

entrées

organic

\$2.95 add local organic chicken, or wild smoked salmon*, nut cheese, goat cheese, guacamole

\$1 sub tempeh for tofu, extra sauce, or sour cream

Vegetarian or Vegan Quesadilla \$9.95

Chicken or Salmon Quesadilla \$12.95

spelt tortilla, jack cheese, grilled veggies, sour cream, salsa fresca, **vegan** with pine nut cheese and no sour cream

Vegetable Masala **gluten-free** \$9.95

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 /\$6.95 , two/ \$8.95, three/\$10.95

Chicken or Salmon one /\$8.95 , two /\$10.95, three/\$12.95

corn tortillas, jack cheese, avocado, sour cream, salsa fresca, tomatoes, lettuce

vegan with pine nut cheese and no sour cream

Asian Curry **gluten-free** \$9.95

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

Collard Green Burrito **gluten-free**

\$9.95 - \$6.95 half order

brown rice, nut cheese (almonds, cashews, pecans, miso), cashews, flax seeds, basil, salsa fresca, sun-dried tomatoes, sea salt, garlic, tamari, olive oil, apple cider vinegar, with salad

Grilled Vegetables and Tofu **gluten-free** \$9.95

brown rice, tofu, seasonal vegetables may include: broccoli, carrots, zucchini, bell peppers, cauliflower, turnips, cabbage, sea salt, garlic

Buckwheat Soba Noodles \$9.95

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

may include: broccoli, carrots, zucchini,

bell peppers, cauliflower, turnips, cabbage, sea salt, garlic, with salad

Harvest Meal **gluten-free** \$9.95

brown rice, beans, steamed greens, ginger sauce

Roots and Greens **gluten-free** \$9.95

yams, steamed greens, grilled marinated tempeh, ginger sauce

Avocado and Vegetable Sushi \$9.95

add Salmon, \$12.95

Green Chile Stew **gluten-free**

cup \$4.95/bowl \$5.95, Add tofu \$1, Add chicken \$2.95, Add tempeh \$2.25

Served with a tortilla and a choice of sour cream or vegan pine nut sour cream

raw entrées

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

Raw Sushi \$10.95

jicama rice or nut pate, avocado, carrot, cucumber, raw sauerkraut, sprouts (no cooked rice)

Raw Pizza \$10.95 • \$7.95 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 Pesto-Ghetti \$9.95

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

Caesar **vegan, raw** \$10.95 • \$7.95 half order

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

Raw Enchiladas \$10.95 • \$7.95 half order

Green cabbage, red bell pepper, corn, red onion, chile Colorado sauce, pine nut sour cream, in a red bell pepper wrap

Raw Nut Tuna \$10.95 • \$7.95 half order

sunflower seeds, almonds, red onion, tomatoes, avocado, sprouts, celery, kelp powder, other seasonings

It's our mission to follow eco-friendly practices in our café.

All carry-out containers are made of high-quality, biodegradable material.

There is a .30¢ 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,

\$1 to sub homemade nut milk

Muffin **vegan** \$2.95

seasonal fruit, cinnamon, lemon juice, nutmeg, sea salt, dates, coconut oil, spelt flour, non-alum baking powder, spices, homemade nut milk, honey, seasonal nuts or seeds, GMO-free soy lecithin

Scone \$2.95

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

Bagel or Toast with butter and preserves \$2.55

Bagel or Toast with cheese \$4.95

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

Body Bagel \$6.95

spelt bagel, eggs, jack cheese, tomato

Body Ambrosia **raw** \$8.95

sprouted buckwheat, dried fruit, bananas, fresh seasonal fruit, coconut, agave, fresh nut milk

Granola **raw** \$8.95

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

Oatmeal \$6.95

choice of: raisin & pecan mix or paradise mix (brazil, cashews, picon, & almonds), milk & raw local honey available

Omelet \$8.95

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

Build Your Own Omelet \$8.95

Choose up to 4 ingredients: spinach, tomatoes, mushrooms, onions, cilantro, jack cheese, goat cheese, steamed veggies, avocado, bell peppers. \$1 each additional ingredient.

Green Chile Burrito \$8.95

eggs or tofu, jack cheese, garlic, tomatoes, cilantro, salsa fresca, green chile, potatoes,

onion, spelt tortilla, **vegan** with tofu and pine nut cheese

Body Egg Breakfast \$5.95

Two eggs, toast, potatoes. Coffee Included.

Huevos Rancheros \$8.95

Corn tortillas, over-easy eggs, green chile, jack cheese, beans, sour cream

smoothies 16 oz.

organic, \$4.95

\$1 each additional item: almonds, aloe vera, berries, cacao, chlorella, coconut milk, soy powder, whey powder, goji berries, maca, flax seeds, flax meal, hemp seeds, hemp protein powder, spirulina, vitamin mineral green

\$1 to sub homemade nut milk fresh daily

Tropical

coconut milk, tropical fruit,

bananas, agave, ice

Piña Colada

pineapple, coconut meat, homemade nut milk, agave

Nut Choconana

homemade nut milk, cacao, banana, ice

Blueberry - Mango

mango, blueberries, coconut milk,

bananas, agave, ice

Berry

coconut milk, mixed berries,

bananas, agave, ice

Strawberry

coconut milk, strawberry, raw local honey

Orange Creamsicle

orange juice, vanilla, agave, lecithin, cashews

Green 12 oz. \$5.95

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

Super Hero Smoothie \$10.95

Blueberry, mango, strawberry, cacao, chlorella, hemp, gogis, maca, coconut water or apple juice

beverages

organic

We offer coffee, tea, iced tea, lemonade, espresso drinks, chai, bottled water, Kombucha and whole fresh coconut

Master Cleanse elixir \$4.25

E3 Live \$2.50 1oz./\$4.00 2oz./\$29.95 bottle

Brain On \$3.50 1oz./\$5.00 2oz./\$39.95 bottle

soups

Always Vegan & Gluten-Free

\$1 to add a slice of spelt toast or tortilla
cup \$3.95 bowl \$5.95

Raw Energy

sprouts, avocado, zucchini or cucumbers, carrot, celery, apple, red onion, basil, garlic, tamari, cumin, sea salt

Raw Thai

young coconut, curry, lemon grass, kaffir leaf, avocado, tomato, cilantro, sea salt

Hot Soup of the Day

salads

house dressing *raw, vegan*;

caesar dressing *vegan, raw*: \$1 substitute caesar dressing for house

Body Salad *vegan, raw* \$7.95 • \$4.95 half order

mixed greens, tomatoes, cucumbers, red onions, homemade raw sunflower croutons, sprouts, carrots, cabbage, fresh herb house dressing

add local organic chicken, raw nut tuna, tuna, wild smoked salmon or goat cheese \$2.95

Caesar *vegan, raw* \$10.95 • \$7.95 half order

add local organic chicken, wild smoked salmon*, or goat cheese \$2.95

romaine hearts, jicama, sunflower croutons, capers, house caesar dressing

Marinated Beet \$9.95 • \$6.95 half order

roasted beets, caramelized pecans, goat cheese, red onions, mixed greens, fresh herb house dressing

Raw Paradise \$9.95 • \$6.95 half order

mixed greens, vegetables, sprouts, avocado, tomatoes, cucumbers, sunflower and pumpkin seeds, cashews, almonds, fresh herb house dressing

House Salad \$2.95

mixed greens, carrots, onions and sprouts

light meals and sides

organic

Tofu, Tempeh or Egg Taco \$3.95

Chicken or Salmon Taco \$4.95

Grilled Jack Cheese \$3.95

with tomato or apple \$4.95

bread or tortilla, served with vegetable sticks

Almond Butter and Jam \$4.95

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 \$4.25

Quiche w/ salad \$4.95

Half Sandwich and Cup of Soup \$8.95

Hummus \$3.95

with raw veggies or spelt tortilla \$6.95

Veggies grilled or steamed \$5.95

seasonal may include: broccoli, carrots, zucchini, bell peppers, cauliflower, turnips, cabbage

Side of Nut Cheese \$2.55

Side of Raw Nut Tuna Pâté \$3.95

Side of Pine Nut Cheese \$3.95

Side of Nuts \$2.55

brazil, cashews, pinons or almonds

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

Brown Rice 8oz./\$2.55 16oz./\$3.95

Raw Coconut Frosting \$2.55

Goat Cheese \$2.95

Pesto \$2.95

Salsa Fresca \$2.55

Tempeh \$4.55

Tofu \$2.95

Side of Lemons \$1

Avocado \$3.55 (whole)

Ginger Sauce \$1

Salsa with chips \$4.95

Guacamole with chips \$6.95

Guacamole + Salsa with chips \$8.95

sandwiches and wraps

organic

\$7.95

served with a side salad, hot or cold with vegan mayonnaise on: spelt bread, tortilla, raw tortilla, bun

\$2.95 local organic chicken, wild smoked salmon*, nut cheese or goat cheese

\$1 each additional: dressing, pesto, salsa, avocado

Hummus

carrots, cucumbers, red onions, tomatoes, sprouts

Avocado and Cheese

tomatoes, cucumbers, red onions, sprouts, jack cheese

Free Range Local Chicken

spinach, tomatoes, red onions, jack cheese

Grilled Portabella

spinach, fresh basil pesto, tomatoes, jack cheese

Wild Smoked Salmon*

red onions, tomatoes, capers, jack cheese

Tuna*

tomatoes, celery, red onions, jack cheese

Grilled Veggie Burger

vegetable, soy and brown rice patty, red onions, tomatoes, spinach, jack cheese

Goat Cheese and Sun-dried Tomato

spinach, fresh basil-pine nut pesto

Greens and Yam Wrap w/Ginger Sauce *vegan*

juices 12 oz./16 oz.

organic, raw

Quencher \$5.95 . \$6.95

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 \$5.95 . \$6.95

up to 4 choices (no carrot) \$6.95 . \$7.95

each additional choice \$1

Homemade Lemonade \$3.55

lemon juice, agave, water

Arnold Palmer \$3.95

lemonade + iced tea

Lemonade + Ginger \$4.55

Green Power \$7.95 . \$8.95

kale, cucumber, celery, apple, ginger, lemon

treats and sweets

organic

Cookies/Scones/Muffins *vegan, organic*

Ask for our fresh selection.

Spelt Carrot Cake \$4.95

Apple Crumb *vegan, raw, gluten-free* \$4.95

Mousse *vegan, raw, gluten-free* \$4.95

Fruit of the day

Pumpkin Cup *vegan, raw, gluten-free, no nuts* \$2.95

Pumpkin Pie *vegan, raw, gluten-free* \$4.95

Ganache *vegan, raw, gluten-free* \$5.95

Brownie *vegan* \$2.95

with coconut cream \$3.95

Raw Brownie *vegan, gluten-free* \$4.95

with coconut cream \$5.95

Vanilla Cheesecake

vegan, raw, gluten-free \$6.95

Carrot Cake *raw, gluten-free* \$4.95

Fruit Pie *vegan, no nuts* \$4.95

fruit in season

BODY chocolate

organic

Truffles \$2.95

ginger, dark dark chocolate, raspberry-strawberry, yogi chai, espresso, rose, mint

raw, vegan almond coconut, superfood, rose, yogi chai, mint

Cups \$2.95

dark chocolate peanut butter, milk chocolate peanut butter (with or without almonds), white chocolate peanut butter,

raw, vegan almond butter (contains almonds),

vegan peanut butter

Hearts \$1.50

dark chocolate

raw, vegan chocolate

milk chocolate w/ almonds \$1.95