

Gourmet Coffee Bar

	<u>Single</u>	<u>Double</u>
Espresso	1.75	2.25
Cappuccino	2.75	3.25
Café Latté	2.75	3.25
Café Mocha	3.25	4.95
Chai Latté	3.25	4.95
House Coffee	1.50	1.75
Extra Shot of Espresso	1.00	



Saturday Breakfast

We serve Breakfast
Saturday from 9:00 am to 1:00 pm
Saturday Restaurant Hours 9:00am to 4pm

Omelets

Create Your Own Omelets

Served with Fresh Fruit Salad, Potatoes and Toast with Butter.

Start with Three Fresh Whipped Eggs. 5.95
or Egg Whites. 6.95
add 75¢ per Item

Cheddar Cheese, Soy Cheese or Feta Cheese
Tomatoes • Mushrooms • Avocado • Fresh Spinach • Onions
Add Soy Chorizo, Fakin Bacon (Soy) or Turkey Bacon 1.50

Eggs N' Such



Cuban Breakfast Plate

Three Eggs any Style, Black Beans, Brown Rice, Plantains, Sour Cream, Avocado and Salsa, served with Whole Wheat, Gluten Free or Corn Tortillas. 8.95
Made with Egg Whites 9.95

Tortilla Scramble

Scrambled Eggs tossed with Corn Tortillas, Sautéed Onions and Cheese, served with Brown Rice and Beans or Potatoes, Avocado, Sour Cream and Salsa. 8.95
Made with Egg Whites 9.95

Mixed Fresh Fruit

Small 3.25 Medium 4.25
Large 5.25 X-large 7.25
Quart 9.95

Breakfast Burrito

A Whole Wheat Tortilla filled with Scrambled Eggs, Brown Rice and Beans or Potatoes, Avocado, Tomatoes, Cucumbers, Olives, Cheese, Salsa, Onions and Cilantro. 7.95
Made with Egg Whites 8.95
Add Protein 8.95
Add Soy Chorizo, Fakin Bacon (Soy) or Turkey Bacon 1.50

Egg & Cheese Wrap

A Whole Wheat or Gluten Free Tortilla filled with Scrambled Eggs, Cheese, Tomatoes, Cucumbers, Avocado, Olives, Onions and Salsa. 6.95
Made with Egg Whites 7.95
Add Soy Chorizo, Fakin Bacon (Soy) or Turkey Bacon 1.50

Eye Opener

Two Pancakes, Two Eggs with a choice of Two Toppings (cheese, tomatoes, onions, salsa, avocado) Fresh Fruit Salad and Coffee or Herbal Tea. 9.95
Add Soy Chorizo, Fakin Bacon (Soy) or Turkey Bacon 1.50



Pancakes

Whole Grain Buttermilk

Homemade Pancakes served with Butter and Real Maple Syrup

Plain Pancake 2.25	Apple Cinnamon Pancake 2.50
Banana Walnut Pancake 2.50	Blueberry Pancake 2.50
Gluten Free Pancake 2.50	Gluten Free Pancake with Fruit 2.95

Old-Fashioned Oatmeal

Served with Butter & Brown Sugar or Maple Syrup, prepared with Water, Milk or Soy Milk. 12 oz 4.25 16 oz 5.25
Add fresh Strawberries 1.25
Add Banana • Raisins • Walnuts 95¢ each

Homemade Baked Goods

Bread Pudding
Jalapeno Corn Bread GF
Sweet Rice Cakes GF

Continental Breakfast

Homemade Grassroots Muffin, Fresh Fruit Salad and Gourmet Coffee or Herbal Tea. 6.25

Homemade Muffins

Our Muffins are Baked Fresh Every Morning!
Apple Walnut • Apple Walnut Cranberry Pumpkin • Assorted Wheat and Gluten Free Muffins • Assorted Pastries Also Served Daily



Grassroots

Natural Market and Kitchen

Phone: (626) 799-0156

Fax: (626) 799-6353

1119 Fair Oaks Ave

South Pasadena, CA 91030

www.GrassrootsNaturalMarket.net

Restaurant Hours:

Monday - Friday 10:00 am to 4:00 pm

Saturday 9:00 am to 4:00 pm

Saturday Breakfast 9:00 am to 1:00 pm

Sunday Closed

*Call in early for pick-up after 4:00 pm

Store Hours:

Monday - Friday 9:00 am to 7:00 pm

Saturday 9:00 am to 6:00 pm

Sunday 11:00 am to 5:00 pm

Prices subject to change without notice

	<u>Small</u>	<u>Medium</u>	<u>Large</u>
Hot Herbal Teas			1.75
Hot Chocolate		2.50	2.95
Iced Tea	1.50	1.95	2.25
Iced Coffee	1.50	1.95	2.25
Milk or Soy Milk Org. hot or cold	1.75	2.25	2.75
Homemade Lemonade	1.75	2.25	2.75
Iced Latte • Iced Mocha • Iced Chai Latte	Med.	4.25	
	Lrg.	4.95	

All coffee bar items are prepared with Organic Milk or Organic Soy Milk.

Shake it up ...

Fruit Smoothie

Fresh Mixed Fruit, Banana, Choice of Juice, Milk or Soy Milk
16 oz. 4.75 20 oz. 5.25

Add Fat Free Vanilla Frozen Yogurt or Organic Vanilla Soy Ice Cream
16 oz. 5.50 20 oz. 5.95

Very Berry Shake

Milk or Soy Milk blended with Fat-Free Vanilla Frozen Yogurt or Organic Vanilla Soy Ice Cream with Banana and frozen Blueberries &/or Strawberries.
16 oz. 5.95 20 oz. 6.50

50/50 Shake

A Delicious Blend of Fresh Squeezed Orange Juice &/or Organic Carrot Juice with Fat-Free Vanilla Frozen Yogurt or Organic Vanilla Soy Ice Cream.
16 oz. 5.95 20 oz. 6.50

Organic Juice Bar

Fresh Squeezed Organic Juices

Create Your Own Combo:

Carrot • Apple • Cucumber • Spinach • Celery
Beet • Chard • Tomato • Cabbage • Grapefruit
Pineapple • Orange • Lemon • Ginger
12 oz. 4.25 16 oz. 5.25 20 oz. 6.25 Qt 9.50

Some Seasonal Produce may not be Organic

Wheatgrass Ginger Delight

2 shots of Wheat Grass, Ginger, Apple Juice, Lemon Juice. 16 oz. 5.95

Wheatgrass

1 oz. 1.50 Add Ginger 75¢

Organic Wheatgrass Flats 14.00

Spirulina • Bee Pollen 1.50

Protein Powder: Whey, Soy or Egg White 1.50

SuperFoods 2.00

Extras

Soups & Chili

Soup of the Day

All of our Soups are made fresh daily without added Oils, Flour, MSG, Dairy, Chicken or Beef Stock.

Small 3.25 Medium 4.25 Large 5.25 X-large 7.25 Quart 9.95

Vegetarian Chili

Small 3.25 Medium 4.25 Large 5.25 X-large 7.25 Quart 9.95

Special

A small Soup or small Vegetarian Chili served with any Sandwich or Garden Salad. 8.95

Gazpacho

Cold fresh Vegetables and Avocado in a Tomato Juice Base.

Small 3.25 Medium 4.25 Large 5.25 X-large 7.25 Quart 9.95



South of the Border



All Burritos and Tacos are prepared with Brown Rice, Beans, Lettuce, Cheese, Avocado, Cilantro, Sour Cream, Olives, Jalapenos, Onions and Salsa

with your choice of Organic Whole Wheat Tortilla or Gluten Free Teff Tortilla for Burritos and Corn Tortillas for Tacos.

Burritos

Rice & Bean Burrito	6.95
Egg Breakfast Burrito	7.95
Ground Turkey Burrito	7.95
Chicken Burrito	7.95
Ground Soy Burrito	7.95
Scrambled Tofu Burrito	7.95
Smoked Tofu Burrito	7.95
Vegan Beef Burrito	8.95

The "Raw" Burrito

Whole Wheat Tortilla, Lettuce, Carrots, Beets, Sprouts, Tomatoes, Cucumbers, Cilantro, Sunflower Seeds, Salsa, Onions and Avocado, served with our Homemade Tahini Dressing 7.95
Add Protein 8.95

Cuban Burrito

Whole Wheat Tortilla, Brown Rice, Black Beans, Plantains, Avocado, Cucumbers, Salsa and Sour Cream 7.95
Add Protein 8.95

Teriyaki Chicken or Tofu Burrito

Whole Wheat Tortilla, Brown Rice, Teriyaki Sauce, Chicken or Tofu, Tomatoes, Avocado, Cucumbers, Green Onions, Lettuce and Sesame Seeds 7.95

Tempeh Burrito

Whole Wheat Tortilla, Brown Rice, Tempeh, Cucumbers, Carrots, Avocado, Tomatoes, Sesame Seeds, Sunflower Sprouts, Seasoned Rice Vinegar and Ponzu Sauce 7.95

Soft Tacos

Rice & Bean Taco	4.95
Ground Turkey Taco	5.50
Ground Soy Taco	5.50
Scrambled Tofu Taco	5.50
Smoked Tofu Taco	5.50
Chicken Taco	5.50
Cuban Taco	5.95
Vegan Beef Taco	5.95

Organic Ingredients

- Pinto Beans
- Tempeh
- Milk
- Black Beans
- Sprouts
- Soy Milk
- Brown Rice
- Spring Greens
- Soy Ice Cream
- Quinoa
- Wheatgrass
- Juice Bar Veggies
- Buckwheat
- Bee Pollen
- Smoked Tofu
- Whole Wheat Tortillas
- Tofu
- Whole Wheat Pastry Flour

All of Our Chicken & Turkey is Naturally Raised without Hormones or Antibiotics

Wraps

The Greek Wrap

A Whole Wheat Tortilla, Feta Cheese, Olives, Lettuce, Tomatoes, Cucumbers, Avocado, Onions and Vinaigrette Dressing. 7.95
Add Protein 8.95

Caesar Wrap

A Whole Wheat Tortilla, Lettuce, Tomatoes, Cucumbers, Olives, Avocado, Onions, Cheese and Vegetarian Caesar Dressing. 7.95
Add Protein 8.95

Mid-East Wrap

A Wheat Tortilla, Hummus, Tabouli, Salsa, Avocado, Lettuce, Tomatoes, Cucumbers, Onions, Olives, Feta Cheese and Tahini Dressing. 7.95
Add Protein 8.95

Israeli Wrap

A Whole Wheat Tortilla, Hummus, Hard Boiled Egg, Lettuce, Tomatoes, Cucumbers, Avocado, Onions, Zatar Seasoning and Tahini Dressing 7.95

Grassroots Bowls

Fiesta Bowl

Brown Rice, Beans, Your Choice of Protein, Lettuce, Cucumbers, Cilantro, Onions, Avocado, Cheese, Olives, Sour Cream and Salsa. 7.95

Chicken • Tofu • Vegan Beef
Ground Soy • Ground Turkey
Cold Smoked Tofu

Cuban Bowl

Brown Rice, Black Beans, Plantains, Salsa, Avocado, Cucumbers and Sour Cream 7.95
Add Protein 8.95

Chili Bowl

Brown Rice or Cornbread, Vegetarian Chili, Cheese, Avocado, Onions and Sour Cream 7.95
Add Protein 8.95

Mid-East Bowl

Tabouli, Hummus, Falafel, Lettuce, Salsa, Avocado, Tomatoes, Cucumbers, Onions, Olives, Feta Cheese and Tahini Dressing 7.95
Add Protein 8.95

Tempeh Bowl

Brown Rice, Tempeh, Cucumbers, Carrots, Avocado, Tomatoes, Sesame Seeds, Sunflower Sprouts, Seasoned Rice Vinegar and Ponzu Sauce. 7.95

Smoked Tofu Bowl

Brown Rice, Smoked Tofu, Cucumbers, Carrots, Avocado, Tomatoes, Sesame Seeds, Sunflower Sprouts, Seasoned Rice Vinegar and Ponzu Sauce. 7.95

Teriyaki Bowl

Choice of Chicken or Tofu, Brown Rice, Lettuce, Teriyaki Sauce, Green Onions and Sesame Seeds. 7.95

Delicious Sandwiches

All Sandwiches are served on Whole Grain Bread. We use natural Hormone and Antibiotic Free Turkey Breast.

Roasted Turkey Breast 5.50

Roasted Turkey Breast w/ Cheddar Cheese 5.95

Roasted Turkey Breast w/ Tomato and Cheddar Cheese 6.25

Health Nut Sandwich 6.25

Veggie BLT 6.25

Special 8.95

A small Soup or small Vegetarian Chili served with any Sandwich.

Healthy Burgers

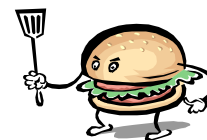
Served on a Whole Grain Bun with Lettuce, Tomatoes, Sprouts, Onions (Raw or Grilled) and Your Choice of Ketchup, Mustard, BBQ Sauce &/or Mayonnaise on a Plate with Chips and Pickle.

1/2 lb Chicken Burger 8.50

Organic Super Tempeh Burger 8.50

1/4 lb Original Veggie Burger 8.50

With Cheese or Avocado add 1.50



Delightful Salads

Our Salads are served with a choice of Homemade Vinaigrette, Tahini, Low Fat Ranch or Low Fat Vegetarian Caesar Dressing.

Tossed Taco Salad

Your Choice of Vegan Beef, Tofu, Chicken or Ground Turkey, with Brown Rice, Beans, Lettuce, Tomatoes, Cucumbers, Cheese, Olives, Avocado, Jalapeños, Onions, Cilantro, Salsa and Baked Tortilla Chips, tossed with Vinaigrette Dressing and topped with Sour Cream. 8.95

Cobb Salad

Mixed Greens with Tomatoes, Cucumbers, Avocado, Onions, Olives, Cheese, Hard Boiled Egg, Grilled Chicken or Smoked Tofu, Vegetarian Bacon Bits and Your Choice of Dressing. 8.95

Garden Salad

Mixed Greens with Tomatoes, Cucumbers, Avocado, Onions, Carrots, Beets, Sprouts, Sunflower Seeds and Your Choice of Dressing. 6.95
Add Protein 7.95

Greek Salad

Lettuce, Tomatoes, Cucumbers, Avocado, Onions, Feta Cheese and Olives, served with Homemade Vinaigrette Dressing. 7.95
Add Protein 8.95

Mid-East Salad

Hummus, Falafel & Tabouli Served with our Greek Salad and Your Choice of Whole Wheat or Corn Tortillas and Homemade Tahini Dressing 8.95
Add Protein 9.95

Hot Entrees

Choices: Organic Brown Rice or Organic Spanish Brown Rice, Organic Pinto Beans or Organic Black Beans, Cheese or Soy Cheese. All Poultry used in our Kitchen are Naturally Raised without Hormones or Antibiotics. All Tofu & Smoked Tofu are Organic.

Check the Blackboard for Our Chicken & Vegetarian Specials Prepared Daily by Our Chefs!!

Quesadilla Plate

Prepared with a Whole Wheat or Gluten Free Tortilla with Cheddar or Soy Cheese and Your Choice of Two Fillings. Served with Avocado, Salsa & Sour Cream 9.95
Each additional Filling add 1.00

Chicken • Ground Turkey • Tofu
Vegan Beef • Beans • Avocado • Ground Soy
Tomatoes • Onions • Fresh Spinach

The Grassroots Plate

Chicken, Tofu, Ground Turkey, Ground Soy, or Vegan Beef served with Rice, Beans, Vegetables, Cheese, Avocado, Cilantro, Sour Cream, Onions and Fresh Salsa. 10.95

Cuban Plate

Brown Rice, Black Beans, Plantains, Avocado, Whole Wheat or Corn Tortillas and Sour Cream. 7.95
Add Protein 8.95

Vegan Plate

Brown Rice, Beans, Vegetables & Tahini Dressing, with your choice of Whole Wheat or Corn Tortillas. 7.95

Soft Taco Plate

Two soft Tacos of Your Choice with Cheese, Tomatoes, Lettuce, Onions, Salsa, Sour Cream and Avocado, served with Brown Rice and Beans. 9.95

Vegetarian Chili Plate

Homemade Vegetarian Chili with Brown Rice, Vegetables, Avocado, Cheese, Sour Cream, Salsa, Onions and your choice of Whole Wheat or Corn Tortillas. 8.95

Baked Chicken

(Hormone Free)
Juicy baked 1/4 Chicken, served with two Sides. 11.95 Fridays Only!

Side Orders

Black Beans ♦ Pinto Beans ♦ Brown Rice
Spanish Brown Rice ♦ Vegetables ♦ Plantains
Homemade Salad Dressing ♦ Hummus ♦
Salsa ♦ Daily Fresh Salads
Small 3.25 Medium 4.25 Large 5.25
X-large 7.25 Quart 9.95

Chicken (grilled or stewed)
Ground Turkey ♦ Ground Soy ♦ Tofu
Tempeh or Vegan Beef
Small 5.25 Medium 6.25 Large 7.25
X-large 9.25 Quart 11.95

Whole Wheat Tortilla 95¢ ea Corn Tortilla 50¢ ea Plantain (Banana) 95¢ ea
Falafel 95¢ ea Avocado 1.50 Toast 95¢
Hardboiled Egg 95¢ ea Cheese or Soy Cheese 1.50 Extra Salad Dressing: sm 50¢ lg 75¢