

Call in for take out: 512-477-BEET (2338)

to go orders add 5%

BEETS *living foods* Cafe

Monday - Thursday

Friday - Saturday

9am to 9pm

10am to 10pm

Smoothies

Sylvia's Favorite Small – \$5.75 Large – \$6.75

coconut water, banana, cranberries, young coconut, sesame seeds, dates, lemon

Tropical Greens

spinach, banana, pineapple, mango, goji berries, ginger

Do You Love Pina Colada

young coconut, pineapple, lime, vanilla

Shakin' Berrie

almond milk, strawberries, dates, vanilla, crystal salt

Choco-a-la-na-na

chocolate almond milk, cacao powder, banana, dates, vanilla, spices

Ultimate Orange Bliss

orange, cashews, dates, non-GMO soy lecithin, vanilla

Green Berry Smoothie

spinach or kale, blue berries, banana, and orange juice

OMG Chocolate & Berries

almond milk, cacao powder, raspberries or strawberries, date syrup, coconut palm, cacao nibs

Drink Your Veggies!

Green on Me Small – \$5.75 Large – \$6.75

a variety of fresh greens, (kale, celery, romaine, and parsley), lemon, ginger

Beets Me

beet, apple, carrot, ginger

Iron Maiden

spinach, cucumber, parsley, beet

Popeye's Secret

tomato, spinach, celery, parsley, cucumber, lemon

KLJ

kale, romaine, celery, spinach, cucumber, parsley, cilantro, apple

Pump Me Ups

| | | | |
|----------------|-----------------|------------------|------------------|
| E-3 Live Shots | | | \$2.50 / 1oz |
| Chia Seed | Goji Berries | Chlorella | \$2.00 / Serving |
| Hemp Seed | Flax Seed | Cacao Nibs | |
| Pure Synergy | Chocolate Bliss | Maca Root Powder | |

Breakfast Anytime

Served with Almond Milk

Buckwheat Granola \$6.25

sprouted buckwheat, apple, dates, sesame seeds, flax seeds, raisins, cranberries, bananas, pecans, mesquite powder, and spices, garnished with seasonal fruit

Oatmeal \$5.25

sprouted oats, apple, dates, crystal salt, topped with cinnamon glazed apples

Beverages

Chocolate Almond Milk \$5.25

sprouted almonds, dates, vanilla, cacao powder, spices

Rich Almond Milk \$4.75

sprouted almonds, dates

Mocha Frappe \$5.75

almond milk, coffee, date syrup, cacao sauce

Goji Lemonade \$3.75 sm / \$4.75 lg

lemon, goji berries, agave

Buddha's Brew Kombucha \$3.45

(locally produced)

Organic Zhi Herbal \$3.75 / Pot

(see table tent for flavors)

Organic Fare Trade Cold Brewed Coffee \$2.50

hot or iced

Coconut Water 12 foz. \$4.25

Whole Coconut \$4.95

Herbal Iced Tea \$3.55

Orange, Apple, or Carrot Juice \$5.25 sm / \$6.25 lg

Decadent Desserts

All of the pleasure, none of the guilt!

Beets' I-Scream \$6.25

Our signature ice creams are rich and satisfying! Free of dairy, soy and refined sugars. Made from a base of naturally rich nut milk, sweetened with dates, agave nectar or palm sugar, and are made with love and care. *Additional toppings available \$.50 ea*

Our dessert case selection varies daily – be sure to come by and be blissfully surprised by our selection of Cheezecakes, delicious Beets-I-Scream, Pies, Cookies, Chocolates, and more...

More than an Appetizer

Curried Carrot Soup \$4.25 cup \$5.75 bowl

carrot juice, orange juice, pine nuts and cashews, miso, ginger, garlic, lemon, spices, crystal salt

Zucchini Hummus \$7.25

a creamy blend of zucchini, tahini, sesame seeds, lemon juice, garlic, olive oil, spices, served with crunchy garden vegetable crudite *Add sprouted almond sunflower flatbread \$1.95*

Guacamole Spinach Dip \$7.50

a blend of avocado, spinach, green onion, lime juice, cilantro, and spices served with crispy corn chips

Chips, Salsa y Spicy Nacho Quezo \$8.50

great to share or enjoy solo, this tasty mix of tomato, red onion, cilantro, lemon juice, garlic, jalapeno, and spices is paired with a creamy "quezo", (cashews, carrot, lime, miso, and spices), served with crispy corn chips

Nori Rolls \$7.95

filled with choice of "Mock Tuna" pate or avocado, assorted julienne vegetables, and sprouts, served with tamari dipping sauce

Entrees

- E.L.T.** **\$12.95**
 a delicious sprouted almond sunflower flatbread, spread with a creamy cashew dijonaise, layered with crispy spiced eggplant "bacon", lettuce, tomato, avocado, and high-vibe sprouts, served with crispy veggie chips and kraut.
- Pizza Rustica** **\$12.95**
 a sprouted sunflower seed, hemp crust generously topped with seasoned almond nut cheeze, zesty tomato sauce, marinated mushrooms, sweet peppers, crispy onions, olives, fresh tomato, basil, spices, and crystal salt, served with a petite Caesar salad
- Just-A-Good Burger** **\$12.95**
 a perfect balance of texture and flavor, made with carrot, beets, sprouted sunflower seeds, celery, onion, parsley, flax, olive oil, crystal salt, and spices, served open-face, on crisp romaine with high-vibe sprouts, tomato slices, mayo and mustard! Served with veggie chips and kraut Add sprouted almond sunflower flatbread \$1.95
- Cha-lu-pas** **\$12.95**
 crunchy corn tostadas topped with shredded lettuce, salsa, guacamole, and olives, finished with a cashew sour cream drizzle Served with with "sunflower beanz" and a choice of side salad
- Raw Reuben** **\$13.95**
 sunflower flatbread layered with 1000 island dressing, kraut, marinated portabella mushrooms, caramelized onions, aand Swiss cashew cheeze. Served with beets salad and veggie chips
- Taco Plate** **\$12.95**
 three crispy corn taco shells filled with a veggie ground meat, topped with shredded lettuce, salsa and drizzled with cashew nacho cheeze. Served with with "sunflower beanz" and a choice of side salad

Add Ons

- Almond milk (3 oz.) **\$1.25**
 Almond or Brazil Milk (pint) **\$7.00**
 Apple **\$1.25**
 Avocado (¼ ea.) **\$1.50**
 Chili Flakes **\$0.75**
 Corn Chips **\$2.50**
 Croutons **\$0.50**
 Dressing (2 oz) **\$0.75**
 Flat Bread (2 squares) **\$4.00**
 Guacamole (2 oz) **\$2.50**
 Hummus Veggies **\$3.00**
 Kelp Noodles (1 oz) **\$1.00**
 Jalapeno (ea) **\$1.00**
 Lemon Juice (1 oz) **\$1.00**
 Mock Tuna (2 scoops) **\$3.50**
 Mock Tuna (1 lb.) **\$9.50**
 Quezo (1 oz) **\$1.95**
 Petite Salad **\$2.95**
 Salsa (4 oz) **\$3.75**
 Salsa (2 oz) **\$2.50**
 Sauces (mayo, mustard, etc.) **\$0.75**
 Sprouts **\$1.00**

Salads

- Side Salads**
 Gently marinated vegetable salads bursting with flavor
- Tex-Mex Bloomed Wild Rice** **\$6.25**
 wild rice, tomato, green onion, sun dried tomato, peas, olive oil, garlic, spices, crystal salt
- Kale Salad** **\$6.25**
 We change the way we prepare our kale salad from time to time. Please check with you server for today's preparation.
- Sprouted Lentil Salad** **\$6.25**
 sprouted lentils, tomato, onion, cilantro, raw apple cider vinegar, jalapeno, olive oil, spices, crystal salt
- Cabbage Kraut** **\$4.50**
 green cabbage, seasonings, crystal salt
- Beet Salad** **\$4.50**
 beets, orange juice, lemon juice, parsley, chives, mint
- Salad Sampler** **\$6.25**
 choice of 3 from above
- Entree Salads**
- Ensalada de Caesar** **\$7.25/11.95**
 romaine, brazil nut parmesan, herbed almond croutons, tossed with Caesar dressing
- Asian Style Noodle Salad** **\$7.95/12.35**
 napa, red and green cabbages, kelp noodles, sea vegetables, daikon radish, bok choy, broccoli, carrot, scallions, cilantro, tossed with Sweet n' Spicy Miso Dressing, garnished with gomasio
- Mock Tuna on Greens** **\$7.95/12.35**
 mixed greens topped with a scoop of "Mock Tuna" (almonds, sunflower seeds, celery, onion, kelp, lemon juice, herbs and spices) cucumbers, tomatoes, avocado, sprouts, served with choice of dressing
- Rainbow** **\$7.75/11.95**
 mixed salad greens, red cabbage, carrot, cucumber, and high-vibe sprouts, topped with avocado slices and seasoned seeds, with choice of dressing
- Salad Dressings**
- Creamy Spirulina (oil free)**
 avocado, apple cider vinegar, spirulina, garlic, spices, crystal salt
- Cilantro Lime Dressing**
 lime juice, cilantro, olive oil, spices, sundried tomatoes, dates
- Dijon Dressing**
 mustard, olive oil, lemon, salt garlic, red onion, crystal salt
- Hemp Ranch Dressing (oil free)**
 hemp seeds, water, nutritional yeast, raw apple cider vinegar, seasonings, crystal salt

