

# Lotus Soul Cafe

ORGANIC AND GOOD VIBES



## Good Vibe Gourmet Toasts (Full/Half portions)

### Shine Bright Like an Almond 11.25/7.50 ●●●●●

Banana almond butter toast with honey, cacao, vanilla, cinnamon, chia seeds, walnuts

### Avo Nice Day 11.95/7.50 ●●●

Avocado toast with goat cheese, cherry tomatoes, basil olive oil, balsamic, sea salt

### Red Earth 11.25/7.50 ●●●●

Hummus avocado toast with mixed greens, roasted peppers, goat cheese, red quinoa, lemon

### Heart Beet 11.25/7.50 ●●●●

Red beet hummus toast with spinach, goat cheese, hemp hearts, black sea salt

### Hara Healer 11.25/7.50 ●●●●

Roasted red pepper hummus toast with spinach, cherry tomatoes, feta cheese, chia seeds

## Good Vibe Hummus 9.50 (Served with sliced veggies. Add Toast for \$1.)

### Inner Peas ●●●●●

Garlicky hummus with cumin, lemon, tahini, olive oil, sea salt

### Ignite Your Fire ●●●●●

Red pepper hummus with cumin, paprika, garlic, hot sauce, roasted red peppers, lemon, tahini, olive oil, sea salt

### Rooted ●●●●●

Beet hummus with garlic, coriander, lemon, tahini, olive oil, sea salt

## Grab a container of your favorite hummus to-go for only \$7.50

## Good Vibe Sandwiches 11.75 (Served with chips.)

### One Love Sandwich ●●●●●

Same crowd favorite chicken-free delight, but between toasted bread with avocado mayo and mixed greens.

\*See One Love Salad below for list of ingredients.

### Hummus + Veggie ●●●●●

Our Inner Peas hummus on warm toast basted with avocado, mixed greens, baby carrot curls, feta cheese, pickled onions, cherry tomatoes, red quinoa, black sea salt, and drizzled with balsamic cream.

## Good Vibe Salads 12.25

### One Love Salad ●●●●●

Chicken-free salad with chickpeas, vegan mayo, celery, red onion, parsley, dijon mustard, almonds, hemp hearts, dried cranberries, lemon. *Choose a side of greens or quinoa.*

### Anahata ●●●●●●●

Spinach salad with red onion, walnuts, dried cranberries, goat cheese, quinoa, flax seeds, hemp hearts, and raspberry balsamic vinaigrette

### Green Goddess ●●●●●●●

Mixed green salad with dried cranberries, chopped apple, pumpkin seeds, feta cheese, quinoa, and apple cider honey mustard dressing

### Zoi Salad ●●●●●●●

Mixed green salad with tomatoes, olives, red onion, hemp seeds, parsley, feta cheese, black salt and oil & vinegar dressing. *(Zoi is Greek for LIFE)*

## Good Vibe Soup

Soup du jour 5.75

## Good Vibe Desserts

### Chocolate Earth Bites 5.75 ●●●●●

Chocolate Protein Balls:

Oats, cacao, almond butter, vanilla, honey, flax seeds, love

### Grounded Goodness Bars 4.75 ●●●●●

Healthy Brownies: Medjool dates, chickpeas, peanut butter, vanilla, maple syrup, vegan chocolate chips, almond flower, rolled oats, salt