

# Gourmet Coffee Bar

We are pleased to offer gourmet coffee.  
Brewed and iced coffee drinks available.  
All coffee bar items may be prepared with Organic Milk or Organic Soy Milk.

## Teas & Lemonade

<b>Tropical Iced Tea</b> 12oz. 1.75 16oz. 2.25 20oz. 2.75	<b>Honey Lemonade</b> Made with Fresh Lemons & Honey 12oz. 1.95 16oz. 2.50 20oz. 2.95
<b>Iced Tea Lemonade</b> Your Choice of Iced Tea shaken with our Honey Lemonade & Ice 12oz. 1.95 16oz. 2.50 20oz. 2.95	<b>Mint Lemonade</b> Fresh Mint Blended with our Honey Lemonade & Ice 12oz. 2.25 16oz. 2.75 20oz. 3.25
<b>Hot Ginger Lemon</b> Fresh Lemon & Ginger Juice with Honey in Hot Water 12oz. 2.75 16oz. 3.25	<b>Ginger Lemonade</b> Fresh Ginger Juice shaken with our Honey Lemonade & Ice 12oz. 2.25 16oz. 2.75 20oz. 3.25

## Shake it up ...

### Tropical Smoothie

Pineapple Coconut Juice blended with Fat-Free Vanilla Frozen Yogurt or Organic Vanilla Soy Ice Cream, frozen Banana and frozen Pineapple & Mango.  
16 oz. 5.50 20 oz. 5.95

### Very Berry Smoothie

Milk or Soy Milk blended with Fat-Free Vanilla Frozen Yogurt or Organic Vanilla Soy Ice Cream, frozen Banana and frozen Mixed Berries.  
16 oz. 5.95 20 oz. 6.50

### 50/50 Shake

A Delicious Blend of Fresh Squeezed Orange Juice &/or Organic Carrot Juice with Fat-Free Vanilla Frozen Yogurt or Organic Vanilla Soy Ice Cream.  
16 oz. 5.95 20 oz. 6.50

### Peanut Butter Shake

Rich Organic Peanut Butter blended with Milk or Soy Milk, Fat-Free Vanilla Frozen Yogurt or Organic Vanilla Soy Ice Cream, and Frozen Banana. Topped with Chopped Peanuts & Whipped Cream.  
16 oz. 5.50 20 oz. 5.95

Add Chocolate Syrup & Chocolate Chunks.  
16 oz. 5.95 20 oz. 6.50

### Extras

- Spirulina • Bee Pollen 1.50
- Protein Powder: Whey, Soy or Egg White 1.50
- SuperFoods 2.00

## Organic Juice Bar

### Fresh Squeezed Organic Juices

#### Create Your Own Combo

Carrot • Apple • Cucumber • Spinach • Celery Beet • Kale • Chard • Orange • Lemon • Ginger  
12 oz. 4.50 16 oz. 5.50 20 oz. 6.50 Qt 9.99

Some Seasonal Produce may not be Organic

#### Wheatgrass Ginger Delight

2 shots of Wheat Grass, Fresh Ginger, Apple Juice and Lemon Juice Served over Ice. 16 oz. 5.95

#### Organic Wheatgrass

1 oz. 1.50 Add Ginger 75¢

#### Organic Ginger

1 oz. Shot 2.50

Organic Wheatgrass Flat 14.00

# Saturday Breakfast

Breakfast is Served  
Saturday from 9:00am to 1:00pm  
Saturday Restaurant Hours 9:00am to 4:00pm



## Omelettes

### Create Your Own Omelettes

Served with Fresh Fruit, Potatoes and Toast with Butter.

Start with Three Fresh Whipped Eggs 6.95

Made with Egg Whites Add 1.00  
add 75¢ per Item

Cheddar Cheese, Vegan Soy Cheese or Feta Cheese  
Tomatoes • Mushrooms • Avocado • Fresh Spinach • Onions  
Add Soy Chorizo, Fakin Bacon (Soy) or Turkey Bacon 1.50

## Eggs N' Such



### Cuban Breakfast Plate\*\*

Three Eggs any Style, Black Beans, Brown Rice, Plantains, Sour Cream, Cucumber, Avocado and Salsa. Served with Whole Wheat, Gluten Free or Corn Tortillas 9.95  
Made with Egg Whites Add 1.00

### Egg Tortilla Scramble\*\*

Scrambled Eggs Sautéed with Corn Tortillas, Onions and Cheese, served with Brown Rice and Beans or Potatoes, Avocado, Sour Cream and Salsa 8.95  
Made with Egg Whites Add 1.00

### Breakfast Bowl\*\*

Brown Rice, Beans, Scrambled Eggs, Onions, Cilantro, Olives, Jalapenos, Cheese, Lettuce, Salsa, Cucumbers, Avocado and Sour Cream 8.95  
Made with Egg Whites Add 1.00

### Breakfast Burrito\*\*

A Whole Wheat or Gluten Free Tortilla filled with Two Scrambled Eggs, Brown Rice and Beans or Potatoes, Cilantro, Onions, Olives, Jalapenos, Cheddar Cheese, Sour Cream, Salsa and Avocado 8.95  
Made with Egg Whites Add 1.00

### Cuban Breakfast Burrito\*\*

A Whole Wheat or Gluten Free Tortilla filled with Two Scrambled Eggs, Brown Rice, Black Beans, Plantains, Avocado, Cucumbers, Salsa and Sour Cream 8.95  
Made with Egg Whites Add 1.00

### Egg & Cheese Wrap\*\*

A Whole Wheat or Gluten Free Tortilla filled with Three Scrambled Eggs, Cheddar Cheese, Tomatoes, Cucumbers, Avocado, Onions and Salsa 7.95  
Made with Egg Whites Add 1.00

\*\*Add Soy Chorizo, Fakin Bacon (Soy) or Turkey Bacon 1.50

\*\*Add Chicken, Carnitas, Turkey, Tofu, Ground Soy, Tempeh 1.50



## Eye Opener

Two Pancakes and Two Eggs with your choice of Two Toppings (cheese, tomatoes, onions, salsa, avocado)

Fresh Fruit Salad, Coffee or Herbal Tea. 9.95

Add Soy Chorizo, Fakin Bacon (Soy) or Turkey Bacon 1.50



## Create Your Own Breakfast

One Egg Any Style	1.00	Turkey Bacon	1.50
Breakfast Potatoes	2.00	Fakin Bacon or Soy Chorizo	1.50
Fresh Fruit	2.00	Avocado, Tomato or Cheese	1.00
Wheat Toast (2)	1.25	Gluten Free Toast (2)	1.25

## Pancakes

Homemade Pancakes served with Butter and Real Maple Syrup

### Whole Grain Buttermilk Pancakes

Plain...2.25 Blueberry...2.50 Banana Walnut...2.50 Apple Cinnamon... 2.50

### Gluten Free Pancakes

Plain...2.50 Blueberry...2.95 Banana Walnut...2.95 Apple Cinnamon... 2.95



### Old-Fashioned Oatmeal

Served with Butter, Brown Sugar or Maple Syrup, prepared with Water, Milk or Soy Milk. 16 oz. 5.25

Add fresh Strawberries 1.25

Add Banana • Raisins • Walnuts 95¢ each



## Natural Market & Kitchen

Phone 626.799.0156

Fax 626.799.6353

1119 Fair Oaks Avenue  
South Pasadena, Ca 91030

GrassrootsNaturalMarket.net

### Restaurant Hours

Monday-Friday 10am to 4pm

Saturday 9am to 4pm

Sunday Closed

### Store Hours

Monday-Friday 9am to 7pm

Saturday 9am to 6pm

Sunday 11am to 5pm

### Monday-Saturday

Please call in advance and place your food orders by 3:30pm. Orders may be picked-up until store closes.

Prices subject to change without notice.

# Weekday Breakfast

Served all Day 10:00am - 4:00pm

Please Join Us on Saturday for the Full Breakfast...Including our Delicious Pancakes!

## Breakfast Burrito\*\*

A Whole Wheat Tortilla filled with Two Scrambled Eggs, Brown Rice, Beans, Cilantro, Onions, Olives, Jalapenos, Cheese, Sour Cream, Salsa and Avocado 8.95  
Made with Egg Whites Add 1.00

## Egg & Cheese Wrap\*\*

A Whole Wheat Tortilla filled with Three Scrambled Eggs, Cheese, Tomatoes, Cucumbers, Avocado, Olives, Onions and Salsa 7.95  
Made with Egg Whites Add 1.00

## Breakfast Bowl\*\*

Brown Rice, Beans, Two Scrambled Eggs, Onions, Cilantro, Olives, Jalapenos, Cheese, Lettuce, Salsa, Cucumbers, Avocado and Sour Cream 8.95  
Made with Egg Whites Add 1.00

## Cuban Breakfast Plate\*\*

Three Scrambled Eggs, Black Beans, Brown Rice, Plantains, Sour Cream, Avocado and Salsa, served with Whole Wheat, Gluten Free or Corn Tortillas 9.95  
Made with Egg Whites Add 1.00

## Eggs a la carte

Scrambled Egg 1.00 or Egg Whites 1.50

\*\*Protein may be added to any item. Please see Add-ons.

# Burritos & Soft Tacos

## South of the Border

Burritos & Tacos Include Brown Rice, Beans, Cilantro, Onions, Olives, Jalapenos, Cheddar Cheese or Vegan Soy Cheese, Sour Cream or Vegan Soy Sour Cream, Salsa, Avocado, Lettuce, and your choice of non-GMO Corn Tortillas for Tacos and an Organic Whole Wheat Tortilla or Gluten Free Teff Tortilla for Burritos

Rice & Bean	Burrito	7.95	Taco	4.95
Cuban	Burrito	7.95	Taco	4.95
Stewed Chicken	Burrito	8.95	Taco	5.95
Grilled Chicken	Burrito	8.95	Taco	5.95
Carnitas	Burrito	8.95	Taco	5.95
Ground Turkey	Burrito	8.95	Taco	5.95
Ground Soy	Burrito	8.95	Taco	5.95
Scrambled Tofu	Burrito	8.95	Taco	5.95
Smoked Tofu	Burrito	8.95	Taco	5.95
Mexican Tempeh	Burrito	8.95	Taco	5.95
Vegan Beef	Burrito	9.95	Taco	6.95

\*\*Protein may be added to any item. Please see Add-ons.

# Soups & Chili

## Soup of the Day

All of our Soups are made fresh daily without added Oils, Flour, MSG or Beef Stock.

## Vegetarian Chili

Our Vegetarian Chili is prepared with Organic Pinto Beans, Ground Soy and Organic Tempeh without added Oils, Flour, MSG, Dairy, Eggs, Chicken or Beef Stock.

## Gazpacho

Cold fresh Vegetables and Avocado in a Tomato Juice Base. Our Gazpacho is served during the warmer months.

Small 3.50 Medium 5.50 Quart 9.95

## Soup & Sandwich Special

A small Soup or small Vegetarian Chili served with any Sandwich. 8.95

## Soup & Salad Special

A small Soup or small Vegetarian Chili served with a Garden Salad. 9.95

# Grassroots Bowls

## Fiesta Bowl

Brown Rice, Beans, Lettuce, Cucumbers, Cilantro, Onions, Avocado, Cheese, Olives, Jalapenos, Sour Cream and Salsa 7.95

Add Protein 8.95

Chicken • Tofu • Ground Soy • Carnitas  
Smoked Tofu • Ground Turkey

## Vegan Beef Bowl

Brown Rice, Beans, Vegan Beef, Onions, Cilantro, Olives, Jalapenos, Soy Cheese, Lettuce, Salsa, Cucumbers, Avocado and Soy Sour Cream 9.95

## Cuban Bowl\*\*

Brown Rice, Black Beans, Plantains, Salsa, Avocado, Cucumbers and Sour Cream 7.95

## Chili Bowl\*\*

Brown Rice or Cornbread, Vegetarian Chili, Cheese, Avocado, Onions and Sour Cream 7.95

## Breakfast Bowl

Brown Rice, Beans, Scrambled Eggs, Onions, Cilantro, Olives, Jalapenos, Cheese, Lettuce, Salsa, Cucumbers, Avocado and Sour Cream 8.95

## Tempeh or Smoked Tofu Bowl

Brown Rice, Smoked Tofu or Tempeh, Cucumbers, Tomatoes, Avocado, Carrots, Sesame Seeds, Sprouts, Seasoned Rice Vinegar and Ponzu Sauce 8.95

## Teriyaki Bowl

Choice of Chicken or Smoked Tofu, Brown Rice, Lettuce, Teriyaki Sauce, Green Onions and Sesame Seeds 7.95

## Mid-East Bowl\*\*

Tabouli, Hummus, Falafel, Lettuce, Salsa, Avocado, Tomatoes, Cucumbers, Onions, Olives, Feta Cheese and Tahini Dressing 8.95

\*\*Protein may be added to any item. Please see Add-ons.

# Wraps

## The Greek Wrap\*\*

A Whole Wheat Tortilla, Lettuce, Tomatoes, Cucumbers, Olives, Avocado, Onions, Feta Cheese and Vinaigrette Dressing 7.95

## Falafel Wrap\*\*

A Whole Wheat Tortilla, Hummus, Crumbled Falafel, Lettuce, Tomatoes, Cucumbers, Avocado, Olives, Onions and Tahini Dressing 7.95

## Mid-East Wrap\*\*

A Whole Wheat Tortilla, Hummus, Quinoa Tabouli, Salsa, Avocado, Lettuce, Tomatoes, Cucumbers, Onions, Olives, Feta Cheese and Tahini Dressing 8.95

## Veggie Burger Wrap

A Whole Wheat Tortilla, Veggie Burger, Lettuce, Tomatoes, Onions, Avocado, Cheddar Cheese, Sprouts and Your Choice of Dressing 8.95

## Caesar Wrap\*\*

A Whole Wheat Tortilla, Lettuce, Tomatoes, Cucumbers, Olives, Avocado, Onions, Cheddar Cheese and Vegan Caesar Dressing 7.95

## Israeli Wrap\*\*

A Whole Wheat Tortilla, Hummus, Hard Boiled Egg, Lettuce, Tomatoes, Cucumbers, Avocado, Onions, Zatar Seasoning and Tahini Dressing 7.95

## Sa-baba Wrap\*\*

A Whole Wheat Tortilla, Sautéed Eggplant with Garlic, Hardboiled Egg, Tomatoes, Cucumbers, Onions, Pepperoncini, Pickled Mango Sauce and Tahini 8.95

## Turkey Wrap

A Whole Wheat Tortilla, Lettuce, Roasted Turkey Breast, Tomatoes, Cucumbers, Avocado, Cheddar Cheese, Onions, Sprouts and Your Choice of Dressing 8.95

\*\*Protein may be added to any item. Please see Add-ons.

**Organic Ingredients**

- Pinto Beans
- Black Beans
- Brown Rice
- Quinoa
- Whole Wheat Tortillas
- Tempeh
- Tofu
- Smoked Tofu
- Buckwheat
- Milk
- Soy Milk
- Sprouts
- Juice Bar Fruits & Veggies
- Whole Wheat Pastry Flour
- Soy Ice Cream
- Bee Pollen
- Wheatgrass

All of Our Chicken, Turkey & Pork are Raised Naturally without Hormones or Antibiotics

# Delightful Salads

Our Salads are served with a choice of Homemade Vinaigrette, Homemade Tahini, Low Fat Ranch or Low Fat Vegan Caesar Dressing.

## Tossed Taco Salad

Your Choice of Protein, Brown Rice, Beans, Lettuce, Cilantro, Onions, Olives, Jalapenos, Cheese, Salsa, Tomatoes, Cucumbers, Avocado and Tortilla Chips, tossed with Vinaigrette Dressing and topped with Sour Cream 9.95

## Cobb Salad

Mixed Lettuce, Tomatoes, Cucumbers, Avocado, Onions, Olives, Cheese, Hard Boiled Egg, Grilled Chicken or Smoked Tofu, Vegetarian Bacon Bits and Your Choice of Dressing 9.95

## Greek Salad\*\*

Mixed Lettuce, Tomatoes, Cucumbers, Avocado, Onions, Feta Cheese, Olives and Homemade Vinaigrette Dressing 8.95

\*\*Protein may be added to any item. Please see Add-ons.

## Garden Salad\*\*

Mixed Greens, Tomatoes, Cucumbers, Avocado, Sprouts, Shredded Carrots, Sunflower Seeds, Cilantro, Onions, Jalapenos, Olives and Your Choice of Dressing 7.95

## Mid-East Salad\*\*

Hummus, Falafel and Tabouli Served with our Greek Salad and Your Choice of Whole Wheat or Non-GMO Corn Tortillas and Homemade Tahini Dressing 9.95

## Tossed Falafel Salad\*\*

Mixed Lettuce, Tomatoes, Cucumbers, Avocado, Onions, Feta Cheese, Olives and Crumbled Falafel, Tossed with Falafel Chips and Homemade Tahini Dressing 9.95

# Hot Entrees

Check the Blackboard for Our Chicken & Vegetarian Specials Prepared Daily by Our Chefs!!

## Quesadilla Plate

Prepared with Whole Wheat or Gluten Free Tortillas, Cheddar or Vegan Soy Cheese, Your Choice of Two Fillings (Chicken • Ground Turkey • Tofu • Ground Soy Carnitas • Tempeh • Beans • Onions • Avocado Spinach • Tomatoes • Cilantro • Jalapenos) and Avocado, Salsa & Sour Cream 9.95

½ Quesadilla Plate 6.95

## The Grassroots Plate

Chicken, Ground Turkey, Carnitas, Ground Soy, Tofu or Tempeh served with Rice, Beans and Vegetables, Topped with Cheese, Avocado, Cilantro, Onions, Salsa and Sour Cream 10.95

## Vegan Plate\*\*

Brown Rice, Beans, Vegetables and Tahini served with Whole Wheat or Corn Tortillas 7.95

\*\*Protein may be added to any item. Please see Add-ons.

## Soft Taco Plate

Two Soft Tacos of Your Choice with Cheese, Cilantro, Lettuce, Onions, Salsa, Olives, Jalapenos, Avocado and Sour Cream served with Brown Rice and Beans 9.95

## Vegetarian Chili Plate

Homemade Vegetarian Chili served over Brown Rice with a side of Vegetables, Topped with Cheese, Onions, Avocado, Sour Cream and your choice of Whole Wheat or Corn Tortillas 9.95

## Cuban Plate\*\*

Brown Rice, Black Beans, Plantains, Avocado, Cucumber, Salsa, Sour Cream and served with Whole Wheat or Corn Tortillas 8.95

# \*\*Add-Ons

Add-On PROTEIN	Add-On TOPPINGS	Add-On SIDE
Grilled Chicken \$1.50	Cheddar Cheese \$1.00	Corn Tortilla - non-GMO \$.50
Stewed Chicken \$1.50	Feta Cheese \$1.00	Whole Wheat Tortilla \$.95
Carnitas \$1.50	Soy Cheese \$1.00	Gluten Free Tortilla \$.95
Ground Turkey \$1.50	Sour Cream \$.75	Plantain (Banana) \$.95
Sliced Turkey \$1.50	Soy Sour Cream \$.75	Whole Wheat Toast (2) \$1.25
Ground Soy \$1.50	Avocado \$1.50	Gluten Free Toast (2) \$1.25
Scrambled Tofu \$1.50	Salsa \$.75	Extra Salad Dressing \$.50 \$.75
Smoked Tofu \$1.50	Cucumber \$.50	Hummus \$1.00
Tempeh \$1.50	Tomato \$.50	
Vegan Beef \$2.00	Sprouts \$.75	
Scrambled Egg \$1.00	Shredded Carrots \$.50	
Hardboiled Egg \$.95	Sunflower Seeds \$.50	
Falafel \$.50		

