

# SHANGRI-LA TEA ROOM & CAFE

Breakfast is served 'til 12 pm daily.

V denotes vegan

## Granola V

House made raw granola with a rich variety of fruits, nuts, grains and spices.

Dry \$4

Add milk, rice milk or soy milk \$1

## Breakfast Fruit Cup V

A luscious assortment of seasonal fruit served with chopped mint and drizzled with apple-anise syrup. \$5

## Tofu Scramble

Firm tofu sautéed with juicy red pepper, mushrooms and mozzarella cheese.

Topped with fresh green onion. Served with organic flaxseed toast \$8

## Traditional Asian Breakfast V

Seasoned organic brown rice served with chopped nuts, raisins, agave nectar and your choice of organic whole milk, soy milk or rice milk. \$6

## Create Your Own Smoothie V

Choose 2 fruits and we will blend them up with ice and rice milk or soy milk.

\$5.50

Kiwi Peach Mango Banana Pineapple

Papaya Strawberries Raspberries

Add another fruit or protein powder \$1

Goji Berries Raw Cacao Maca \$1.50

## Wheat Grass Shots \$3

## Appetizers

### Homemade Chips and Salsa V

Crispy tomato-chili tortilla chips, lightly seasoned and served with peach-mango salsa. Guaranteed to make your mouth water! \$7

### Mock Toona and Crackers V

Our 100% raw, house made Mock Toona spread, and our raw house made crackers made with sprouted almonds and flax seed. Garnished with mixed veggies.

\$7

### Blessed Pita Plate V

Warm whole wheat pita bread and savory hummus garnished with a cooling cucumber and tomato relish.

\$6

## Home made Soups Vegan

### Monday-Tuesday

#### Corn Chowder V

Corn, potatoes and a bit of onion, in a veggie broth seasoned to perfection.

\$4.50

### Wednesday-Thursday

#### Black Bean Soup V

Black beans, corn, onion and red peppers in a cilantro-garlic broth. Served with yogurt and lime. \$4.50

### Friday-Saturday

#### Savory Tomato Basil V

Tomato and onion in a tomato sauce, generously seasoned with basil and garlic. \$4.50

### Wild Mushroom Miso V

Porcini, Chilean Bolete, Black Trumpet, Golden Oyster, Eryngii, Reishi, Straw, Portobello, Shitake mushrooms and onion, in a miso-garlic broth. \$5

### Served Daily

### Golden Buddha Miso V

Savory red miso broth and organic tofu, garnished with Nori flakes and green garden onion. A traditional favorite. \$5

*Ask about our seasonal soups.*

## Sandwiches and Wraps

### Mock Toona Sandwich V

Our delicious raw mock "toona" on sprouted flax bread with avocado, tomato spring greens and barley sprouts. \$7.50

### Falafel Sandwich

Fabulous falafel, hummus, red pepper, cucumber, spring greens, tomato and our home made taziki sauce.

\$7

### Veggie Burger

Served on a whole grain bun with goat cheese, mango peach salsa, spring greens and tomato. Or have it your way! \$6

### Pita Sandwich

Delicious Dubliner cheese, hummus, spring greens, avocado, red pepper, cucumber and Veganaise on pita bread. \$6

### Curry Wrap V

Tofu, potatoes and red pepper in a scrumptious red curry sauce, wrapped in a warm tortilla.

\$7

### Southwestern Wrap

Black beans, corn, tomato, goat cheese, spring greens, tomato, cucumber and mango-peach salsa on a chile-tomato tortilla \$7

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# SHANGRI-LA TEA ROOM & CAFE

## Pizza

### Mediterranean Pizza

Olive oil and pesto sauce topped with mozzarella cheese, artichoke, sun dried tomato, black olives and kalamata olives on pita bread. **\$8** Add red pepper and fresh tomato for **\$1.50**.  
Add soysage for **\$2**

### Caprese Pizza

Olive oil and pesto sauce topped with mozzarella cheese, grape tomato, fresh basil and a balsamic vinegar reduction.  
**\$8**  
Add soysage **\$2**

## Salads and Sides

Shangri-La Garden Salad Spring greens, spinach, grape tomato, red pepper, cucumber, avocado, Veganaise and Dubliner cheese dressed with our home made citrus, ginger dressing. Whole **\$7** Half **\$4** **V** without the cheese.

SouthWest Salad **V** You get everything that comes in the garden salad and more! Served with peach-mango salsa, black olives, and a warm blend of black beans, corn and red peppers. **\$8.50**

Asian Rainbow Salad **V** A colorful blend of red and green cabbage, celery, carrots, red pepper and fresh cilantro with a sesame-ginger-lime dressing. 100% Raw! **\$7** Add chilled or fried tofu for a full meal. **\$2** Half size **\$4**

Grilled Tofu Skewers with Seasonal Veggies **V** Two tofu and seasonal veggie skewers grilled to perfection and served with our tangy ginger-sesame glaze. **\$6.50**

Edemame Salad **V** A crisp blend of fresh edemame, corn, black beans, red pepper and seasoned with a hint of lime and exotic spices. **\$4.50**

Tabouli **V** A traditional Middle Eastern favorite. A zesty combination of bulgur, garbanzo beans, tomato, cucumber, mint, parsley and seasonings. Delicious! **\$4**

## Desserts and Snacks

Chocolate Overload Torte A chocolate lovers dream come true! **\$4.50**

Tea Cakes Served warm with a healthy buttery spread. **\$2.50**

Green Tea Ice Cream Handmade onsite! Creamy and delicious, made with organic matcha. **\$4**

Power Pudding A nutrient dense power treat. Guilt free and delicious. A creamy blend of organic raw cacao, avocado, raw coconut butter, maca, goji berries and dates. Served with blueberries and chopped walnuts. **\$5.50**

Cookies We have a wide selection of large, chewy cookies. Ask your waitperson for details.

Assorted Snacks Rice crackers, Nut mix, Almond crunch, Crystallized ginger. **\$2** per item

## Drinks

Check our hot tea menu for an amazing selection of exotic teas and tisanes.

### Organic Iced Tea

Mango Ceylon.....an aromatic favorite..... **\$3**

Moroccan Mint..... cool and refreshing.....**\$3**

Chai.....deliciously different-try it with creamer....**\$3**

African Honeybush.....sweet and satisfying.....**\$3**

Matcha Grasshopper.....need a lift?.....**\$4**

### Fresh Squeezed Juice

Start with carrot and your choice of apple, celery, yam, beet, ginger or garlic. Squeezed while you wait! .....**\$6.5**

Medicinal Tincture Shots .....**\$2.5**

### Bubble Tea

Just the thing when you want something sweet and a little different. Made with tapioca "bubbles" and your choice of iced tea (see left), and your choice of syrups. **\$4.5**

Coconut.....Blueberry.....Blackberry.....Boysenberry  
Chai.....Mango.....Passionfruit.....Lemon.....Vanilla

### Italian Soda

If you like soda, try a healthier alternative. Made with Perrier for it's perfect pH and soy creamer for it's delicious flavor and health benefits.....**\$3**