

Entrees

Pancake Brunch...\$12, vo

Three vegan blueberry pancakes served with veggie sausage, toast, and your choice of roasted potatoes, scrambled eggs, or tofu black bean scramble.

Cornbread, Eggs, and Sausage Bowl...\$11

Sautéed veggie sausage with crumbled cornbread and scrambled organic eggs mixed throughout, with tabasco, topped with fresh red bell pepper and scallion.

Tempeh Burger...\$12.5, vo,gfo

Organic tempeh sautéed and served on Avalon's organic hamburger bun, with roasted garlic aioli, white cheddar cheese, fresh lettuce and pickle. Served with a side salad with your choice of dressing.

*substitute gf bread for \$1

*add a fried organic egg for \$2

*substitute Daiya cheese - \$.75

*substitute side Caesar salad – no charge

Cauliflower Tostada...\$10.5, v,gf

Crispy corn tortillas topped with seasoned pinto beans, fresh lettuce, seasoned cauliflower crumbles, and a green chili/cilantro/avocado sauce. Served with a side of chips and salsa.

Tofu Scramble entrée...\$10, v,gfo

Tofu scramble with black beans, broccoli, carrot, garlic, onion, tossed with roasted redskin potatoes and kale. Served with rye toast.

*substitute gf toast for \$1

Quinoa Hash...\$11, v,gf,sfo

Organic quinoa sautéed with fresh garlic, ginger, redskin potatoes, cremini mushroom, zucchini, carrot, onion, lemon, parsley, and kale.

*soy free option with request of no tamari

*add a fried organic egg - \$2

Breakfast Nachos...\$12, v,gf

Organic corn chips topped with our tofu black bean scramble, roasted potatoes, spicy cashew nacho cheese sauce, guacamole and cilantro. Served with a side of salsa.

-Beverages-

Kukicha Tea...\$2.5

Assorted herbal teas...\$2.5

Organic Coffee...\$2.5

Assorted Drought Juice flavors...\$9.99

China Cola, Root Beer, or Ginger Ale...\$3

Ginger Brew...\$3.5

Mango Lemonade or Apple Juice...\$3

***fresh food cooked to order takes time – please let your server know if you are in a rush**