



3231 Camino de los Coches #107
Carlsbad, CA. 92009
Tel: 760-230-9282
Instagram/FB: @bigfootnaturalcafe
Organic - Vegan - Wholesome - GF Available

Weekly Organic Menu

Wholesome Meals:

Mac N' Cheez (GF) \$11.25

(GF macaroni, cauliflower, broccoli, carrots cooked with house broth and house made cashew cheez sauce)

Cajun Dirty Mac (GF) \$11.25

(GF mac with roasted veggies, mushrooms, black beans and tempeh bits in a house made creamy Cajun sauce)

Canless house made Chili over sprouted brown rice (GF) \$9.75

(Chili beans, pintos, lentils slow cooked in house broth and chili spices. Mild enough for most).

Woodland Rice Bowl (GF) \$12.75

(Sprouted brown rice, grilled portabella mushrooms, soaked black beans, oven roasted sweet potatoes, grilled zucchini and yellow squash and avocado, drizzled with house sauces)

Sides: Add Avocado or house made super GF bread \$1.50

Terrific Tacos:

Chili Guava infused Jackfruit Tacos (GF) \$11.95

(2 tacos with chili-guava infused jackfruit, slaw, maple toasted coconut chips and cashew sauce. Server with a small side of sweet potato and black bean salad)

Kung Pao Chickpea Tacos (GF) \$11.95

(2 tacos with roasted kung pao chickpeas, cashews and shaved brussel sprouts, slaw, maple toasted coconut chips and kung pao sauce. Server with a small side of sweet potato and black bean salad)

Mushroom Magic Tacos (GF) \$11.95

Grilled portobella mushrooms, black beans, house green slaw and our amazing parm and molé sauces. Two tacos on corn tortillas, served with a small side of sweet potato and black bean salad.

Soups & Salads:

Black Bean / Sweet Potato Salad (GF) \$8.95

(Oven roasted sweet potatoes and black beans w/ cilantro lime dressing)

Super Arugula Salad (GF) \$8.95

(Arugula, tomatoes, avocado w/ house cashew-parmesan dressing)

South Mediterranean Stew (GF) \$8.95

(Chunky veggies and chickpeas in a house made soup packed with nutrition. Seasoned with Mediterranean spices.)

Sammiches:

Cuba Libre Sandwich \$12.95

(Our vegan twist on the ropas vieja pork sandwich. Made with marinated jackfruit, house slaw, cashew sauce and a little dash of serrano chili sauce on toasted french bread. Served with a side of Black Bean and Sweet Potato Salad)

Grilled Veggies \$10.25

(Grilled zucchini, yellow squash and mushrooms with tempeh bits, microgreens, house cheez sauce and favanaise)

Toona Salad on Baguette \$10.5

(Jackfruit and white bean toona salad with avocado, microgreens, tempeh bits, cheez on toasted baguette)

All American Molé Burger (GF) \$12.95

(Grilled All American Burger with green slaw, maple toasted coconut chips, microgreens and house made organic molé sauce on a house made GF bun. Served with a side salad).

Gourmet Toast:

Avocado Toast++ \$7.25

(avocado, microgreens, tempeh bits, cheez on multigrain)

Toona Melt \$7.95

(jackfruit and white bean toona salad on multigrain topped with vegan cheez on multigrain)

On House GF Bread + \$1.50

Drinks:

Artisan Coffees:

Daily brew \$2.5 - Pour Over \$5 - Fire and Ice \$6

Ice Coffee \$2.75 - Latte 12oz (soy, almond, milkadamia) \$4

Maple infused Latte 12oz \$4.5

Teas:

Fine Organic hot teas \$3

(English Breakfast, Earl Gray, Strawberry Tulsi, Turmeric Ginger,
Guyusa Cacao, Green Tea Mint)

House Organic iced teas \$2.95

(Tangerine White, Green Tea Citrus, Hibiscus Berry)

Organic Fruit SMOODIES 12oz \$6.5:

Purple (Acai, berries, grapes, dates)

Green (Matcha, cashew milk, dates, maple)

Forest Brown (Banana, almond milk,
coffee, cacao nibs and maple)

Pink (soaked cashew, acerola, strawberry, banana, maple)

Today's specials:

Desert Flower Stew (GF) \$11.50

(This West African inspired stew is packed full of organic goodness. Vine ripened tomatoes, chickpeas, lentils and almond butter seasoned just right.)

Sloppy Jane (GF) \$12.95

(Organic tempeh and chickpea sloppy jane mix on a toasted house made GF bun, spinach, maple toasted coconut chips and cheez sauce. Served with a side salad)

Madrid Sunshine Stew (GF) \$10.50

(A delightful stew inspired by the tastes of Spain and our chef's imagination. Sweet potato, chickpeas, vine ripened tomatoes, house broth, Spanish spices and spinach on a bed of sprouted brown rice)

Tuscany Hug Mushroom Soup (GF) \$7.50

(Portabella mushrooms and cauliflower blended with our house broth and Italian spices)

Bakery Items:

Banana Bread \$4

(house made with sprouted spelt flour, cashew, Coconut, maple and raw sugar sweetened)

Little Buggy Cookie (GF) \$3.75

(almond flour chocolate cookie glazed with chocolate)

Buggy Princess Cookie (GF) \$3.75

(almond flour chocolate cookie glazed with real raspberry)

Buggy Prince Cookie (GF) \$3.75

(almond flour chocolate cookie with apple cacao glaze)

Rebellion Cookie \$2.95

(house made with green banana flour, chocolate chips, cashew, Coconut, maple and raw sugar sweetened)

GF Muffins (Assorted flavors) (GF) \$4.50

(You won't even know these delicious muffins are gluten free. Made with organic sprouted flour, cashew milk and maple sweetened. Yums)

Hope (GF) \$6.95

(Velvety house made milk chocolate and dark chocolate swirl in a cashew cream mousse. Temperature sensitive. I wanted to call them "A New Hope, but my wife wouldn't let me. Still amazing.)

Wishing Well (GF) \$6.50

(Velvety cookies and cream cashew cream pie. Similar to a cheese cake. Temperature sensitive.)

Awaken \$6.00

(Velvety lemon cashew cream pie. It's like a lemon explosion in your mouth. Temperature sensitive.)

Banana Bread Gift Loaf \$24.50

(An entire loaf of our most popular bakery item. Organic sprouted spelt flour, organic bananas ripened to perfection, house made organic cashew milk and lots of love, packaged up in a nifty gift box.)