

# GIGI'S VEGAN + WELLNESS CAFE MENU

## 100% LIVING FOODS

### UN-TUNA SALAD

\$16

CHICKPEAS, APPLES, CAPERS, DILL, LETTUCE, TOMATO, CUCUMBER, ALFAFA SPROUTS, CASHEW CHEESE, ON LETTUCE

### TACO SALAD

\$16

SPRING MIX, RED ONION, BELL PEPPER SHITAKE MUSHROOMS, NO YEAST CASHEW SAUCE

### HOUSE SOUP AND SALAD

\$14

SPRING MIX, CUCUMMBER, TOMATOTOS, RED ONIONS, TOPPED WITH SPROUTS

## 90% LIVING FOODS

### I LOVE NACHOS

\$18

BLUE CORN CHIPS, BLACK BEANS, ONIONS, GUACAMOLE, NO YEAST CASHEW CHEESE, CILANTRO PICO DE GALLO, MARINATED JACKFRUIT & SHITAKE MUSHROOMS.

### I LOVE Jackfruit Wrap

\$18

TORTILLA, KALE, CARROTS, PURPLE CABBAGE, SUNDRIED TOMATOES, RED ONIONS, PEPPERS, MARINATED JACKFRUIT & SHITAKE MUSHROOMS, SPICY HUMMUS

### I LOVE Jackfruit (Bun or Mixed Greens) \$18

BBQ JACKFRUIT, SHITAKE MUSHROOMS, PURPLE CABBAGE ON BUN WITH SIDE SALAD

### 16oz RAW Organic Cold Pressed juice \$11

TRULOVE-APPLE & GINGER ROOT (DIGESTIVE)

HEART BEET- BEET, APPLE, CARROT (ANTIOXIDANT)

CELL FOOD-KALE, GREEN APPLE, LEMON, PINEAPPLE (MINERALS)

VITALITY-CUCUMBER, CELERY, SPROUTS (IMMUNITY)

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Soup \$5/ Spicy Hummus 8oz \$11/ UN-Tuna 8oz \$10/ Jackfruit & Shitake Mushrooms 8oz \$11

Fresh Fruit 8oz \$5/ House Dressing Or Small Sauce Serv 2oz. \$3/ Extra Nut Cheez 2oz \$4

Walnut Meat 8oz \$11/ Kale Chips \$6/ Nuts \$6/ Gigi Seasonings \$4



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## WELLNESS MENU

### Health & Wellness Shots

Inflammation {Ginger, Turmeric, Pepper}	-	\$4.00	Longevity {Sea Moss}	-	\$4.00
Wheatgrass **Delivers oxygen, nutrients & balance pH levels	-	\$4.00	Brain Detox {Sprig Water, "Blue Majak" Spirulina }	-	\$4.00
Immunity Booster {Lemon, Lime, Cayenne, Zinc}	-	\$4.00			

### Nut Free Smoothies

Superfood {Sea Moss, Mango, Banana}	-	\$12.00	"Sweet Life" {Strawberries, Ginger, Pineapple, Mango}	-	\$11.00
"Iron Man" {Mango, Kale, Hemp Seeds, Protein, Cinnamon, Coconut Water}	-	\$12.00			
Heavy Metal Detox {Banana, Wild Blueberries, Detox Tea, Cilantro, Spirulina}	-	\$12.00			

### Beverages & Sides

Detox Tea	-	\$3.95	Cocoa French Pressed Coffee	-	\$5.95
Mountain Valley Spring Water *SML	-	\$4.50	Herbal Loose Tea {Chamomile, Mint, Hibiscus, Lemon Ginger, Sour Sop}	-	\$3.50
Mountain Valley Spring Water *LRG	-	\$8.50			