

- Pancakes | Waffles | French Toast** 10.25
made with spelt flour
vegan & gluten free available
choice of fruit or bananas & walnuts
extra maple syrup 2 oz. .50
- Veggie Omelet** 10.25
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** 10.25
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** 10
sautéed with spinach, kale, broccoli, carrot, sweet potato,
avocado, cabbage, mushroom, salsa, scallion,
comes with toast
choice of hash browns, salad, grits, or fruit

- Two Eggs any Style** 6
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 toffuti

- One Egg any style** 1.25
Hash Browns any style 4
Cooked Tofu 1.95
Grits 2.95
Oatmeal 4.50
Fruit cup 2.75 / bowl 4.75
Toast 2.30
Bagel 2.75
Cooked Tofu 1.95

- Red Zinger Iced Tea** 2
Coffee 3.25
Iced Coffee 3.25
Espresso 1oz. shot 2 / double shot 3.50
- 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

- Mixed Veggie Juice** sm 5.25 / lg 6.25
kale, celery, spinach, cucumber, beets, ginger,
garlic, parsley, carrot

- Apple & Banana Smoothie** sm 4 / lg 4.75
(1.25 each) add strawberry / wheat germ oil /
flaxseed / protein / bee pollen / dry wheat germ
super greens (add 1.90)

- Hot Tea Selection** 2.95
English Breakfast / Earl Grey / Ginger / Green
/ Red Zinger / Kukicha Twig / Peppermint /
Chai / Chai Latte / Chamomile

- Natural Soda Selection** 2.50
Cola / Black Cherry / Ginger Ale / Orange /
Jamaican Ginger Ale / Rootbeer / Virgil Root Beer

- | | |
|---------------------|-------------------------|
| Cheeses 1.50 | Dressings .60 |
| White Cheddar | Nutritional Yeast |
| Feta | Basil Vinaigrette |
| Goat | Mustard Vinaigrette |
| Vegan cheese | Additional Dressing .60 |
| Cream Cheese | |

LET YOUR SERVER KNOW OF ANY FOOD ALLERGIES OR HAVE SPECIAL DIET NEEDS
UNDERCOOKED EGGS MAY BE A HEALTH HAZARD

The Manatee Cafe



Delicious, healthful cuisine
made fresh daily to order using filtered water
in drinks and preparation of foods

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** 6.25
Salsa / Chips 6.25

Hot Dishes

- Beans & Rice** 9.50
sauteed, tamari & comes with side salad
choice of dressing
- Stir Fry** 10.50
sauteed with kale, spinach, broccoli, carrots, green
onions, red cabbage, cooked cabbage, mushrooms,
avocado, sweet potato & salsa seasoned with bragg's &
tamari, beans, rice & side salad
choice of cooked tofu or chicken
choice of dressing

- Pizza** 11
spinach, kale, broccoli, tomatoes, 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) 4.50

- Noodle Bowl** 9.50
udon noodles with cooked tofu & sauteed with kale,
spinach, broccoli, carrots, green onions, red cabbage,
cooked cabbage, mushrooms, avocado, sweet potato
tamari, sesame seeds, in miso soup

Salads

- Combo Salad** sm 8 / lg 10
salad mix, tomatoes, carrots, scallions, cooked cabbage,
red cabbage, sweet potatoes, mushroom, sprouts, spinach,
kale, broccoli with hummus, tabouli & tofu on top
choice of dressing
choice of wheat, pita or chips & salsa
- Mixed Greens Salad** sm 4 / lg 8.50
salad mix, tomatoes, kale, spinach, carrots, scallions,
cooked cabbage, red cabbage, sweet potatoes, mush-
rooms & sprouts
choice of dressing

- | | | |
|---------------------|---------------|--------------------|
| Cheeses 1.60 | Breads | Gluten Free |
| White Cheddar | Whole Wheat | Tortilla |
| Feta | Pita | Bread |
| Goat | Tortilla | Bagels |
| Vegan Cheese | Wrap | Pizza Crust |
| Cream Cheese | Croissant | |

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
tomato, cabbage, carrot, mushroom, sweet potato,
avocado, spinach, kale, scallion, salsa, sprouts, broccoli,
house dressing
choice of cheese & side

- Veggie Wrap** 10
hummus, tofutti, spinach, kale, broccoli, tomato, cabbage,
carrot, mushroom, sweet potato, avocado, scallion,
sprouts, house dressing
choice of side

- Veggie Burger** 9.25
made with black beans, carrots, avocado, salsa,
carrot juice, rice, cooked cabbage, sweet potatoes, green
onions, spelt flour, on bun with tomato, avocado, scallion,
sprouts, ketchup & mustard, house dressing
choice of cheese & side

- Grilled Cheese & Tofu** 9.75
with hummus, tomato, avocado,
sprouts, house dressing on whole wheat
choice of cheese & side

- Cheese Avocado Tomato Sprouts** 9.75
with house dressing on whole wheat
choice of cheese & side

- Tuna or Egg or Tofu Salad** 9.75
mixed with cooked cabbage, salsa, scallion, tomatoes
carrot, sprouts, house dressing
choice of bread & side

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|----------------------|------------------------|
| Dressings .60 | Desserts |
| Nutritional Yeast | Chocolate Tofu Pie 4.5 |
| Basil Vinaigrette | Key Lime Pie 4.5 |
| Mustard Vinaigrette | |

- Burrito #1 (hummus)** 9.75
hummus, spinach, kale, broccoli, cabbage, carrot,
mushroom, scallion, sweet potato, avocado,
salsa, sprouts, house dressing
choice of cheese & side

- Burrito #2 (beans & rice)** 9.75
black beans & rice, sweet potato, avocado,
salsa, sprouts
choice of cheese & side

- Tofu Reuben** 9.75
cooked tofu, sauteed red cabbage, tomato, sprouts,
mustard, on whole wheat, house dressing
choice of cheese & side

- Cajun Tofu Pita** 9.75
cooked tofu sauteed with cabbage, carrot, scallion,
salsa, sprouts, house dressing
choice of side

- Cajun or Reg Chicken Pita** 10
sauteed with cabbage, carrot, scallion, salsa,
sprouts, house dressing
choice of side

- Chicken Salad or Deli Turkey** 10
served 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

Kids Choices

- PB & J** with chips 4.50
Grilled Cheese with chips 4.50
Cheese Pizza with chips 4.50
Beans & Rice with chips 4
Single Pancake 2.75

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