

Breakfast

ask for Gluten Free

Pancakes / Waffles / French Toast 9.25
made with spelt flour
vegan & gluten free available
choice of fruit or bananas & walnuts

Veggie Omelet 9.25
with carrot, sweet potato, avocado, cabbage,
mushroom, scallion, salsa, mixed greens,
comes with toast
choice of cheese
choice of hash browns, salad, grits, or fruit

Breakfast Burrito 9.25
hummus, sweet potato, avocado, mushroom,
scallion, salsa, sprouts in tortilla
choice of scrambled tofu or eggs
choice of cheese
choice of hash browns, salad, grits, or fruit

Scrambled Tofu 8.75
sauteed 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 5.75
comes with toast
choice of hash browns or grits

Bagel Sandwich 5.75
with tomato, sweet potato, avocado, sprouts
choice of hummus or cream cheese

One Egg any style 1.25

Hash Browns 3.25

Grits 2.95

Oatmeal 4.50

Fruit cup 3.75 / bowl 4.75

Toast 2.25

Bagel 2.75 / add cream cheese 1.00

Side Salad 4.25

Drinks

Red Zinger Iced Tea 1.75

Coffee 2.25

Espresso 1.95

Latte 3.75

Mocha 3.75

Hot Chocolate 1.50

Chocolate Milk 2.25

Milk 2.25

Orange Juice 2.95

Apple Juice sm 2. / lg 3.

Lemonade sm 2. / lg 3.

Perrier 2.25

Pelligrino 2.25

Kombucha 4.30

Coke 1.75

Diet 1.75

Sprite 1.75

Carrot Juice sm 4.50 / lg 5.25

Mixed Veggie Juice sm 4.50 / lg 5.25

Apple & Banana Smoothie sm 3.25 / lg 4.
(1.25 each) *add strawberry / wheat germ /
flaxseed / protein / super greens* (add 1.50)

Hot Tea Selection 2.25
*English Breakfast / Earl Grey / Ginger / Green
/ Red Zinger / Kukicha Twig / Peppermint /
Chai / Chai Latte / Chamomile*

Natural Soda Selection 2.
*Cola, Black Cherry / Raspberry / Ginger Ale /
Jamaican Ginger Ale / Orange / Rootbeer /
Mango*

Cheeses
White Cheddar
Feta
Goat
Vegan cheese

Dressings
Nutritional Yeast
(house dressing)
Basil Vinaigrette
Mustard Vinaigrette

LET SERVER KNOW OF ANY FOOD ALLERGIES



*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 Sat 8 - 4
Sun 8 - 3*

*www.manateecafe.com
525 S. R 16 in Westgate Plaza
St. Augustine*

(904)-826-0210

Appetizers

Hummus / Tabouli / Chips 6.25

Salsa / Chips 6.25

Hot Dishes

Beans & Rice 8.95
sauteed & comes with side salad
choice of dressing

Tofu Stir Fry 9.25
sauteed with veggies, beans, rice & side salad
choice of dressing

Pizza 9.50
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 3.50
bowl *choice of pita / chips / wheat* 4.25

Noodle Bowl 8.95
soba noodles with sauteed tofu &
veggies, tamari, sesame seeds, in miso
soup

Salads

Combo Salad 9.25
mixed greens & veggies
with hummus, tabouli & tofu on top
choice of dressing
choice of wheat, pita or chips

Big Mixed Greens Salad 8.25
mixed greens & veggies
choice of dressing
choice of wheat, pita or chips

Small Mixed Greens Salad 4.25
mixed greens & veggies
choice of dressing

Breads

**Whole Wheat
Pita**
Tortilla Wrap
Croissant
Gluten Free

Cheeses

White Cheddar
Feta
Goat
Vegan cheese

Dressings

Nutritional Yeast
(house dressing)
Basil Vinaigrette
Mustard Vinaigrette

Sandwiches
choice of one side

Hummus & Chips
Tabouli & Chips
Cup of Soup

Mix Green Salad
Hash Browns
Fruit Salad

Hummus Pita 8.50
hummus, tomato, sprouts, house dressing
choice of cheese & side

Hummus & Tabouli Pita 8.75
hummus, tabouli, sprouts, house dressing
choice of cheese & side

Veggie Pita 8.75
mixed greens, tomato, cabbage, carrot,
mushroom, sweet potato, avocado,
scallion, salsa, sprouts, house dressing
choice of cheese & side

Veggie Wrap 8.95
hummus, tofutti, mixed greens, tomato,
cabbage, carrot, mushroom, sweet potato,
avocado, scallion, sprouts
choice of side

Veggie Burger 8.95
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 8.95
with hummus, tomato, avocado,
sprouts, house dressing on whole wheat
choice of cheese & side

Cheese Avocado Tomato Sprouts 8.95
with house dressing on whole wheat
choice of cheese & side

Tuna or Egg or Tofu Salad 8.75
mixed with tomato, cabbage, salsa, scallion,
carrot, sprouts, house dressing
choice of bread & side

Desserts

Chocolate Tofu Pie 4.5
Key Lime Pie 4.5

Kid Choices

PB & J with chips 4.50
Grilled Cheese with chips 4.50
Cheese Pizza with chips 4.50
Beans & Rice with chips 4.50
Pancakes with fruit 5.50
Waffles with fruit or banana & nuts 5.50
French Toast with fruit or banana & nuts 5.50

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