

# Lunch/Dinner

11am - 7pm Mon-Fri

## BBQ Tofu

Simple Soyman's tofu baked in the Cafe's own BBQ sauce. Topped w/ organic carrots, red onions, spinach + Vegenaïse mayo

\$5.00

## Black Bean Burrito

Delicious black beans + spicy rice w/ organic avocados, spinach + your choice of organic cheese or vegan cheese. Served w/ a side of salsa

\$5.00  dairy  vegan  plain

## Chix Fried Tofu

Simple Soyman's Herb Tofu seasoned, breaded + pan fried to perfection. Topped w/ organic tomatoes, onions, spinach + Vegenaïse mayo

\$5.50

## Tempeh Reuben

Simple Soyman's tempeh topped w/ organic sauerkraut. Your choice of organic cheese, vegan cheese + 1000 Island dressing

\$5.75  dairy  vegan  plain

## Seitan Philly

The Cafe's perfectly seasoned seitan with organic fried onions + green peppers, your choice of organic or vegan cheese + Vegenaïse mayo

\$6.00  dairy  vegan  plain

## Spring Roll

Fresh organic carrots, spinach + cucumbers w/ tempeh rice noodles rolled up in a gluten-free spring roll. Served w/ peanut sauce

\$2.50

## Mixed Greens Salad

Organic spinach, greens, carrots, red onions, cucumbers, tomatoes + sprouts w/ tofu or cheese upon request. Served with a side of dressing

\$5.50  cheese  tofu

## Veggie Burger

Top a Nature's Bakery Veggie Burger w/ whichever organic veggies you like, plus a choice of organic or vegan cheese and condiments

\$5.50  cheese  vegan

## Veggie + Cheese

Build a sandwich w/ organic or vegan cheese and top w/ whichever organic veggies you like, plus a choice of organic cheese, vegan cheese and condiments

\$4.50  cheese  vegan

Choose Bread:

Whole Wheat  White  Sesame Roll

Choose Veggies:

Tomato  Carrots

Fried Green Peppers + Onions  Raw Onion

Avocado  Cucumber  Greens

Sprouts

Choose:

Vegenaïse Mayo  Mustard

Ketchup  Peanut Butter  Jelly

## Just Peanut Butter + Jelly

\$3.00

## Homemade Soup of the Day

\$2.50 Cup  \$3.50 Bowl

# Breakfast

10am - 3pm Sat/Sun

## Vegan Pancakes

Two huge, fluffy cakes with your choice of organic blueberries, coconut, organic bananas, vegan chocolate chips or nothing at all. w/ a side of fruit + locally made maple syrup

\$4.00 plain  \$4.25 flavored

plain  coconut

chocolate chip  banana

blueberry



## Vegan Vanilla Cinnamon French Toast

Three pieces of french toast w/ a side of fruit + locally made maple syrup

\$4.50

## Veggie Scramble

Organic veggies, usually carrots, onions, mushrooms, spinach + broccoli - but not always!

Mixed with your choice of Simple Soyman tofu or locally produced eggs, w/ a side of toast + organic potatoes

\$5.00  eggs  tofu

## Cafe's Breakfast Muffin

An english muffin topped with organic spinach, onion + tomato with Gimme Lean sausage and your choice of tofu or egg

\$3.50  eggs  tofu

☆ Biscuits•n•Gravy ☆

Gimme Lean sausage and vegan biscuits smothered in a delicious mushroom gravy! w/ a side of organic fruit + vegan sour cream

☞ \$5.50

☆ Eggs•n•Toast ☆

Big breakfast of organic potatoes, toast, Gimme Lean sausage and local free range eggs or tofu "eggs"

☞ \$5.50

☞ eggs ☞ tofu



Oatmeal

Organic oats with raisins, maple syrup + cinnamon with your choice of dairy milk or soy milk

☞ \$3.00

☞ dairy ☞ soy

Granola•Fruit•Yogurt

Organic vegan granola with your choice of yogurt and seasonal organic fruit

☞ \$5.50

☞ dairy ☞ soy

etc...

☞ toast \$.75

☞ 'Gimme Lean' soy sausage \$1.50

☞ muffin \$.75

☞ potatoes \$1.50

☞ cheese \$.75

☞ coffee \$1.00 \$1.50

☞ refill \$.50

☞ tea \$1.00 \$1.50

☞ juice \$2.00 [8oz] \$3.00 [16oz]

☞ dairy or soy milk \$1.50 [8oz]



PB Cup \$4.00 ☞

Choice of dairy or soy milk w/ organic free trade bananas, vegan chocolate syrup + peanut butter

Daily C \$3.75 ☞

Choice of milk, soy milk or orange juice w/ organic kiwi, organic strawberries, raspberries + organic free trade bananas

Very Berry \$4.50 ☞

Cranberry-raspberry juice w/ organic blueberries, organic strawberries + choice of yogurt

Energizer \$ 3.75 ☞

Organic orange juice w/ organic blueberries + organic free trade bananas

Green Banana \$3.25 ☞

Choice of dairy or soy milk with organic free trade bananas + Source of Life

Peach Dream \$3.75 ☞

Peach juice w/ organic peaches + organic raspberries

Extras:

☞ Source of Life \$.40

☞ Almond or Rice Milk \$.50

"all cafe items are vegetarian - and can be made vegan!"



733 E. Clarke Street  
Milwaukee WI 53212  
414-264-7933

[www.riverwestcoop.org](http://www.riverwestcoop.org)

Grocery Hours: 10am - 8pm  
[ 7 days a week ]

Cafe Hours: Mon - Fri 11am - 8pm  
Sat + Sun 10am - 8pm  
[ brunch from 10am - 3pm ]

