



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:

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'.

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.)

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 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 your choice of seeded multigrain or ciabatta style flat bread. 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

Today's specials:**Chili Size \$15.75**

(A Good Seed burger patty served open face on your choice of seeded multigrain or ciabatta style flat bread, 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/Soup \$6.50 Gluten Free Bun \$2.50 Double patty \$3.5

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

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.