



# Real Food Daily

ORGANIC PLANT-BASED CUISINE

## 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 14 **ADD TACO MIX** 3

## SALADS

\* **PROTEIN POWER** *gf* Warm baby spinach, black lentils, baked yam, maple walnut vinaigrette, tempeh bacon bits, hemp seeds, spiced pumpkin seeds, candied walnuts 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

\* **HARVEST QUESADILLAS** *sf* Seasoned winter squash, black beans, caramelized onions, melted house-made pepper jack cheese, whole wheat tortilla with guacamole, jalapeño cilantro cashew cream 18

\* **SEITAN PICATTA** *nf* Lemon caper sauce, peppered yukon potato mash, sautéed spinach, Italian parsley 18

**LASAGNA NAPOLETANA** Italian pasta, creamy cashew ricotta, spinach, crimini mushroom, marinara sauce, basil oil 17

**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

## 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 house-made pepper jack 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 14

**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 and whole grains are gf sf nf. Plant proteins are marked with legend. Choose from 1-5 of the following items.*

**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*

\* = 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 WHITE

Prosecco D.O.C. • Borgo Magredo, Friuli, Italy • 9 | 28  
Chenin Blanc • WKND, Clarksburg, California 2015 • 11 | 38  
MIMOSA • 9 | FULL BOTTLE + OJ CARAFE 32

### WHITE

\* Pinot Grigio • Piu Gioia, delle Venezie, Italy 2015 • 10 | 36  
Sauvignon Blanc • Ritual, Casablanca Valley, Chile 2014 • 11 | 40  
Chardonnay • Pacificana, Monterey, California 2015 • 11 | 40  
Grenache Blanc • Domaine Lafage, Côte Est, France 2013 • 9 | 32  
Chardonnay/Sauvignon Blanc • Recanti Yasmin, Jezreel Valley, Israel 2014 • 38 ☺

### 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*  
\* Carignane • Capuchon, Mendocino, California 2015 • 14 | 52  
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 ☺

### SAKE & SAKE COCKTAILS

Shochikubai • Junmai Ginjo-Draft, USA 300ml 19 ☺  
Kikusui • Junmai Ginjo, Japan 300ml 27  
Gingersnap Saketini • Sake, ginger, apple, lemon 13  
Coconut Sakejito • Sake, coconut water, lime, mint 13

### BEER

Pinkus Hefe-Weizen 16.9 oz 5.0% 9  
Eel River Blonde Ale 12 oz 5.8% 7  
Eel River IPA 12 oz 7.2% 7  
Dr. Jekyll American Kölsch 12 oz 4.5% 7

### CIDER *gf*

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

\* = Seasonal Special • All of our wine, sake, beer and cider is 100% vegan, no exceptions.



## 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 • Caffè • Chai • Yerba Mate 6  
Milks • Almond • Coconut • Soy  
HOT TEA • Black • Green • Herbal • Kukicha 3.5

## 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

## WEEKEND BRUNCH

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

\* **WAFFLES AND SEITAN** Warm maple syrup 16

**PATATAS BRAVAS** *gf*

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

**BREAKFAST SAMMIE** *nf*

House baked biscuit, marinated tofu, tempeh bacon, smoked gouda cheese, chipotle aioli, avocado, tomato with hash browns or fruit 14

**BISCUITS 'N' GRAVY** *nf*

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

**SEA CAKE BENEDICT** *nf*

Sea Cake, sautéed spinach, herbed tofu, tempeh bacon, corn hollandaise, spring mix greens, lemon olive oil dressing 16

**NO-HUEVOS RANCHEROS** *gf nf*

Scrambled tofu, onions, tomatoes, bell and chili peppers, corn tortillas, ranchero sauce, avocado, black beans, pico de gallo 15

**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

**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 18

### SCRAMBLES

*Served with 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 *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

## SOUP & STARTERS

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**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 14 **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, 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 house-made pepper jack 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 14

**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

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

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**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

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

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