

DESSERTS

We create a delectable line of pastries, cookies, cakes, pies and more in our own RFD bakery.
Ask your server or view at realfood.com

WEEKEND BRUNCH 10AM - 3PM

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, choice of hash browns or fruit 17

NO-HUEVOS RANCHEROS *gf nf* Scrambled tofu, onions, tomatoes, bell and chili peppers, corn tortillas, rancho 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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Real Food Daily

ORGANIC PLANT-BASED CUISINE

RFD - West Hollywood

414 N. La Cienega Blvd.
(between Beverly & Melrose)
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RFD - Pasadena

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(at the corner of Lake Ave)
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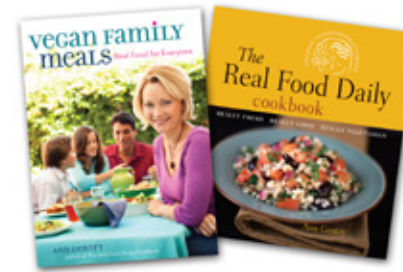


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Give the gift of health
with an RFD gift card.

CELEBRATING 23 YEARS of...

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

Proprietress **Ann Gentry** • Executive Chef **Tara Punzone**

Menu and prices subject to change without notice. 10/2016

SOUP & STARTERS

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

***CURRY CAKES** Curried cauliflower chickpea fritters, tamarind sauce, jalapeño coconut cashew cream 12

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 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 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

* **HARVEST QUESADILLAS** *sf* Seasoned butternut squash, black beans, caramelized onions, melted pepperjack cheese, whole wheat tortilla with guacamole, jalapeño cilantro cashew cream 18

* **THE ESSENCE** *gf* Rosemary forbidden rice and apple stuffed portabello, peppered cauliflower mash, candied walnut brussels sprouts, pomegranate 19

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

YAKISOBA *nf available gf* Soba noodles, snap peas, broccoli, carrots, napa cabbage, peppers, ginger tamari sauce, miso glazed tempeh, pickled cabbage 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 3

100% LOCAL ORGANIC COLD PRESSED JUICE

THE CLOVER kale, cucumber, celery, spinach, pear, cilantro, mint, lime 10

GOLDEN GREEN pineapple, cucumber, kale, pear, parsley, turmeric 10

GO BIG beet, kale, carrot, apple, wheatgrass, lemon, ginger 10

SUNRISE orange, carrot, coconut water, turmeric, lemon, ginger 10

GINGERSNAP fuji apple, green apple, lemon, ginger 10

BURGERS & SANDWICHES

Served with House or Caesar salad or choose Seaside Fries for 2

* **THE REUBEN** Marinated tempeh, horseradish cashew cheese, sauerkraut, thousand island dressing, toasted rye 15

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

THE 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* 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*
LIME CILANTRO *nf sf* • **PEANUT** *sf* • **RANCHERO** *nf sf* • **MARINARA** *nf sf* • **GOLDEN GRAVY** *nf*

BEVERAGES

LEMONADE 5 **GREEN LEMONADE** 6

HOMEMADE ICED LIME MATÉ 5

ICED TEA *unsweetened* 4

ORANGE JUICE 6

BOTTLED DRINKS

Health-Ade Kombucha Ginger-Lemon • Seasonal Fruit 6

Harmless Harvest Coconut Water 6

Solé Mineral Water Still • Sparkling (750ml) 6

GROUNDWORK COFFEE

Espresso • **Americano** 2.5

Pressed Coffee Pot 7

LATTES • **Caffe** • **Chai** • **Yerba Mate** 6

Milks • **Almond** • **Coconut** • **Soy**

HOT TEA • **Black** • **Green** • **Herbal** • **Kukicha** 3.5

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

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