambled Eggs\*, Black Beans (O), Avocado, Tomato, Cheddar Cheese (O) in a Whole Wheat Tortilla (O). Choice of Side  
*Served with Fire-Roasted Salsa*  
**VG**

- CHILAQUILES 12**  
Corn Tortilla Chips (O), Chile and Tomatillo Sauce (O), Two Sunny Side Up Eggs\*, Feta Cheese, Sour Cream (O), Cilantro  
+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, Cheese (O) (Cheddar, Mozzarella, Feta, Swiss or Vegan), Green Chiles, Mushrooms (O), Yellow Onions, Bell Peppers (O), Homemade Fire-Roasted Salsa, Sour Cream (O), Spinach (O), Steamed Veggies (O), Tomato. 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

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

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

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## Starters

## CHIPS WITH GUAC &amp; SALSA 8

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

V GF

## SPROUTED HUMMUS PLATTER 10

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

VG

## GREEN CHILE &amp; CHICKEN QUESADILLA 11

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

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

## BLACK BEAN &amp; CHEESE QUESADILLA 11

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

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

VG

## VEGGIE QUESADILLA 10

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

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

VG

## ♥ LOADED NACHOS 11

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

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

VG GF

## Burgers, Sammies, Tacos &amp; Flatbreads

## AVOCADO FLATBREAD 11 ♥ POTATO TACOS 11

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

VG

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

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

V GF

## MARGHERITA FLATBREAD 11

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

VG

## CHICKEN TACOS 11

Two Chicken (ABF) Tacos served on Corn Tortillas (O) with Onion, Escabeche, Cilantro

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

GF

## BBQ CHICKEN FLATBREAD 11

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

## CHICKEN SALAD CROISSANT 11

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

## INFERNO WRAP 12

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

V

## CHICKEN PESTO SANDWICH 13

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

## ♥ TUNA MELT 13

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

## CAMELIZED GRILLED CHEESE 10

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

## TURKEY SWISS SANDWICH 12

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

## CRISPY CHICKEN SANDWICH 13

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

## BURGER YOUR WAY 13

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

## Super Famous Soups

Cup 4 | Bowl 7

## ♥ GREEN POZOLE SOUP

Zucchini (O), Yellow Onion, 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

Chicken (ABF), Fettuccine Pasta, Yellow Onion, Carrots (O), Celery (O)

## SOUP OF THE DAY

## Salads

## VEGAN TACO SALAD 11

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

V GF

## CHOPPED SALAD 11

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

V GF

## COBB SALAD 11

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

GF

## CHICKEN CAESAR 11

Romaine Lettuce (O), Chicken (ABF), Parmesan Cheese, Croutons, Homemade Caesar Dressing

## ♥ SPRINGTIME SALAD 11

Spring Mix (O), Mushrooms (O), Avocado, 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 12 ♥ WILD &amp; FREE SALMON BOWL 16

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

VG

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

GF

## FARMHOUSE BOWL 13

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

*Served with Corn Tortillas (O)*

V

## ANCIENT GRAINS BOWL 13

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

V GF