DESSERTS

We bake a delectable line of pastries, cookies, cakes, pies and more. Our offerings change daily.

WEEKEND BRUNCH 10AM - 3PM

BRUNCH PLATES

BREAKFAST SAMMIE *nf* House baked biscuit, marinated tofu, tempeh bacon, swiss cheese, chipotle aioli, avocado, tomato with hash browns or fruit 12

BISCUITS 'N' GRAVY of House baked biscuit, tempeh bacon gravy, garlicky greens, choice of hash browns or fruit 11

SEA CAKE BENEDICT of Sea cake, sautéed spinach, herbed tofu, tempeh bacon, corn hollandaise, spring mix greens, balsamic vinaigrette 15

THE WEEKENDER of when served w/pancakes Scrambled tofu, onions, tomatoes, cashew cheese, tempeh bacon, half order french toast OR two pancakes with hash browns or fruit 16

NO-HUEVOS RANCHEROS gf nf Scrambled tofu, onions, tomatoes, bell and chili peppers, corn tortillas, ranchero sauce, avocado, black beans, pico de gallo 13

BREAKFAST BURRITO Whole wheat tortilla, scrambled tofu, roasted potatoes, black beans, tempeh bacon, sautéed peppers & onions, cashew cheese, guacamole, pico de gallo with hash browns or fruit 14

SCRAMBLES Made with fresh tofu, served w/toast and choice of hash browns or fresh fruit

AVA B 'n' CHEEZ af Avocado, tempeh bacon, sun-dried tomatoes, melted cashew cheese 13

CHIPOTLE SAUSAGE Chipotle seitan sausage, onions, peppers, cilantro, melted cashew cheese 13

ADD TO YOUR SCRAMBLE Avocado · Guacamole nf sf 2 · Tempeh Bacon nf 3 Melted Cashew Cheese · Shredded Pepperjack nf sf 2.5

OFF THE GRIDDLE Served with pure maple syrup

PANCAKES gf sf stack of 3 Made with almond flour 9 ADD BLUEBERRIES OR BANANAS 1.5 BIG 'OL WAFFLE af sf Made with almond flour topped w/ fresh berries, bananas 10

FRENCH TOAST of Rustic bread soaked in vanilla soy flaxseed batter 10

PLATTERS Served with choice of hash browns or fresh fruit and tempeh bacon Pancake or Waffle Platter 13 • French Toast Platter 14

BREAKFAST BOWLS

CHIA af sf raw Chia seeds, house made raw cashew milk, vanilla bean with bananas, fresh berries, cinnamon, agave nectar 9 ADD GRANOLA 4

AÇAI sf Sambazon açai berry, granola, bananas, fresh berries, agave nectar 10

GRANOLA of Golden mix of oats, nuts, seeds, goji and mulberries with bananas, fresh berries, choice of milk 7

HOUSE BAKED GOODS Selections change every weekend



RFD - Santa Monica

514 Santa Monica Blvd. (between 5th & 6th) 310.451.7544

RFD - West Hollywood

414 N. La Cienega Blvd. (between Beverly & Melrose) 310.289.9910

RFD - Pasadena

899 E. Del Mar Blvd. (at the corner of Lake Ave) 626.844.8900

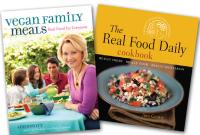
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Proprietress Ann Gentry • Executive Chef Tara Punzone • Executive Pastry Chef Tony Nigro Menu and prices subject to change without notice. Seasonal Fall menu 10/14

SEASONAL SPECIALS

YUCCA FRIES of, nf, sf Baked yucca fries, sweet mustard, spicy aioli 9

BALI HAI *gf* Romaine, snap peas, cabbage, carrots, peanut sauce, cilantro, peanut sesame crumble, toasted coconut, grilled tempeh skewers 14

CARIBBEAN QUESADILLAS of Island coconut lentil purée, spinach, caramelized onions, pepperjack cheese, whole wheat tortilla with coconut cilantro cashew crème, mango salsa, guacamole, grilled plantains 16

MAC 'N' CHEESE Mac 'n' cheese stuffed acorn squash topped with crunchy tempeh bacon bits, candied walnut brussel sprouts, chives 15

seasonal specials subject to change

SOUP & STARTERS

SOUP Vegetable Miso gf nf Soup of the Day CUP 4 BOWL 6

KIMCHI MAKI *gf nf* Jade pearl rice, Japanese kimchi, avocado, carrot, red pepper, scallion, sweet miso sauce 9.50

SEA CAKE Yam and sea vegetable croquette, pesto, spicy aioli 10

NOT-CHOS gf Melted cashew cheese, black beans, pico de gallo, tofu sour cream, guacamole 12 ADD TACO MIX 3

SALADS

THE GREAT CARDINI *gf* Tuscan kale, romaine, garbanzo beans, red quinoa, roasted yam croutons, creamy almond shallot dressing, spiced pumpkin seeds, macadamia parmesan, avocado 15

MEDITERRANEAN BOWL *gf available* Arugula, tomato, avocado, lemon herb Za'atar dressing, cucumber, kalamata salsa, white bean basil salad, quinoa tabouli, almond feta, whole wheat Za'atar flatbread 16

SOUTHWEST *gf nf sf* Romaine hearts, black beans, brown rice, jicama slaw, guacamole, pico de gallo, lime cilantro dressing, baked tortilla strips 14

CAESAR gf nf Romaine hearts, capers, blue corn croutons, caesar dressing STARTER 5 REGULAR 9 ADD BLACKENED TEMPEH gf nf 3

HOUSE gf nf sf Leafy greens, carrot, beet, cucumber, choose dressing STARTER 5 REGULAR 9

REAL FOOD & BASICS

Based on the principles of macrobiotics, the 'Real Food Meal' is a balanced selection of foods representing the five elements of Eastern health philosophy.

REAL FOOD MEAL *gf nf* Brown rice, beans, daily greens, land and sea vegetables, pressed salad, choice of one dressing or sauce 15

BASIC TWO 9 • **BASIC THREE** 11 • **BASIC FOUR** 13 • **BASIC FIVE** 15

The vegetables, beans & grains are gf sf nf. Plant proteins are marked with legend. Choose from 1-5 of the following items. The first dressing or sauce is on us.

VEGGIES 4.5 DAILY VEG • DAILY GREENS • GARLICKY GREENS • PRESSED SALAD • SEA VEGETABLES not sf MASHED POTATOES W/GRAVY not sf

BEANS & GRAINS 4 SPECIALTY GRAIN \cdot BROWN RICE \cdot QUINOA \cdot SPANISH RICE \cdot DAILY BEANS \cdot BLACK BEANS SOBA NOODLES *not of*

PLANT PROTEINS 6 one per basic BLACKENED TEMPEH gf nf • GRILLED TOFU gf nf • CLUB SEITAN nf • BURGER nf sf ALMOND TUNA gf sf raw

All dressings and sauces are made fresh on the premises and are all gf HOUSE nf · CAESAR nf · WASABI nf BALSAMIC nfsfraw · LIME CILANTRO nfsf · PEANUT sf · RANCHERO nfsf · MARINARA nfsf · GOLDEN GRAVY nf

MAIN COURSES

LASAGNA NAPOLETANA Italian pasta, creamy cashew ricotta, spinach, crimini mushroom, marinara sauce, basil oil 15

KUNG PAO *gf* Stir-fry vegetables, lotus root, marinated tempeh, spicy ginger garlic sauce, pineapple fried rice, toasted cashews 15

MEXICO CITY TACOS *gf* Two crispy tacos, red chili beans, tempeh, peppers, chipotle cashew cheese, avocado, jicama slaw, spanish rice 15

SUPREME BURRITO dry or wet w/ranchero sauce Spanish rice, black beans, cashew cheese, tempeh bacon, tofu sour cream, lettuce, guacamole, pico de gallo, whole wheat tortilla 14 **BURRITO BOWL** gf The Supreme without the tortilla 14 **ADD TACO MIX** 3

BURGERS & SANDWICHES

Served with House or Caesar salad. Salad may be substituted with one item from the vegetable or grain list. Sub gf millet bread for 1.75

THE CHARLIE *sf sandwich*, *melt or raw wrap* Chef's famous almond tuna, lettuce, tomato, chipotle aioli, sourdough 13

THE CHARLIE MELT of Grilled with melted pepperjack cheese 14 IN THE RAW of of raw Rolled in a marinated collard wrap 13

SPICY BLT nf Tempeh bacon, avocado, lettuce, tomato, spicy aioli, sprouted grain bread 12

THE CLUB of triple decker or in a wrap Crispy seitan, tempeh bacon, avocado, lettuce, tomato, sourdough 14

REAL FOOD BURGER *nf sf* Lentil mushroom burger, caramelized onions, arugula, housemade pickled jalapeño, chipotle aioli, toasted ciabatta 14

FOR THE WORKS Add avocado, tempeh bacon, melted cashew cheese 16

BEVERAGES

HOMEMADE LEMONADE 6 Plain · Ginger · Kale 'n' Cuke HOMEMADE ICED LIME MATE 5

BOTTLED DRINKS Health-Ade Kombucha: Ginger-Lemon · Seasonal Fruit 6 Harmless Harvest Coconut Water 6 · Solé Mineral Water, still or sparkling (750ml) 6

ESPRESSO 2.5 AMERICANO 2.5 PRESSED COFFEE (pot) 7 LATTES 5

Caffe · Chai · Yerba Maté · Teeccino Milk options: Almond · Coconut · Hemp · Soy

TEAS 3.5 Iced or Hot Kukicha · Assorted black, green and herbal

FRESH JUICES · SMOOTHIES · MILKSHAKES

GREEN Kale, spinach, cucumber, celery, parsley 9 SWEET GREEN add apple to the green 9

RED HEAD Beet, carrot, celery, apple 9 **GLOW** Beet, cucumber, parsley, apple, lemon 9

POWER C Orange, carrot, celery 8 · SIMPLE CARROT · 100 % ORANGE 8

ADD Lemon · Cilantro .50 Turmeric Root · Ginger Root 1.00

ANTIOXIDANT Açai berry, strawberries, blueberries, banana, coconut water 9

SUPERFOOD Chia, goji berries, raw cacao, strawberries, banana, date, hemp milk 9

POWER GREEN Spirulina, kale, banana, chia seeds, almond milk 9

BANANA MACA Banana, maca, dates, cinnamon, hemp milk 9

ADD Spirulina · Hemp Protein · Raw Cacao · Maca · Chia · Goji Berries 1.5

MILKSHAKES Made with organic coconut ice cream and hemp milk 9

Chocolate · Vanilla · Strawberry · ChocolatePeanut Butter · Salted Caramel

qf = *qluten-free* • *nf* = *nut-free* • *sf* = *soy-free*

We cannot guarantee an allergen free dish, as we are not an allergen free environment.