

Breakfast

ASK FOR GLUTEN FREE

Pancakes / Waffles / French Toast 9.75

made with spelt flour
vegan & gluten free available
choice of fruit or bananas & walnuts
extra maple syrup 2 oz. .50

Veggie Omelet 9.75

with carrots, sweet potato, avocado, cabbage, mushrooms, scallions, salsa, mixed greens, comes with toast
choice of cheese
choice of hash browns, salad, grits, or fruit

Breakfast Burrito 9.75

hummus, sweet potato, avocado, mushroom, scallion, salsa, sprouts in a tortilla
choice of scrambled tofu or eggs
choice of cheese
choice of hash browns, salad, grits, or fruit

Scrambled Tofu 9.50

sautéed with mixed greens, carrot, sweet potato, avocado, cabbage, mushroom, salsa, scallion, sprouts, comes with toast
choice of hash browns, salad, grits, or fruit

Two Eggs any Style 5.95

comes with toast
choice of hash browns or grits
sub fresh fruit extra .50

Bagel Sandwich 6.15

with tomato, sweet potato, avocado, sprouts
choice of hummus or cream cheese

One Egg any style 1.25

Hash Browns 3.95

Cooked Tofu 1.95

Grits 2.95

Oatmeal 4.50

Fruit cup 3.75 / bowl 4.75

Toast 2.30

Bagel 2.75

Side Salad 4.25

Cooked Tofu 1.95

Drinks

Red Zinger Iced Tea 1.95

Coffee 2.50

Espresso 1oz. shot 2. / double shot 3.50

Iced Coffee 2.50

Hot Chocolate 2.75

choice of almond, soy, coconut, or milk

Chocolate Milk 2.25

choice of almond, soy, coconut, or milk

Milk 2.25

Orange Juice 2.95

Apple Juice sm 2. / lg 3.

Lemonade sm 2.25 / lg 2.65

Carrot Juice sm 4.50 / lg 5.25

Wheat Grass Shot Single 2.95 / double 5.75

Mixed Veggie Juice sm 5.25 / lg 6.25

kale, celery, spinach, cucumber, beets, ginger, garlic, parsley

Apple & Banana Smoothie sm 3.50 / lg 4.25

(1.25 each) add strawberry / wheat germ oil / flaxseed / protein / bee pollen / dry wheat germ super greens (add 1.90)

Hot Tea Selection 2.50

English Breakfast / Earl Grey / Ginger / Green / Red Zinger / Kukicha Twig / Peppermint / Chai / Chai Latte / Chamomile

Natural Soda Selection 2.

Cola / Black Cherry / Ginger Ale / Orange / Jamaican Ginger Ale / Rootbeer / Virgil Root Beer

Cheeses 1.50

White Cheddar

Feta

Goat

Vegan cheese

Cream Cheese

Dressings .60

Nutritional Yeast

(house dressing)

Basil Vinaigrette

Mustard Vinaigrette

LET YOUR SERVER KNOW OF ANY FOOD ALLERGIES
UNDERCOOKED EGGS MAY BE A HEALTH HAZARD

The Manatee Cafe



Delicious, healthful cuisine
prepared using pure filtered water
when available

Certified organically grown fruit,
vegetables, grains, legumes, herbs,
spices & coffees

Serving breakfast & lunch all day
All dishes are made to order

Please allow twenty minutes for us to
prepare your freshly created meal

Mon to Fri 8:30 - 3:30

Sat & Sun 8 - 3

www.manateecafe.com

525 S. R 16 in Westgate Plaza • St. Augustine

OPEN EVERY DAY

(Except For Thanksgiving & Christmas)

(904)-826-0210

Appetizers

Hummus / Tabouli / Chips 5.25

Salsa / Chips 6.25

Hot Dishes

Beans & Rice 9.05

sautéed & comes with side salad
choice of dressing

Tofu Stir Fry 9.75

sautéed with veggies, beans, rice & side salad
choice of dressing

Chicken Stir Fry 10.50

Pizza 9.95

mixed greens, tomato, cabbage, carrot, mushroom, sweet potato, avocado, scallion, salsa & side salad
choice of cheese & dressing

Miso Soup or Soup of the Day

cup 3.75
bowl (choice of pita / chips / wheat) 4.50

Noodle Bowl 9.25

soba noodles with sautéed tofu & veggies,
tamari, sesame seeds, in miso soup

Salads

Combo Salad 9.75

mixed greens & veggies
with hummus, tabouli & tofu on top
choice of dressing
choice of wheat, pita or chips

Big Mixed Greens Salad 8.50

mixed greens & veggies
choice of dressing
choice of wheat, pita or chips

Small Mixed Greens Salad 4.50

mixed greens & veggies choice of dressing

Cheeses 1.60

White Cheddar

Feta

Goat

Vegan cheese

Cream Cheese

Breads

Whole Wheat

Pita

Tortilla Wrap

Croissant

Gluten Free

Sandwiches

CHOICE OF ONE SIDE

Hummus & Chips • Mix Green Salad • Tabouli & Chips

Hash Browns • Cup of Soup • Fruit Salad

Make any meal a half meal for 1/2 the price plus \$1.50

Hummus Pita 8.75

hummus, tomato, sprouts, house dressing
choice of cheese & side

Hummus & Tabouli Pita 9.25

hummus, tabouli, sprouts, house dressing
choice of cheese & side

Veggie Pita 9.50

mixed greens, tomato, cabbage, carrot, mushroom, sweet potato, avocado, scallion, salsa, sprouts, house dressing
choice of cheese & side

Veggie Wrap 9.50

hummus, tofutti, mixed greens, tomato, cabbage, carrot, mushroom, sweet potato, avocado, scallion, sprouts
choice of side

Veggie Burger 9.25

made with black beans, rice, spelt flour & veggies, on bun with tomato, avocado, scallion, sprouts, ketchup & mustard, house dressing
choice of cheese & side

Grilled Cheese & Tofu 9.50

with hummus, tomato, avocado, sprouts, house dressing on whole wheat
choice of cheese & side

Cheese Avocado Tomato Sprouts 9.50

with house dressing on whole wheat
choice of cheese & side

Tuna or Egg or Tofu Salad 9.25

mixed with tomato, cabbage, salsa, scallion, carrot, sprouts, house dressing
choice of bread & side

Dressings .60

Nutritional Yeast

(house dressing)

Basil Vinaigrette

Mustard Vinaigrette

Desserts

Chocolate Tofu Pie 4.5

Key Lime Pie 4.5

Burrito #1 (hummus) 9.50

hummus, mixed greens, cabbage, carrot, mushroom, scallion, sweet potato, avocado, salsa, sprouts, house dressing
choice of cheese & side

Burrito #2 (beans & rice) 9.50

black beans & rice, sweet potato, avocado, salsa, sprouts
choice of cheese & side

Tofu Reuben 9.50

baked tofu, sautéed red cabbage, tomato, sprouts, mustard, on whole wheat
choice of cheese & side

Cajun Tofu Pita 9.50

sautéed with cabbage, carrot, scallion, salsa, sprouts, house dressing
choice of side

Cajun or Reg Chicken Pita 9.75

sautéed with cabbage, carrot, scallion, salsa, sprouts, house dressing
choice of side

Chicken Salad or Deli Turkey 9.75

mixed with tomato, avocado, scallion, sprouts, house dressing
choice of chicken salad (mixed with carrots, scallions, cabbage, salsa) or sliced turkey
choice of cheese & bread & side

Kid Choices

PB & J with chips 4.50

Grilled Cheese with chips 5.25

Cheese Pizza with chips 4.50

Beans & Rice with chips 4.95

Single Pancake 2.75

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