

Living ABUNDANCE Café

SANDWICHES & WRAPS

Your choice of bread or wrap, sprouted or gluten-free options, add a side for **\$1.00**, cheese or salsa for **\$.50**.

VEGGIE MAX ~ carrot, cabbage, cucumber, greens, onion, sweet potato, tomato, zucchini, sunflower seeds, sprouts, and dressing.

Choose avocado, black beans hummus or quinoa **\$6 on LIVE bread for \$8.50**

AVOCADO & TOMATO ~ greens, sprouts, Thousand Island dressing **\$6**

VEGGIE BURGER ~ Greens, tomato, mustard, ketchup, Vegenaize **\$7.50**

TUNA ~ Tuna, eggless mayo, onions, relish, celery, lettuce, tomato, sprouts **\$6**

TUNA MELT ~ Tuna salad grilled cheese
Optional tomato, sprouts. **\$7.50**

TEMPEH REUBEN ~ Marinated tempeh, sauerkraut, yogurt cheese, Thousand Island dressing **\$7.50**

UNCHICKEN ~ Quorn "chicken" patty, greens, tomato, Thousand Island dressing **\$7.25**

PIZZA PIE ~ Sami's Millet Flax Spinach cheese pie homemade marinara **\$7.25**

CHEESE ~ grilled cheese, tomato **\$4.95**

PEANUT BUTTER & BANANA ~ Peanut butter, banana, apple, local honey **\$4.95**

SOUP

HOMEMADE SOUP bowl **\$4.75**
Served with blue corn chips.

Add a serving of brown rice or quinoa **\$1.50**

EXPRESS LUNCH

**CHOICE OF SANDWICH WITH SOUP
OR SALAD \$9**

SANDWICH ~ TUNA, VEGGIE MAX, AVOCADO & TOMATO OR CHEESE

CUP OF SOUP ~ BLACK BEAN OR SOUP OF THE DAY

SALAD ~ MIXED GREENS, KALE, QUINOA, CARROT, BROCCOLI



Organic Living Food
Gluten Free
Vegetarian

Monday - Saturday
10am ~ 3pm

inside of

APPLESEED HEALTH FOOD
1007 Pathfinder Way
Rockledge, FL 32955
321-631-1444

www.appleseedhealth.com

ORGANIC VEGGIE JUICES

Add a veggie, ginger or garlic for **\$.75**

BACK TO MY ROOTS ~ beet, carrot, ginger **\$6**

GREEN GARDEN ~ apple, chard, celery, cucumber, parsley, spinach **\$6**

LET IT GROW ~ Grow your own with five choices from the following (as available): apple, beet, carrot, celery, chard, cucumber, kale, parsley, romaine, spinach, zucchini **\$6**

SWEET GINGER BROWN ~ apple, carrot, ginger **\$6**

WHAT'S UP DOC ~ sweet carrot **\$6**

WHEAT GRASS OR E3 LIVE

1 oz **\$2.75** ~ 2 oz **\$5.00**

FRUIT SMOOTHIES

Enhance any Smoothie with a Super Food for **\$1.50** each

Acai, Cacao, Chia, Coconut, Flax, Hemp, Maca, Spirulina, or Warrior Protein

BANANA BLAST ~ almond or coconut milk, banana, cacao, peanut butter, agave **16oz \$7**

BLUE SKIES ~ apple, blueberry, white grape

GLORIOUS GREENS ~ apple, chard, kale, spinach, apple juice. Add ginger or garlic

ISLAND LOVE ~ banana, pineapple, apple coconut

SUMMER BREEZE ~ banana, strawberry, apple

VERY BERRY ~ blueberry, strawberry, apple

lg.16oz **\$6.50** ~ sm.12oz **\$5.25**

BEVERAGES

Coconut Water \$3

Organic fair trade Coffee \$3

Hot Tea by the pot \$3

APPETIZERS

HUMMUS & CHIPS **\$3.50**

CHIPS & SALSA **\$3.50**

CARROT & CELERY PLATE

Sticks loaded with your choice of hummus, peanut butter, or nut pate **\$4.50**

RAW SNACK PLATE Simply delicious dehydrated raw crackers, nut pate' **\$6.75**

LIVE SPECIALTIES

Raw Organic Vegan food consisting of fresh or dehydrated (below 118 F) fruits, vegetables, soaked nuts and sprouted seeds or grains. The natural LIVE enzymes and balance are not destroyed, which supports proper digestion, natural detoxification and healing.

Served with choice of side salad. Live homemade sprouted dehydrated bread choices include buckwheat or onion.

RAW DEAL ~ Choice of bread, cashew pate, avocado, carrot, cabbage, sauerkraut, sweet potato, zucchini, tomato, greens, sprouts. Served with miso dressing **lg. \$10 ~ sm. \$8**

BELLA BURGER ~ Portabella, sprouted pumpkin, sunflower seeds, garbanzos, onion bread, avocado, greens, sprouts, tomato, mustard, ketchup, Veganaise **\$9**

NORI ROLL ~ Cashew pate', carrot, cucumber, avocado, cabbage, zucchini, sprouts **\$9**

POSI PIZZA SLICE ~ buckwheat bread, white truffle sauce, sun dried tomato marinara, olives, veggies, nut cheese **\$7**

RAW SPAGHETTI ~ Alfredo truffle sauce, sundried tomato marinara, veggies, nut parmesan **\$8**

LIVING GREENS

KALE SALAD \$4, SPROUTED QUINOA \$3.50,

BROCCOLI OR CARROT SALAD \$3.50

SAUERKRAUT \$3.00

SWEET GREENS ~ Mixed greens, veggies, cranberries, apples, walnuts, house vinaigrette **\$6**

AMPLE GREENS ~ Mixed greens, veggies **lg. \$7.25 ~ sm. \$4.25**

add any one Tuna, Tempeh, Cashew Pate, or Hummus for **\$2**

Dressing choices include homemade Vinaigrette, sesame ginger, vegetarian Thousand Island. **Extra dressing serving .50**