



Real Food Daily

ORGANIC PLANT-BASED CUISINE

SOUP & STARTERS

SOUP Vegetable Miso *gf nf* Soup of the Day CUP 6 BOWL 8

* **ARGENTINE BBQ** *nf* Citrus herb marinated grilled seitan, seasonal squash, spring greens, chimichurri, smoky red pepper horseradish cream 12

SOUTHERN STYLE CORNBREAD *gf nf* 4 *served grilled*

SEASIDE FRIES *gf nf sf* Old bay seasoned yukon gold baked wedge fries, horseradish dill aioli 10

SEA CAKE *nf* Yam and sea vegetable croquette, wild arugula, pesto, chipotle aioli 13

NOT-CHOS *gf* Melted cashew cheese, black beans, pico de gallo, cashew sour cream, guacamole 13 **ADD TACO MIX** 4

SALADS

* **RAINBOW BOWL** *gf raw* Kelp noodles, baby spinach, carrots, purple cabbage, red pepper, almond ginger dressing, mango, cilantro, mint, cashew crumble 16

THE GREAT CARDINI *gf* Tuscan kale, romaine, garbanzo beans, red quinoa, roasted yam croutons, creamy almond shallot dressing, spiced pumpkin seeds, macadamia parmesan, avocado 16

MEDITERRANEAN BOWL *sf available gf* Wild arugula, tomato, avocado, lemon herb Za'atar dressing, cucumber kalamata salsa, white bean basil salad, red quinoa tabouli, almond feta, whole wheat Za'atar flatbread 17

SOUTHWEST *gf nf sf* Romaine hearts, black beans, brown rice, jicama slaw, guacamole, pico de gallo, lime cilantro dressing, baked tortilla strips 15

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

MAIN COURSES

* **CARIBBEAN QUESADILLAS** *sf* Coconut lentil purée, spinach, caramelized onions, pepperjack cheese, whole wheat tortilla with coconut cilantro cashew crème, mango salsa, guacamole, grilled plantains 18

LASAGNA NAPOLETANA Italian pasta, creamy cashew ricotta, spinach, crimini mushroom, marinara sauce, basil oil 16

YAKISOBA *nf available gf* Japanese stir fried soba noodles with snap peas, broccoli, carrots, napa cabbage, peppers, ginger tamari sauce, miso glazed tempeh, pickled cabbage, sesame, scallion 16

JACKFRUIT STREET TACOS *gf nf sf* Three soft corn tortillas, grilled jackfruit, roasted tomato salsa, avocado, pickled purple cabbage, cilantro, lime 15

MEXICO CITY TACOS *gf* Two crispy tacos, red chili beans, tempeh, peppers, cashew cheese, avocado, pico de gallo, jicama slaw 16

SUPREME BURRITO Black beans, brown rice, guacamole, cashew cheese, tempeh bacon, caramelized onions, cashew sour cream, pico de gallo 16

BURRITO BOWL *gf* The Supreme without the tortilla 16 **ADD TACO MIX** 4

BURGERS & SANDWICHES

Served with House or Caesar salad or choose Seaside Fries for 3

* **TENNESSEE BBQ** *nf* Pulled jackfruit in spicy bbq sauce, pickled purple cabbage, horseradish aioli on ciabatta with southern dill potato salad 16

THE CHARLIE *sf sandwich, melt or raw wrap* Chef's famous "tuna" salad, lettuce, tomato, chipotle aioli, sourdough 15

THE CHARLIE MELT *sf* Grilled with melted pepperjack cheese 16 **RAW WRAP** *gf sf raw* Rolled in marinated collard greens 14 **ADD AVOCADO** 3

SPICY BLTA *nf* Tempeh bacon, avocado, lettuce, tomato, chipotle aioli, seeded grain bread 13

THE CLUB *nf triple decker* Crispy seitan, tempeh bacon, avocado, lettuce, tomato, mayo, sourdough 16

REAL FOOD BURGER *nf sf* Lentil mushroom burger, caramelized onions, arugula, housemade pickled jalapeños, chipotle aioli, toasted ciabatta 16

FOR THE WORKS Add avocado, tempeh bacon, melted cashew cheese 19

REAL FOOD & BASICS

The 'Real Food Meal' is a balanced selection of foods representing the principles of macrobiotics.

REAL FOOD MEAL *gf nf* Brown rice, beans, daily greens, land and sea vegetables, pressed salad, choice of one dressing or sauce 17

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

BEANS & GRAINS 4 **BROWN RICE** • **QUINOA** • **DAILY BEANS** • **BLACK BEANS** • **SOBA NOODLES** *not gf*

PLANT PROTEINS 6 *one per basic* **TEMPEH: MARINATED OR BLACKENED** *gf nf* • **GRILLED TOFU** *gf nf* • **CLUB SEITAN** *nf* • **BURGER** *nf sf* • **"TUNA" SALAD** *gf sf raw*

All dressings and sauces are made fresh on the premises and are all gf.

House *nf* • Caesar *nf* • Balsamic *nf sf raw* • Lime Cilantro *nf sf* • Peanut *sf* • Ranchero *nf sf* • Marinara *nf sf* • Golden Gravy *nf*

* = Seasonal Special • gf = gluten-free • nf = nut-free • sf = soy-free

Please let us know if you have food allergies. We cannot guarantee an allergen free dish, as we are not an allergen free environment.

LIBATIONS

SPARKLING

Prosecco D.O.C. • Borgo Magredo, Friuli, Italy • 9 | 28
* Chenin Blanc • WKND, Clarksburg, California 2015 • 11 | 38

WHITE

Pinot Gris • Cline, Sonoma Coast, California 2014 • 10 | 36
Sauvignon Blanc • Ritual, Casablanca Valley, Chile 2014 • 11 | 40
Chardonnay • Pacificana, Monterrey, California 2015 • 11 | 40
Grenache Blanc • Domaine Lafage, Côte Est, France 2013 • 9 | 32
Chardonnay/Sauvignon Blanc • Recanti Yasmin, Jezreel Valley, Israel 2014 • 38 kosher

ROSÉ

* Rosé of Grenache • Funk Zone, Santa Barbara, California 2015 • 11 | 40

RED

* Nero D'Avola Blend • Planeta, Cerasuolo Di Vittoria DOCG, Italy 2013 • 12 | 44 *served chilled*
Pinot Noir • Cline, Sonoma Coast, California 2014 • 11 | 40
Montepulciano D'Abruzzo • Quattro Mani, Abruzzo, Italy 2014 • 9 | 32
Cabernet Sauvignon • Castoro, Paso Robles, California 2013 • 11 | 40
Malbec • Primus, Mendoza, Argentina 2013 • 12 | 44
Cabernet Sauvignon/Merlot • Recanti Yasmin, Jezreel Valley, Israel 2014 • 40 kosher

BEER

Pinkus Hefe-Weizen 16.9 oz 5.0% 9
Eel River Blond Ale 12 oz 5.8% 6
Eel River IPA 12 oz 7.2% 6
Dr. Jekyll American Kölsch 12 oz 4.5% 6

CIDER *gf*

101 India Pale Cider • LA, 12 oz 6.9% 8
Raw, dry hopped, wild fermented, probiotic
* 101 Seasonal Cider • LA, 12 oz 6.9% 8
Raw, wild fermented, probiotic

HALF OFF
WINE
DOWN
WEDNESDAY
ALL DAY

MIMOSAS AT BRUNCH

By the Glass 9
Full Bottle + OJ carafe 29

*All of our wine and beer is
100% vegan, no exceptions.*

* *Seasonal Special*

100% ORGANIC & MADE TO ORDER

FRESH JUICES

GREEN Kale, spinach, cucumber, celery, parsley 10
SWEET GREEN add apple to the Green 10
RED HEAD Beet, carrot, celery, apple 10
GLOW Beet, cucumber, parsley, apple, lemon 10
POWER C Orange, carrot, celery 8
SIMPLE CARROT • 100% ORANGE 8
ADD Lemon • Cilantro .50
Turmeric Root • Ginger Root 1.00

SMOOTHIES & MILKSHAKES

POWER GREEN Spirulina, kale, banana, chia seeds, almond milk 10
ANTIOXIDANT Açai, strawberries, blueberries, banana, coconut water 10
SUPERFOOD Chia, goji berries, raw cacao, strawberries, banana, dates, hemp milk 10
GOLDEN GLOW Mango, banana, fresh turmeric and ginger root, hemp milk 10
ADD Spirulina • Raw Cacao • Chia • Goji Berries 1.5
SHAKES *Made with organic coconut ice cream and hemp milk* 10
Chocolate • Vanilla • Strawberry • Chocolate Peanut Butter

BEVERAGES

HOMEMADE LEMONADE 6 Plain • Ginger • Kale 'n' Cuke
HOMEMADE ICED LIME MATÉ 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 *We serve organic Groundwork coffee.*
Caffe • Chai • Yerba Maté • Teccino
Milk options: Almond • Coconut • Hemp • Soy
TEAS 3.5 Iced or Hot Kukicha • Assorted black, green and herbal

WEEKEND BRUNCH

WEEKENDS 10AM-3PM

*Join us for the best vegan
brunch in town!*

CELEBRATING 23 YEARS of...

flavorful **ORGANIC** vegetables **BALANCE** **FRESH** delicious
earth-friendly **WELLNESS** **RAW** superfood energy **VITAL**
SUSTAINABILITY nourish **plant-proteins** **MACROBIOTIC** local
ANTIOXIDANTS **health-conscious** living **PURE** high-quality
healing **NUTRITION** **PURIFIED-WATER** hands-on **FRUITS**
HYDRATE **NON-GMO** **ENLIGHTENED** **KOSHER** heart-healthy
AUTHENTIC wholegrains **GREEN** **HOME-MADE** **REAL** vegan

WEST HOLLYWOOD • PASADENA • LAX • REALFOOD.COM



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ORGANIC PLANT-BASED CUISINE

WEEKEND BRUNCH

BRUNCH PLATES

PATATAS BRAVAS *gf*

Roasted red potatoes, spicy melted cashew cheese, green onions 10

BREAKFAST SAMMIE *nf*

House baked biscuit, marinated tofu, tempeh bacon, swiss cheese, chipotle aioli, avocado, tomato with choice of hash browns or fruit 13

BISCUITS 'N' GRAVY *nf*

House baked biscuit, golden gravy with crumbled tempeh bacon, garlicky greens, choice of hash browns or fruit 12

SEA CAKE BENEDICT *nf*

Sea Cake, sautéed spinach, herbed tofu, tempeh bacon, corn hollandaise, spring mix greens, balsamic vinaigrette 15

THE WEEKENDER *gf when served w/ pancakes*

Scrambled tofu, onions, tomatoes, cashew cheese, tempeh bacon, two pancakes OR two pieces of french toast OR house baked biscuit with jam, hash browns or fruit 17

NO-HUEVOS RANCHEROS *gf nf*

Scrambled tofu, onions, tomatoes, bell and chili peppers, corn tortillas, ranchero sauce, avocado, black beans, pico de gallo 14

BREAKFAST BURRITO

Whole wheat tortilla, scrambled tofu, roasted potatoes, black beans, tempeh bacon, caramelized onions, cashew cheese, guacamole, pico de gallo with hash browns or fruit 16

SCRAMBLES

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

AVA B 'n' CHEEZ *gf*

Avocado, tempeh bacon, sun-dried tomatoes, melted cashew cheese 14

CHIPOTLE SAUSAGE

Chipotle seitan sausage, onions, peppers, cilantro, melted cashew cheese 14

ADD TO YOUR SCRAMBLE *all gf 3*

Avocado • Guacamole *nf sf* • Tempeh Bacon *nf*
Melted Cashew Cheese • Shredded Pepperjack *nf sf*

OFF THE GRIDDLE

Served with pure maple syrup

PANCAKES *gf sf* stack of 3

Made with almond flour 11 **ADD BLUEBERRIES OR BANANAS 1.5**

BIG 'OL WAFFLE *gf sf*

Made with almond flour topped w/ fresh berries, bananas 11

FRENCH TOAST *nf*

House baked sweet bread french toast with seasonal fruit compote 11

PLATTERS

Served with tempeh bacon and choice of hash brown or fresh fruit
Pancake, Waffle Platter or French Toast 15

HOUSE BAKED GOODS

Ask your server for today's selection

GRANOLA *sf*

Golden mix of oats, nuts, seeds, goji and mulberries with bananas, fresh berries, choice of milk 8

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SOUP Vegetable Miso *gf nf* CUP 6 BOWL 8

SOUTHERN STYLE CORNBREAD *gf nf 4* served grilled

SEASIDE FRIES *gf nf sf* Old bay seasoned yukon gold baked wedge fries, horseradish dill aioli 10

SEA CAKE *nf* Yam and sea vegetable croquette, arugula, pesto, chipotle aioli 13

NOT-CHOS *gf* Melted cashew cheese, black beans, pico de gallo, cashew sour cream, guacamole 13 **ADD TACO MIX 4**

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 16

MEDITERRANEAN BOWL *sf available gf* Wild arugula, tomato, avocado, lemon herb Za'atar dressing, cucumber kalamata salsa, white bean basil salad, red quinoa tabouli, almond feta, whole wheat Za'atar flatbread 17

SOUTHWEST *gf nf sf* Romaine hearts, black beans, brown rice, jicama slaw, guacamole, pico de gallo, lime cilantro dressing, tortilla strips 15

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

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THE CHARLIE MELT *sf* Grilled with melted pepperjack cheese 16

RAW WRAP *gf sf raw* Rolled in a marinated collard wrap 14 **ADD AVOCADO 3**

SPICY BLTA *nf* Tempeh bacon, avocado, lettuce, tomato, chipotle aioli, sprouted grain bread 13

THE CLUB *nf triple decker* Crispy seitan, tempeh bacon, avocado, lettuce, tomato, mayo, sourdough 16

REAL FOOD BURGER *nf sf* Lentil mushroom burger, caramelized onions, arugula, housemade pickled jalapeños, chipotle aioli, ciabatta 16

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DAILY VEG

DAILY GREENS

GARLICKY GREENS

PRESSED SALAD

SEA VEGETABLES *not sf*

MASHED POTATOES

W/GRAVY *not sf*

BEANS & GRAINS 4

BROWN RICE

QUINOA

DAILY BEANS

BLACK BEANS

SOBA NOODLES *not gf*

PLANT PROTEINS 6

limit one per basic

BLACKENED TEMPEH *gf nf*

MARINATED TEMPEH *gf nf*

GRILLED TOFU *gf nf*

CLUB SEITAN *nf*

BURGER *nf sf*

"TUNA" SALAD *gf sf raw*

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Ranchero *nf sf* • Marinara *nf sf* • Golden Gravy *nf*

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