

Low Fat Menu

Breakfast

Served Mon ~ Sat 9:30 to 11 and Sunday 10 to 3

Oatmeal Organic oats served with unsweetened organic soy milk \$4.75

Oatmeal Deluxe Organic oats cooked with bananas, raisins, cinnamon and walnuts. Served with unsweetened organic soy milk \$5.95

Fruity Rice Organic brown rice, blueberries, strawberries, walnuts and cinnamon. Served with pure maple syrup (optional) \$5.25

Organic Toast Choose from multigrain oat, sour dough or rye. Our toast has 100 calories per slice, 10 of which come from fat (zero grams saturated fat) \$1.75

Tofu Scramble Seasoned tofu served with organic multigrain oat toast and your choice of tomato & cucumber slices or organic brown rice. \$5.75

Breakfast Rice Burrito Seasoned tofu wrapped with organic brown rice in a whole wheat tortilla and served with salsa \$7.25

To scrambles or burritos, you can add your favorite ingredients. Choose from fresh tomatoes, mushrooms, spinach, garlic, scallions, bell peppers, green chilies & sweet onions. \$0.75 for each item added.

Our tofu contains 95 calories per serving. No oil is added in the preparation of the burrito or scramble.

Lunch

Served Mon ~ Sat 11 to 5 and Sunday 10 to 3

Hummus Sandwich Tasty hummus, lettuce, tomatoes, sprouts and cucumber on grilled organic multigrain bread with a side of organic spring mix. Please request that the bread be grilled dry & either lemon wedges, balsamic vinegar or balsamic fat-free salad dressing \$6.95

Rice and Bean Burrito Whole-wheat flour tortilla stuffed with organic brown rice & black beans. Served with guacamole, fresh salsa and a side salad. Please request either lemon wedges, balsamic vinegar or balsamic-fat free dressing and say "hold the sour cream" \$7.95

Asian Rice Bowl Stir fried napa cabbage, bok choy, bean sprouts, carrots & mushrooms in a citrus ginger sauce over organic brown rice. Please request "no oil" \$7.95

Rice and Steamed Veggie Plate A pure and simple plate of organic brown rice with perfectly steam-grilled broccoli, cauliflower and carrot coins.

Porto Rice Plate Juicy strips of portobello mushrooms atop cucumbers, tomato, sweet onion, kalamata olives and organic brown rice. Served with lemon wedges, balsamic vinegar or balsamic fat-free vinaigrette dressing on an organic spring mix side salad. \$7.95



Lovin' Spoonfuls does not use any animal products in the careful preparation of your meal. For your health, the planet and the animals, all ingredients are cholesterol-free, cruelty-free and vegan. *Ingredient listings available upon request.*



Appetizers, soups chili and salads are available at all meal times.

Appetizers

Hummus Dip with Cucumbers A generous portion of our own humus surrounded by cucumber slices \$4.95

Shrimp Cocktail Chilled mock shrimp served with our own zesty seafood sauce and lemon wedges \$5.95

Soups and Chili

Hearty Chili and Brown Rice A hearty bowl of chili served over organic brown rice. Our chili is made completely fat-free. \$7.25

Homemade Soups Most of our soups are made with no add fat or oils. Cup \$3.45 Bowl \$4.75

Salads

Choose between Balsamic fat-free vinaigrette salad dressing, balsamic vinegar or lemon wedges

Spring Salad Organic spring mix with carrots, cucumber slices and fresh tomatoes \$3.95

Garden Salad A generous helping of organic spring mix with cauliflower, broccoli, carrots, cucumbers and locally grown tomatoes \$7.25

Spinach Salad Spinach leaves tossed with fresh strawberries, gold peppers, carrot shreds and walnuts. Please say "hold the soy bacon bits" \$7.25

Dinner

Served Mon ~ Sat 5 to 9

All dinner entrees are accompanied by a side salad. Please specify lemon wedges, balsamic vinegar or balsamic fat-free vinaigrette salad dressing.

Old Pueblo Bean Burrito A whole-wheat flour tortilla stuffed with organic brown rice & black beans and served with guacamole and fresh salsa. Please say "hold the sour cream" \$7.95

Mexicali Black Beans & Rice Black beans, grilled jicama and peppers, organic brown rice, guacamole & salsa Please say "hold the sour cream" \$8.75

Garden Veggie Plate Fresh grilled cauliflower, broccoli, carrot coins, mushrooms, tomatoes and celery served over organic brown rice. Please ask to hold the side of Tahini sauce \$8.95

Pasta Primavera Marinara Portobello mushrooms, zucchini, yellow squash, asparagus & eggplant in a chunky marinara sauce over linguini or organic brown rice. Please request "multigrain oat or sour dough bread grilled dry". \$10.75

Buddha's Delight Stir fried napa cabbage, bok choy, bean sprouts, carrots & mushrooms in a citrus ginger sauce over organic brown rice. Please request "no oil". \$9.50

Linguini with Peppers & Mushrooms Linguini topped with marinara sauce, bell peppers and button mushrooms over linguini or organic brown rice. Please request "sour dough or multigrain oat bread grilled dry". \$9.75

