



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

## Wholesome and Organic

### Pasta and Rice:

#### Mac N' Cheez (GF) \$13.75

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

#### Cajun Dirty Mac (GF by request) \$13.75

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

#### Woodland Rice Bowl (GF) \$15.25

(Sprouted brown rice, grilled portabella mushrooms, black beans, roasted sweet potatoes, grilled zucchini and avocado, drizzled with house cheez sauce and mole sauce (chocolate free).)

Upgrades: Add Avocado \$2.50 or house made super GF bread \$2.50

### Hand Crafted Tacos and Burritos:

#### Chili Guava infused Jackfruit Tacos (GF) \$13.75

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

#### Kung Pao Chickpea Tacos (GF) \$13.75

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

#### Tiger Stripe Burrito \$14.25 (GF Option Available)

(Blackened tempeh, sprouted brown rice, sweet potatoes, black beans wrapped in a warm whole wheat tortilla and smothered in our house cheez and mole sauce. Served with a side of tomato-cucumber salsa.)

#### Jaka Asada Burrito \$15.25

(Rosemary potatoes, chili-guava infused jackfruit (Jaka), portabella mushrooms, soaked chickpeas, hemp hearts all tossed in our Mole made with Modern Times Blackhouse Coffee Stout, wrapped in a warm whole wheat tortilla and smothered in our house cheez sauce. Served with fresh pico de gallo and a side salad.)

Upgrades: Organic GF veggie or coconut wrap \$2. Over organic kale, spinach or arugula \$2

### Soups & Salads:

#### Green Peace Salad \$11.75

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

#### Super Arugula Salad (GF) \$10.25

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

**Coastal Garden Salad \$13.75**

(A bountiful mix of greens, marinated cherry tomatoes and cucumber, house made cashew sauce and cilantro dressing. Your choice of 'protein'.

**Madrid Sunshine Stew (GF) \$13.25**

(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)

**Journey to Himalaya \$13.25**

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

**Mung-Soon Curry \$13.25**

(nutritious soaked mung beans, kale, house veggie broth, vine ripened tomatoes, coconut milk, mild curry spices, a drizzle of lime juice. Served over sprouted brown rice.)

Upgrades: House GF bun \$2.50. Avocado \$2.50. Add 3oz scoop of toona, jackfruit or Kung Pao Chickpeas \$3.50. Cup of brown rice \$3

**Hand Made Sandwiches:****Cuba Libre Sandwich \$14.50**

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

**Portabella Cheez Stake Sandwich \$14.50**

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

**Toona Salad on Baguette \$13**

(Jackfruit and white bean toona salad with avocado, fresh arugula, tempeh bits, parm dressing on toasted baguette)

**All American Mole Burger \$14.50**

(sprouted whole plant patty, house green slaw, maple toasted coconut chips, house parm sauce, house mole sauce, house gluten free bun. Served with side salad.)

**All American Old Fashion Burger \$14.50**

(sprouted whole plant patty, baby field greens, vine ripened tomatoes, shaved onions, dill pickle chips, house cheez sauce, mustard and ketchup, on a house gluten free bun. Served with side salad.)

Upgrades: House GF bun \$2.50. Avocado \$2.50. Add 3oz scoop of toona, jackfruit or Kung Pao Chickpeas \$3.50. Cup of brown rice \$3. Add burger patty \$3.5

**Gourmet Toast:****Avocado Toast++ \$8.95**

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

**Toona Melt \$9.95**

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

Upgrades: House GF bun \$2.50 Avocado \$2.50. Add 3oz scoop of toona, jackfruit or Kung Pao Chickpeas \$3.50. Cup of brown rice \$3

### Organic Fruit SMOODIES 12oz \$7.75:

Purple (Acai, berries, maple, dates)

Green (Matcha, house 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)

Upgrades: Add Elevate Creamer \$1. Add chia seeds \$1

### Today's specials:

#### **3 Sisters Burrito (三杯麻辣) \$15.25**

(San Diego Tempeh's split pea tempeh, cauliflower, roast potatoes, zucchini, brown rice all tossed in a special sauce inspired by Taiwan, with a mild Si Chuan twist. Served with side salad.)

Upgrades: Avocado \$2.50. Cup of brown rice \$3. GF Veggie or Coconut wrap \$2.

### Bakery Items:

#### **Banana Bread \$3.75**

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

#### **Little Buggy Cookie (GF) \$3.95**

(almond flour chocolate cookie glazed with chocolate)

#### **Buggy Princess Cookie (GF) \$3.95**

(almond flour chocolate cookie glazed with real raspberry)

#### **Buggy Prince Cookie (GF) \$3.95**

(almond flour chocolate cookie with apple cacao glaze)

#### **Rebellion Cookie \$2.75**

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

#### **Wishing Well (GF) \$6.95**

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

#### **Awaken \$6.50**

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

#### **Banana Bread Gift Loaf: Large (\$23.50) - Mini (\$12)**

**This item must be ordered 48 hours ahead.**

(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.**