



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) \$11.95

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

#### Cajun Dirty Mac (GF by request) \$11.95

(GF mac with roasted veggies, mushrooms, black beans and tempeh bits (not GF), in a house made creamy Cajun sauce)

#### Woodland Rice Bowl (GF) \$12.95

(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 \$1.75

### Artisan Hand Crafted 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, red 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:

#### Green Peace Salad \$9.95

(Shaved Brussels in a creamy dressing over baby kale, topped with carrots, cilantro lime dressing and toasted almonds)

**Super Arugula Salad (GF) \$9.50**

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

**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.)

**Madrid Sunshine Stew (GF) \$11.50**

(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)

**Hand Made Sandwiches:****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)

**Portabella Cheez Stake Sandwich \$12.95**

(Grilled baby bella mushrooms, bell peppers, onions and tempeh served on a toasted baguette, topped with maple toasted coconut chips.)

**Grilled Veggies \$10.95**

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

**Toona Salad on Baguette \$11.5**

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

**All American Mole 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).

**On House GF Bread + \$.75**

**Gourmet Toast:****Avocado Toast++ \$7.50**

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

**Toona Melt \$8.25**

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

**On House GF Bread + \$1.75**

**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)

Red (Cherries, soaked cashew, almond, dates, maple)

**Today's specials:**

**Journey to Himalaya \$8.95**

(Mild red lentil curry with Himalayan spices. Made with love in honor of a dear friend.) Add sprouted brown rice \$1.75

**Bakery Items:**

**Banana Bread \$4**

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

**Andes Beauty (GF, Sugar Free) \$3.25**

(Yacon root, sorghum, oat flour and dark chocolate)

**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.)

Please stop in as we often rotate new flavors in the bakery case.