



# chef brooke's natural cafe



Welcome!  
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AT THE  
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## Organic Superfood Smoothies

### Google Berry

strawberry, banana, apple juice \$5.99

### Chocolate Peanut Dream

banana, chocolate, peanut butter, choice of milk \$5.99

### Full Moon

strawberry, banana, pineapple, mango \$6.99

### Scary Monster

green powder, banana, pineapple, rice milk, coconut oil \$7.99

### Mountain Faerie

goji berries, pomegranate, berries, pineapple, açai \$7.99

### Holy Cacao

banana, raw cacao nibs, dates, coconut oil, hemp protein, almond milk \$8.99

### Gnome Mercy (happy tummy)

aloe, ginger, chia seeds, papaya, pineapple \$7.99

### Liquid Manna

raw cacao nibs, pineapple, hemp seeds, coconut oil, pineapple juice \$8.99



### Godmother

orange, banana, berries, yogurt, hemp protein \$6.99

### Godfather

banana, peanut butter, cashews, maca, ginseng, almond milk \$7.99

### The Best Smoothie Ever!

raw cacao nibs, goji berries, flax, hemp seeds, coconut oil, açai, topped with more crunchy cacao nibs and bee pollen. Choose your liquid \$9.99

### Brooke out your smoothie

cacao ~ coconut oil ~ maca ~ goji berries  
açai ~ flax ~ whey ~ hemp ~ green powder  
cashews ~ almonds ~ dates ~ peanut butter  
chia seeds ~ bee pollen ~ coffee shot ~ spinach  
ginseng ~ spirulina ~ kale ~ Udo's 3-6-9 oil \$1.00

### Milks:

Moo, Almond, Rice, Hemp, Soy & Coconut \$3.29

## Organic Raw Juices

### Green Goddess

kale, dandelion, chard, spinach, cucumber, lettuce, celery, green apple, ginger, lemon \$9.99

### Hot Toddy

lemon, ginger, parsley, honey in hot water ~ you will feel better! \$5.99

### Straight Up Carrot Juice \$5.99

### Race Car Driver

carrot, jalapeno, lemon \$6.99

### OMGoodness

beet, carrot, apple \$6.99

### The Land Before Time

beet, carrot, celery, cucumber \$7.99

### Medicinal Meadow

dandelion, carrot, parsley, wheatgrass, cucumber, celery \$9.99

### Ogre's Delight

apple, ginger, lemon, parsley \$7.99

### Just Trollin' Through

apple, spinach \$7.99

### I'm Worth It

wheatgrass, spinach, kale, cucumber, lettuce, celery \$9.99

### Esoteric Elixir

pineapple, apple, celery \$6.99

### Merlin's Magic

carrot, orange, ginger, lemon \$7.99

### Hippie Skippy

wheatgrass, pineapple juice \$6.99

### Wheatgrass

Single shot \$2 - Double shot \$4

## Beverages

Green Iced Tea with Pomegranate & Cranberry \$2.49

Herbal Passionfruit Iced Tea \$2.49

Fresh-squeezed Lemonade \$3.29

Coffee-House Style Coffee \$2.49

Kombucha Tea \$4.99

Coconut Water \$3.99

Bottled Water or Pop \$2.00 - \$3.99

100% Organic Juices: Mango, Pineapple, Apple, Pomegranate, Papaya & Orange \$3.99



## Organic Entrees

Tacos: ✓ Tempeh, Chicken, Fish - Wild Cod or Wild Salmon \$10.99 - \$14.99

Chicken Stir-fry Platter \$10.99

✓ ♥ Tofu Melt or Tuna Tabouley Melt \$10.99

✓ Tofu or Tempeh PuPu Platter \$10.99

• ✓ Bean and Brown Rice Burrito specify Vegan or with Cheese and Sour Cream \$8.99 Add Chicken \$2

Veggie Lasagna with House Salad \$10.99

✓ Nori Rolls served on a Salad with Raw Sesame Dressing \$11.99

♥ Pizza with a House Salad \$9.99

• ✓ Quesadillas & Enchiladas \$10.99



## Fresh Organic Bakery

Award winning varieties  
Made daily with Love

✓ Muffins \$2.99

✓ Faerie Cakes \$3.99

Scones & Strawberry Shortcakes \$3.99 - \$5.99

Coffeecakes, Date Balls & Bars \$2.99 - \$5.99

✓ Cookies \$2.50

✓ Raw Crackers \$5.99

Gluten Free / Soy Free / Sugar Free / Vegan or Traditional Selections

Special Order Baked Goods  
✓ Cakes: Single Layer \$25  
Double Layer \$45

## Food 3 Ways - Your Choice of: Salads, ♥ Sandwiches, or • Wraps

♥ The AMAZING Veggie Burger \$9.99

The ULTIMATE Tuna Salad \$9.99

Curried Tuna Salad with Raisins and Cashews \$9.99

Classic Chicken Salad \$9.99

Curried Chicken Salad with Figs and Almonds \$9.99

Hummus and Quinoa Tabouley \$8.99 ✓

Tofu (Egg-less) Salad \$8.99 ✓

♥ Egg Sandwich, Salad or • Wrap \$8.99

♥ Tempeh Reuben Sandwich \$10.99

Wild Salmon Platter or ♥ Salmon Reuben Sandwich \$14.99

## Lite Bites

Organic House Salad \$5.99 ✓

Soup & Salad \$9.99 ✓

Organic Soups: Daily Selections ✓  
Bowl \$5.99 - Quart \$11.99

Hummus & Tabouley with Chips \$6.99 ✓

Nachos - ✓ Vegan or with Sour Cream & Cheese \$7.99 Add Chicken \$2

Stuffed Mushrooms (when available) \$7.99 ♥

## A la Carte

♥ Pizza Slice \$5.99 Lasagna \$5.99 ♥ Bread \$0.99 Xtra Dressing \$0.75

We sell all our food items by the pound for any catered event.



[chefbrookeonline.com](http://chefbrookeonline.com)

For tips, suggestions & "One on One" time from Chef Brooke, Please email her at: [chefbrookesnaturalcafe@gmail.com](mailto:chefbrookesnaturalcafe@gmail.com)

It's simply the best way to contact her as she's busy baking love for your tummy!

 Find us on Facebook  
chef brooke's natural café

## ORGANIC HOMEMADE FOOD WITH HEALTHY OPTIONS

Omnivore, Gluten Free and Vegan Friendly  
Traditional "Meat & Potato" comfort food as well.

Inquire online about Chef Brooke's exclusive Vegan & Gluten-free "COOKING CLASSES"

✓ =Vegan

• =NOT GlutenFree

♥ =Contains traces of Gluten(Not for Celiac)



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