



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 salad.)

#### 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:**

**Chili Size \$15.75**

(A Good Seed burger patty served open face on our house made gluten free bun, topped with a slice of tomato and a heaping ladle full of our house made chili, made with organic pintos, red beans and lentils, then thickened with organic sprouted millet.)

Upgrades: Avocado \$2.50. Cup of brown rice \$3. Side Salad ???

**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.**