

MOTHER'S CAFE

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

100% Organic Juices **V** **GF**

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|--|--|
| GODDESS OF GREENS 8
Apple, Celery, Cucumber, Spinach Blend, Parsley Blend, Kale | CLEANSING COCKTAIL 8
Carrot, Apple, Beet, Ginger |
| ALOHA GODDESS 8
Goddess of Greens + Pineapple | ISLAND COOLER 8
Pineapple, Cucumber, Apple |
| DETOX SHOCK 8
Apple, Wheatgrass, Lemon, Ginger | LIVER CLEANSE 8
Apple, Beet, Lemon, Ginger, Parsley Blend |

Superfood Smoothies & Bowls **GF**

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|--|---|
| ACAI ENERGY 8
Acai (O), Banana (O), Strawberries (O), Choice of Milk or Juice
V | CUSTOM WORKOUT 8
Banana (O), Peanut Butter (O), Cacao (O), Choice of Milk and Protein
VG |
| ANTIOXIDANT 8
Acai (O), Blueberries (O), Banana (O), Pomegranate Juice (O)
V | ACAI BOWL 10
Acai (O), Strawberries (O), Banana (O), Hemp Granola (O), Choice of Milk or Juice
V |
| BRAIN POWER 8
Pomegranate Juice (O), Pineapple Juice (O), Banana (O), Mixed Fruit (O), Lecithin, Flax Oil, Choline Cocktail
V | PITAYA BOWL 10
Pitaya (O), Strawberries (O), Banana (O), Hemp Granola (O), Choice of Milk or Juice
V |
| CREAMY MANGO 8
Mango (O), Banana (O), Hemp Granola (O), Apple Juice (O), Plain Yogurt (O)
VG | DRINKS |
| | Hot Coffee 2.5 Iced Coffee 3 |
| | Hot Tea 2.5 Iced Tea 3 |

SIDES **GF**

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|--|---|---|
| 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**

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| 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* (O), 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* (O), 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 (O), 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* (O), Veggie "Sausage," Cheddar Cheese (O), Avocado (O), Tomato (O) on Toasted Sourdough (O). Choice of Side | |

Classics

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|--|--|---|
| MA'S SPECIAL 6
Two Eggs* (O) 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 (O), 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* (O), Black Beans (O), Spring Mix (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* (O), 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* (O) 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)


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

ADD ONS

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|---|---|--|
| 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 |
| | Egg* (O) 2 | |

*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 & SALSA 8

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

V **GF**

SPROUTED HUMMUS PLATTER 10

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 11

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 11

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 10

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 11

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 11 ♥ POTATO TACOS 11

Avocado (O), 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 (O)

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

V **GF**

MARGHERITA FLATBREAD 11

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

VG

BBQ CHICKEN FLATBREAD 11

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

CHICKEN SALAD CROISSANT 11

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

INFERNO WRAP 12

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 13

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 13

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

CHICKEN TACOS 11

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 10

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

TURKEY SWISS SANDWICH 12

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 13

Marinated Panko-Crusted Non-GMO Chicken, 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 (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 11

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 11

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 11

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

GF

CHICKEN CAESAR 11

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

♥ SPRINGTIME SALAD 11

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 12 ♥ WILD & 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 (O), Togarashi Yogurt (contains sesame) (O)

GF

FARMHOUSE BOWL 13

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

ANCIENT GRAINS BOWL 13

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

V **GF**