

## ENTRÉES

organic

\$1.95 add goat cheese, guacamole, nut cheese, \$2.55 add local organic chicken, or wild smoked salmon\*

95¢ sub tempeh for tofu, extra sauce, or sour cream

**Vegetarian or Vegan Quesadilla** \$7.95

**Chicken or Salmon Quesadilla** \$9.95  
spelt tortilla, jack cheese, grilled veggies, sour cream, salsa, **vegan** with pine nut cheese and no sour cream

**Vegetable Masala** **gluten-free** \$8.95

mushrooms, onions, carrots, potatoes, peas, tofu, cashew cream, tomatoes, curry, Indian spices, brown rice

**Soft Tacos with Rice and Beans** **gluten-free**

**Tofu, Tempeh or Egg** one /\$4.95, two /\$6.95, three /\$8.95

**Chicken or Salmon** one /\$6.95, two /\$8.95, three /\$10.95  
corn tortillas, jack cheese, avocado, sour cream, salsa, tomatoes, lettuce

**vegan** with pine nut cheese and no sour cream

**Asian Curry** **gluten-free** \$8.95

brown rice, stir-fry vegetables, tofu, coconut curry sauce, nori

**Collard Green Burrito** **gluten-free**

\$8.95 • \$5.95 half order

brown rice, nut cheese (almonds, cashews, pecans, miso), red peppers, cashews, flax seeds, basil, salsa fresca, with salad

**Grilled Vegetables and Tofu** **gluten-free** \$8.95

brown rice, tofu, seasonal vegetables may include: broccoli, carrots, zucchini, sweet peppers, turnips, cabbage

**Buckwheat Soba Noodles** \$8.95

100% soba noodles with raw cashews and ginger sauce, tofu, with salad seasonal vegetables

may include: broccoli, carrots, zucchini, sweet peppers, turnips, cabbage

**Harvest Meal** **gluten-free** \$8.95

brown rice, beans, steamed greens, ginger sauce

**Roots and Greens** **gluten-free** \$8.95

yams, steamed greens, grilled marinated tempeh, ginger sauce

## SUSHI

served with sauerkraut salad, wasabi, and pickled ginger (non-organic)

**Avocado and Vegetable** **organic** \$8.95

**Wild Smoked Salmon\*** \$9.95

\*organic except wild smoked Salmon

**Kim Chi and Avocado** **organic** \$8.95

**Raw Sushi** **organic** \$10.95

jicama, avocado, carrot, cucumber, bok choy and raw sauerkraut, (no cooked rice)

## RAW ENTRÉES

organic, vegan, gluten and dairy-free, prepared through individual dehydration and/or marination

**Raw Sushi** \$10.95

jicama, avocado, carrot, cucumber, bok choy, raw sauerkraut, (no cooked rice)

**Raw Lasagna** \$10.95

zucchini, basil pesto, spinach, tomato, **vegan** pine nut cheese, marinara, with salad

**Raw Pizza** \$10.95 • \$6.95 half order

zucchini almond crust, sun-dried tomato marinara, olives, pine nut ricotta cheese, basil pesto, with salad

**Raw Veggie Burger** \$10.95

tomato, avocado, cucumber, lettuce, walnuts, sunflower seeds, miso, onion, on veggie seed bread, with salad

**Raw Thai Curry** \$10.95 • \$6.95 half order

zucchini, mango strips, tomatoes, in special pad thai sauce with crushed cashews

**Raw Pesto-Ghetti** \$10.95 • \$6.95 half order

zucchini, cauliflower, basil pesto, pine nut cheese, sun-dried tomatoes, ginger, olives

**Caesar** **vegan, raw** \$9.95 • \$5.95 half order

add local organic chicken, wild smoked salmon\*, or goat cheese \$1.95  
romaine hearts, jicama, sunflower croutons, capers, dulse, house caesar dressing

There is a.25¢ fee per to go item

# BODYcafé

organic · local · breakfast · lunch · dinner · live music

333 Cordova Rd Santa Fe 505 986 0362 bodyofsantafe.com

## to go

Seven Days 7:00 am - 9:00 pm

## BREAKFAST

whole milk, 2%, rice, soy, coconut milk

95¢ to sub raw nut milk fresh daily

**Muffin** **vegan** \$2.55

seasonal fruit, cinnamon, lemon juice, nutmeg, sea salt, dates, coconut oil, spelt flour, non-alum baking powder, spices, nut milk, egg replacer, honey, seasonal nuts or seeds

**Scone** \$2.55

spelt, agave, baking powder, sea salt, cream, eggs

**Bagel or Toast with butter and preserves**

\$1.95

**Bagel or Toast with cheese** \$3.95

cream cheese, or **vegan** nut cheese (almonds, cashews, pecans, miso)

**Breakfast Bagel** \$4.95

spelt bagel, eggs, jack cheese, tomato

**Breakfast Ambrosia** **raw** \$7.95

sprouted buckwheat, dried fruit, bananas, fresh seasonal fruit, coconut,

raw local honey, fresh nut milk

**Granola** **raw** \$7.95

brazil nuts, almonds, pecans, walnuts, sunflower seeds, pumpkin seeds, raw local honey, dried cherries and raisins, fresh seasonal fruit, fresh nut milk

**Oatmeal** \$5.95

raisins, pecans, cinnamon, milk, raw local honey

**Eggs Italiano** \$7.95

eggs, goat cheese, brown rice, sun-dried tomatoes, marinated artichoke hearts, onions, garlic

**Omelet** \$7.95

eggs, goat cheese, fresh basil pesto, tomatoes, spinach, served with seasoned potatoes, spelt toast

**Burrito** \$7.95

eggs or tofu, jack cheese, savory southwestern vegetable stir-fry with zucchini, brown rice, squash, onion, spelt tortilla, **vegan** with tofu and pine nut cheese

## SMOOTHIES 16 oz.

95¢ each additional item: almonds, aloe vera, berries, cacao, chlorella, coconut

milk, soy powder, whey powder

95¢ to sub raw nut milk fresh daily

**Tropical** \$4.95

coconut milk, tropical fruit, bananas, agave, ice

**Banana Chai** \$4.95

banana, house chai, vanilla, agave, ice

**Choconana** \$4.95

raw almond milk, cacao, banana, ice

**Blueberry - Mango** \$5.95

mango, blueberries, coconut milk, bananas, agave, ice

**Berry** \$5.95

coconut milk, mixed berries, bananas, agave, ice

**Strawberry** \$5.95

coconut milk, strawberry, cashews, raw local honey

**Banana** \$4.95

bananas, raw nut milk, agave, ice

**Green** 12 oz. \$5.95

avocado, spinach, green powder, raw nut milk, agave, flax meal

## BEVERAGES

organic

We carry coffee, tea, espresso drinks, chai, bottle water, juice, Kombucha, and Whole Fresh Coconut. Please ask about our current selection.

There is a.25¢ fee per to go item

## SALADS

fresh herb house dressing **raw**: olive oil, raw apple cider vinegar, agave, fresh herbs

house caesar dressing **vegan, raw**: olive oil, raw apple cider vinegar, wheat-free tamari, agave, fresh seasonal herbs (no onions or garlic)  
95¢ substitute caesar dressing for house

**House Salad** **vegan, raw** \$2.95  
mixed greens, cabbage, carrots, fresh herb house dressing

**Farmers Market** **vegan, raw** \$5.95  
mixed greens, tomatoes, cucumbers, red onions, sprouts, fresh herb house dressing

**Caesar** **vegan, raw** \$9.95 • \$5.95 half order  
add local organic chicken, wild smoked salmon\*, or goat cheese \$1.95  
romaine hearts, jicama, sunflower croutons, capers, dulse, house caesar dressing

**Marinated Beet** \$9.95 • \$5.95 half order  
roasted beets, caramelized pecans, goat cheese, red onions, mixed greens, fresh herb house dressing

**Raw Paradise** \$9.95 • \$5.95 half order  
mixed greens, vegetables, sprouts, avocado, tomatoes, cucumbers,  
sunflower and pumpkin seeds, cashews, almonds, fresh herb house dressing

**Chicken, Tuna Salad\* or Wild Smoked Salmon\*** \$9.95 • \$5.95 half order  
served on mixed greens with cucumbers, tomatoes, sprouts, roasted red peppers, red onions, capers, fresh herb house dressing

## SOUPS

Always Vegan & Gluten Free

95¢ to add a slice of spelt toast

**Raw Energy** \$5.95  
sprouts, avocado, zucchini or cucumbers, carrot, celery, apple, red onion, basil, garlic, tamari, cumin, sea salt

**Raw Thai** \$5.95  
young coconut, curry, lemon grass, kefir leaf, avocado, tomato, cilantro, sea salt

**Hot Soup of the Day**  
cup \$3.95 bowl \$5.95

## LIGHT MEALS and SIDES

organic

**Tofu, Tempeh or Egg Taco** \$3.95

**Chicken or Salmon Taco** \$4.95

**Grilled Jack Cheese** \$3.95  
bread or tortilla, served with vegetable sticks

**Peanut Butter and Jam** \$3.95  
bread or tortilla

**Banana and Raw Honey** \$3.95  
bread or tortilla

**Baked Yam** with butter or olive oil \$3.55

**Quiche** \$4.95

**Rice and Beans** \$4.95

**Rice, Beans and Yam** \$6.95

**Half Sandwich and Cup of Soup** \$7.95

**Hummus with Raw Veggies** \$6.95

**Hummus with Spelt Tortillas** \$5.95

**Veggies** grilled or steamed \$4.95  
seasonal may include: broccoli, carrots, zucchini, sweet peppers, turnips, cabbage

**Side of Nut Cheese** (almonds, cashews, pecans, miso) \$3.95

**Pine Nut Cheese** \$3.95

**Side of Nuts** \$1.95  
brazil, cashews, pinons or almonds

**Beans** 8oz./\$2.55 16oz./\$3.95

**Brown Rice** 8oz./\$1.95 16oz./\$3.95

**Raw Coconut Frosting** \$1.55

**Goat Cheese** \$2.95

**Hummus** \$3.95

**Pesto** \$2.95

**Salsa Fresca** \$1.95

**Tempeh** \$3.95

**Tofu** \$2.95

**Side of Lemons** 95¢

**Avocado** \$3.55

There is a .25¢ fee per to go item

## SANDWICHES and WRAPS

organic

served hot or cold with vegan mayonnaise on: spelt bread, tortilla or bun  
\$1.95 each additional: avocado, goat cheese, nut cheese  
\$2.55 local organic chicken, wild smoked salmon\*  
95¢ each additional: side salad, dressing, hummus, pesto, salsa  
95¢ **vegan** with nut cheese (almonds, cashews, pecans and miso) or pine nut cheese

**Hummus** \$6.55  
carrots, cucumbers, red onions, tomatoes, sprouts

**Avocado and Cheese** \$6.55  
tomatoes, cucumbers, red onions, sprouts, jack cheese

**Free Range Local Chicken** \$6.55  
roasted red peppers, spinach, tomatoes, red onions, jack cheese

**Grilled Portabella** \$6.55  
spinach, red peppers, fresh basil pesto, tomatoes, jack cheese

**Wild Smoked Salmon\*** \$6.55  
red onions, tomatoes, capers, jack cheese

**Tuna\*** \$6.55  
tomatoes, celery, red onions, jack cheese

**Grilled Veggie Burger** \$6.55  
vegetable, soy and brown rice patty, red onions, tomatoes, spinach, red pepper, jack cheese

**Goat Cheese and Sun-dried Tomato** \$6.55  
spinach, fresh basil-pine nut pesto

## JUICES 12 oz./16 oz.

organic, raw

**Quencher** \$4.55 • \$5.95  
beet, carrot, lemon, ginger

**Carrot Juice** \$3.55 • \$4.95

**Alchemy**  
create a delicious blend from:  
apple, beet, cabbage, carrot, celery, ginger, kale, lemon, parsley, cucumber  
carrot and up to 3 choices \$4.55 • \$5.95  
up to 4 choices (no carrot) \$6.55 • \$7.95  
each additional choice 55¢

**Homemade Lemonade** \$2.95  
lemon juice, agave, water

**Lemon Water** hot or cold \$1.05  
purified water, organic lemon juice

## TREATS and SWEETS

organic

**Love Cups** **vegan, raw, gluten-free, wild crafted** \$3.75  
cacao, premium blue agave nectar, Himalayan crystal salt  
Cacao Crunch, Almond, Coconut Supreme, Pecan, or Gogi Berry

**Cookies** **vegan, organic**  
We have many types of cookies including raw and gluten-free.  
Please ask for our fresh selection.

**Spelt Carrot Cake** \$3.95  
carrots, eggs, walnuts, coconut, olive oil, brown sugar, spelt flour, salt, baking soda, baking powder, currants, butter, powdered sugar, vanilla, cream cheese

**Apple Crumb** **vegan, raw, gluten-free** \$5.95  
apples, raisins, cinnamon, lemon juice, nutmeg, sea salt, pecans, pitted dates

**Mixed Berry Pie** **vegan** \$5.55  
spelt flour, cinnamon, raspberries, strawberries, blueberries, blackberries, coconut oil, pecans, dates, honey

**Blueberry or Strawberry Cheesecake**  
**vegan, raw, gluten-free** \$4.95  
almonds, date paste, Blueberries or strawberries, macadamia nuts, cashews, agave, lemon juice, salt

**Carrot Cake** **vegan, raw, gluten-free** \$4.95  
carrots, almonds, coconut, carob, honey, sea salt, vanilla extract, pecans

**Pumpkin Pie** **vegan, raw, gluten-free** \$4.95  
almonds, date paste, coconut oil, salt, carrot juice, almond/brazil nut milk, agave, powdered agar, cinnamon, nutmeg, ginger, vanilla bean, coconut

**Ganache** **vegan, raw, gluten-free** \$5.95  
cocoa powder, maple syrup, coconut oil, tamari, salt, almonds, hemp seeds

**Espresso Brownie** **vegan** \$2.55 with coconut cream \$3.95  
vegan butter, cocoa powder, baking soda, espresso, sugar, egg replacement, vanilla, spelt flour, salt

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