

organic vegan cuisine



*Because your time is precious  
and your good health is priceless*

Welcome to Real Food Daily !

Get ready for a high quality culinary experience; fresh from the farm and hand made in our kitchens.

The food you are about to eat is prepared using high quality, organic produce and ingredients. We cook with fresh herbs, spices, and sea salt, using unique condiments to add a variety of gourmet flavors. Our water is filtered and purified through reverse osmosis. We make nearly everything from scratch, an old world concept in today's modern kitchen.

Naturally low in fat, our food has no meat, fish, fowl, dairy, eggs, butter, cholesterol, saturated fats from animals or animal by-products.

Real Food Daily gives you optimal nutrition and energy, drawing on Eastern health philosophies and heart-healthy Western nutritional recommendations.

*Enjoy and chew well.*



### **NOT-CHOS**

Tortilla chips, melted cashew cheese, black beans, pico de gallo, guacamole, tofu sour cream 11.75 W/ TACO MIX ADD 2.75

### **SUN-DRIED TOMATO HUMMUS**

Homemade chickpea dip, cucumbers, toasted pita tips 10.25

### **LENTIL-WALNUT PATÉ WITH TOFU SOUR CREAM**

Wheat-free rice sesame crackers, carrots, celery 10.25

### **WABI SABI ROLLS**

Cabbage, cucumber, carrot, mint, rice noodles, rice paper, wasabi dressing 8.95

### **NORI MAKI**

Sweet brown rice, shiso, tempeh, avocado, carrot, collard greens, umeboshi, tamari, wasabi, pickled ginger 5 PIECES 6.95 10 PIECES 10.95

## SOUPS, BREADS AND SPREADS

**COUNTRY VEGETABLE MISO SOUP OF THE DAY** CUP 3.75 BOWL 4.95

**CORN-GRAIN BREAD OR HEMP BREAD** 1.95

**SPREADS** Tahini Miso • Carrot Cumin 1.95 **BREAD 'N' SPREAD** 3.50

## SALADS

### **HOUSE**

Seasonal greens, carrots, beets, cucumbers, choice of dressing

STARTER 4.25 REGULAR 7.95

### **CAESAR**

Romaine hearts, capers, wheat-free blue corn croutons, Caesar dressing

STARTER 4.25 REGULAR 8.25

### **FARM CHOP**

Seasonal vegetables, avocado, seasonal greens, choice of dressing 12.25

### **BBQ TOFU CHOP**

Seasonal vegetables, barbeque tofu, shredded cashew cheese, romaine, ranch dressing 13.95

### **MEXICALI CHOP**

Pinto beans, avocado, seasonal vegetables, romaine, baked tortilla strips, lime-cilantro dressing 12.95

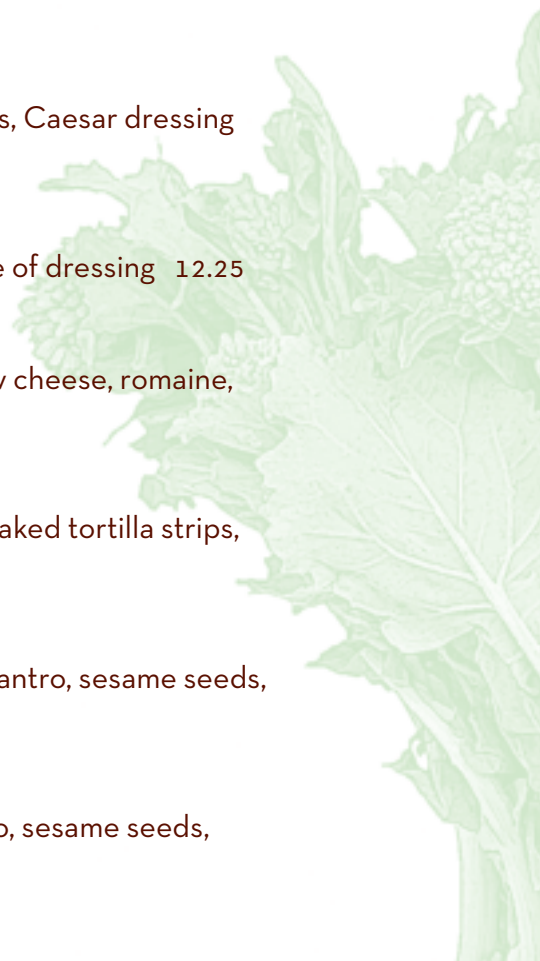
### **YIN YANG**

Cabbages, romaine, carrots, cucumbers, edamame, cilantro, sesame seeds, peanuts, peanut dressing 11.75

### **COLD SOBA**

Soba noodles, julienne vegetables, cucumbers, cilantro, sesame seeds, peanuts, peanut dressing 11.95

### **ADD ONS FOR YOUR SALAD**



**PIZZA YOU CAN EAT-ZA** *WHEAT, GLUTEN & YEAST FREE*

Herb corn meal crust, sun-dried tomato pesto, tomatoes, spinach, basil, melted cashew and mozzarella cheeses, sautéed daily greens & cannellini beans 14.25

**STIR IT UP**

Julienne vegetables, ginger garlic sauce over your choice of brown rice, soba noodles or daily greens 12.95

**TV DINNER**

Tempeh vegetable loaf, mashed potatoes, golden gravy, vegetables 13.95

**SALISBURY SEITAN**

Wheat meat cutlets, mashed potatoes, golden gravy, Caesar salad 13.25

**TAC-O' THE TOWN**

Corn tortillas, seasoned seitan, onions, peppers, guacamole, pico de gallo, tofu sour cream, Spanish rice, black beans 14.25

**EL BANDITO ROJO** *WHEAT AND GLUTEN FREE*

Corn enchiladas, seasoned tempeh, salsa roja, Spanish rice, black beans, pico de gallo, tofu sour cream, guacamole 13.95

**SUPREME BURRITO** *WET OR DRY*

Spanish rice, black beans, tempeh bacon, cashew cheese, avocado, onions, peppers, lettuce, tomato, tofu sour cream, Ranchero sauce 12.95  
W/ TACO MIX ADD 2.75

**SANDWICHES AND WRAPS**

*Served with tossed house or Caesar salad. For an additional charge of 2.50 salad may be substituted with one item from the basic vegetable or grain list.*

**TOTAL REUBEN**

Tempeh, tofu cheese spread, sauerkraut, thousand island dressing, sourdough rye bread 11.75

**THE CLUB** *TRIPLE DECKER*

Seitan, tempeh bacon, avocado, lettuce, tomato, vegenaïse, sourdough bread 13.75

**RFD BURGER**

Tempeh vegetable patty, sautéed onions, lettuce, tomato, rustic roll 10.75

**BURGER WITH THE WORKS**

RFD burger plus avocado, tempeh bacon, melted cashew cheese 14.75

**GRILLED VEGGIE WRAP**

Seasonal squash, onions, sun-dried tomato pesto, lettuce, tomato, spinach tortilla with your choice of grilled tofu or portabella mushroom 10.75

**CAESAR WRAP**

Blackened tempeh, avocado, capers, romaine hearts, Caesar dressing, spinach tortilla 10.75

**LIVING WRAP**

Red pepper sunflower spread, cucumbers, guacamole, lettuce, tomato, salad greens, citrus herb dressing, collard greens 10.75

**REAL FOOD MEAL 12.95**

Brown rice, beans, greens, land and sea vegetables, pressed salad, dressing or sauce

**REAL FOOD BARGAIN 16.95**

The Real Food Meal, cup of miso or soup of the day, slice of corn grain bread and spread

**THE BASICS****BASIC TWO 7.95 • BASIC THREE 9.95 • BASIC FOUR 11.95 • BASIC FIVE 13.95***Choose a dressing or sauce. The first one is on us, after that there is an additional charge. Choose from one to five of the following items to create your own dish.***VEGGIES 4.25**VEGGIES OF THE DAY  
DAILY GREENS  
SEA VEGETABLES  
PRESSED SALAD  
POTATO SALAD  
MASHED POTATOES  
STARTER HOUSE  
STARTER CAESAR**BEANS & GRAINS 4.00**MILLET & QUINOA  
SPECIALITY GRAIN  
BROWN RICE  
SPANISH RICE  
SOBA NOODLES  
BEANS OF THE DAY  
BLACK BEANS**PLANT PROTEINS 4.75**

ONLY 1 PROTEIN PER BASIC

TEMPEH (Rueben or Blackened)

Tofu (Marinated or Grilled)

SEITAN (Salisbury or Club)

**DRESSINGS AND SAUCES**

All dressings and sauces are made fresh on the premises 1.50

**HOUSE • CAESAR • BALSAMIC VINAIGRETTE • LIVING CITRUS HERB  
RANCH • LIME CILANTRO • WASABI  
PEANUT SAUCE • RANCHERO SAUCE • SAVORY GOLDEN GRAVY  
HERB TOMATO SAUCE • HICKORY BBQ SAUCE****FRESH JUICES AND BEVERAGES****FRESH JUICES 16 OZ. 5.95**

SWEET GREEN - cucumber, celery, parsley, spinach w/ a splash of apple

RED HEAD - beet, carrot, celery, apple

MUTT JUICE - a little of everything

POWER C - carrot, celery, OJ

SIMPLE CARROT

WHOLE APPLE

100 % ORANGE JUICE

BOOST WITH GINGER ROOT OR LEMON 50¢

**BOTTLED DRINKS**

FLAT OR SPARKLING MINERAL WATER 2.75

ROOT BEER 2.95

GINGER BREW 2.95

SYNERGY KOMBUCHA 5.95

GUAYAKI YERBA MATE 2.95

**ICED TEAS 3.95**

ACAI BERRY KUKICHA

**LATTES 4.25**

CAFFE CHAI YERBA MATÉ TEECCINO

served hot or iced, made with soy, rice, almond or hemp milk



## L.A. BENEDICT

Poached tofu, roasted tomatoes, sautéed spinach, buttery rustic toast, corn hollandaise, tempeh bacon, hash browns or fruit 13.95

## THE WEEKENDER

Scrambled tofu, onions, tomatoes, cashew cheese, tempeh bacon, half order French toast OR two pancakes, hash browns or fruit 14.25

## NO-HUEVOS RANCHEROS

Scrambled tofu, onions, tomatoes, bell and chili peppers, corn tortillas, Ranchero sauce, avocado, black beans, pico de gallo 10.95

## BREAKFAST BURRITO

Whole wheat flour tortilla, scrambled tofu, onions, peppers, guacamole, pico de gallo, Ranchero sauce, melted cashew cheese, tempeh bacon, hash browns or fruit 13.75

## SCRAMBLES

THESE PLATES ARE MADE WITH FRESH TOFU, SERVED WITH TOAST AND HASH BROWNS OR FRUIT

### AVA B 'N' CHEEZ SCRAMBLE

Avocado, crumbled tempeh bacon, sun-dried tomatoes, melted cashew cheese 12.95

### BUILD YOUR OWN SCRAMBLE 8.75

#### ADD ONS FOR YOUR SCRAMBLE

Avocado 1.95

Guacamole 1.95

Melted Cashew Cheese 1.75

Tempeh Bacon 1.75

#### ALL ITEMS BELOW 1.25

Black Beans • Sun-dried Tomatoes

Fresh Tomatoes • Pico de Gallo

Sautéed Onions • Red Peppers

Ranchero Sauce • Spinach

SERVED WITH VEGAN BUTTERY SPREAD AND PURE MAPLE SYRUP

## PANCAKES STACK OF 3 8.95

Gluten and wheat free w/ almond flour with blueberries or bananas add 1.50

## PANCAKE PLATTER

with tempeh bacon, choice of hash browns or fruit 12.95

## BIG 'OL WAFFLE

Gluten and wheat free w/ almond flour with soy whip & fresh berries 8.95

## WAFFLE PLATTER

with tempeh bacon, choice of hash browns or fruit 12.95

## FRENCH TOAST

Rustic bread soaked in vanilla soy flaxseed batter 9.95

## FT PLATTER

with tempeh bacon, choice of hash browns or fruit 13.95

## BREAKFAST BASICS

SERVED WITH SOY, RICE, ALMOND OR HEMP MILK

### RFD GRANOLA

with bananas and fresh fruit 6.95

### CREAMY OATMEAL

Cooked to order - quick oats, quinoa flakes, raisins, bananas, sprinkled w/ granola 6.95

### THE CALIFORNIAN

Granola or oatmeal, scone or muffin, one hot tea or coffee beverage 10.95

## SIMPLE BREAKFAST

### THE CONTINENTAL

Scone or muffin, fruit, one hot tea or coffee beverage 7.95

### SEASONAL FRUIT PLATE 7.95

## HOUSE BAKED GOODS

Cinnamon Bun 3.75

Scone 3.25

Wheat-free Muffin 3.25

## SIDES

Toast 1.25

Hash Browns 2.95

Tempeh Bacon 2.75

Scrambled Tofu 3.95

