

APPETIZERS & STARTERS

Creamy Pesto & White Bean Dip \$6.5 GF, SF
served warm with organic blue corn tortilla chips, basil oil and scallions

Live Nachos \$10 L, GF, SF
spiced tomato & walnut chips, zucchini tahini nacho cheese and ground pecan chorizo, topped with onion, tomato, cilantro, scallion, cashew sour cream and avocado ranch, served with a lime wedge

Fruit & Cheese Board \$10 SF
house-made almond cheese, fresh fruit, grilled artisan bread, and herb pecan pesto, *can be made live and gluten-free upon request*

SOUPS AND A SIDE cup \$6/bowl \$7

with whole grain bread, corn bread, rice, quinoa or house salad

Soup Du Jour *seasonally inspired*

Spicy Butternut & Black Bean Chili

SALADS

add golden sauteed tofu, tempeh or soy curls \$3
add cup of soup \$3 add avocado \$2

House Mixed Green Salad sm \$4 / lg \$7 L, GF, SF
mixed greens, carrot, beet, cucumber and micro greens*, with creamy sweet ginger dressing

Roasted Beet & Curried Cashew Salad \$9.5 GF
sesame and agave roasted beets tossed with curried cashews, served over a bed of fresh greens, with cashew sour cream and sesame seeds

Crispy Thai BBQ Salad \$13 GF
romaine, mixed greens, shredded cabbage, carrot, cucumber, raisins, crispy rice sticks, curried cashews and thai spiced barbecue soy curls, with creamy sweet ginger dressing, fresh herbs & toasted coconut

BOWLS

add golden sauteed tofu, tempeh or soy curls \$3 add avocado \$2

Basic Bowl \$8 GF, SF
choice of brown rice or quinoa, daily beans and steamed greens, choice of house-made sauce (see our sauces section)

Southwest Bowl \$9.5 GF, SF
brown rice, spicy butternut & black bean chili and steamed greens topped with avocado ranch, roasted red pepper sour cream, scallions and cilantro

Green Goddess \$9.5 GF, SF
steamed greens, mixed greens, micro greens*, with avocado ranch and roasted garlic balsamic vinaigrette, topped with sesame seeds, served with a choice of brown rice or quinoa

*Many of our dishes contain plant-based food allergens.
We cannot guarantee that any product has not come in contact with these foods. Thank you for your understanding.*

LUNCH ENTREES

add avocado or blue corn chips \$2 add cup of soup or house salad \$3
add golden sauteed tofu, tempeh or soy curls \$3

Garden Veggie Wrap \$7.5 SF
pesto & white bean spread, carrot, tomato, cucumber, purple cabbage, romaine, micro greens*, and roasted garlic vinaigrette, wrapped in a whole wheat tortilla

Crispy Thai BBQ Wrap \$8.5
thai spiced barbecue soy curls, crispy rice sticks, carrots, cucumber, red cabbage and romaine, with creamy sweet ginger sauce, wrapped in a whole wheat tortilla. *add avocado for \$2*

Smoked Maple Tempeh \$8.5
with romaine, tomato, micro greens*, and stone ground mustard, served warm with choice of whole wheat tortilla or whole grain bread *add avocado for \$2*

Spicy BBQ Sandwich \$8.5
seasoned soy curls sauteed with red onion and smoky whiskey ginger barbecue sauce, served warm on grilled whole grain bread or in a whole wheat tortilla with romaine, tomato, micro greens* and lemon wasabi aioli. *add avocado for \$2*

Live Wrap \$11 L, GF, SF
tahini-cilantro pate, cucumber, micro greens*, carrot and avocado ranch in a leafy green wrap, with cashew sour cream

Spicy Butternut & Black Bean Chili Quesadilla \$11
whole wheat tortilla with spicy butternut & black bean chili, ground pecan chorizo, zucchini tahini nacho cheese, scallion, avocado ranch and roasted red pepper sour cream, served with blue corn chips

Live Falafel Wrap \$12.5 L, GF, SF
walnut & brazil nut falafel, tahini-cilantro pate, cucumber, onion and fresh tomato, wrapped in a leafy green, served with cashew sour cream

Live Pesto and Portobello Pizza \$13 L, GF, SF
fresh herb pecan pesto, "roasted" portobello mushrooms and micro greens* on a spiced tomato & walnut crust with a basil oil drizzle, served with a mixed green appetizer salad with creamy sweet ginger dressing, *add creamy cashew cheese to pizza \$.75*

Seasonal Lunch Special *changes daily, ask your server*

SIDES

Daily Bean \$3	Golden Sauteed Tofu, Tempeh or Soy Curls \$3
Brown Rice \$3	Tahini-Cilantro Pate \$3
Quinoa \$3	Live Nacho Chips \$4
Corn Bread \$3	Steamed Veggies \$4
Steamed Kale \$3	

SAUCES & DRESSINGS

1oz serving \$.75

Creamy Sweet Ginger	Smoky Whiskey Ginger BBQ
Spicy Peanut	House Red Hot Sauce
Avocado Ranch	Roasted Garlic Vinaigrette
Cashew Sour Cream	Roasted Red Pepper Sour Cream

GF - DENOTES GLUTEN-FREE SELECTION

L - DENOTES LIVE/RAW SELECTION

SF - DENOTES SOY-FREE SELECTION

***** - DENOTES ITEM MAY BE SUBSTITUTED

FRESH JUICES & BOOSTER SHOTS

Ginger Shot 1oz \$3

Flu Fighter Shot 1oz \$3.5
ginger, lemon, cayenne

Carrot 16oz \$5.5

Carrot Ginger 16oz \$6

Apple Celery Cucumber 16oz \$6.5

Apple Lemon Ginger 16oz \$6.5

Apple Lemon Ginger Kale 16oz \$7

Thai Greens 16oz \$8
apple, lime, ginger, basil, cilantro

All Greens 16oz \$8.5
kale, celery, cucumber, parsley

SMOOTHIES & MILKSHAKES 16oz

with choice of soy or rice milk
or with coconut milk for \$1 extra
sweetened with agave

Strawberry Banana \$6.5

Peanut Butter Banana \$6.5

Peaches 'N' Cream \$7
peaches, coconut milk and banana

Berry Blast \$7
marionberry, raspberry, strawberry, blueberry, boysenberry,
and banana

Greens Protein Plus \$8
banana, peanut butter, spirulina, hemp protein

Softy Shake \$7
with our house-made soft serve, changes daily

OTHER DRINKS

Coconut Chai \$4
house-made chai and coconut milk,
served over ice

Lavender Lemonade \$3
sweetened with agave

Eight-Herb Iced Tea \$2
caffeine-free

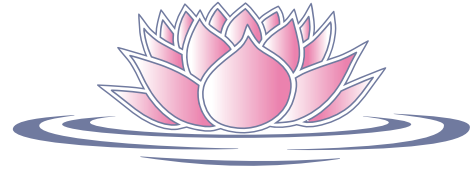
Coconut Water \$2.5

Townshend's Kombucha \$4

COFFEE & TEA

Organic Hot Tea Pot \$3.5
Green, Immune Boost, 8-Herb, Earl Grey,
Darjeeling, Yerba Mate

Caffé Vita Organic Coffee \$3



BLOSSOMING LOTUS

LUNCH MENU

SERVED FRESH DAILY

BLOSSOMING LOTUS

LUNCH

11 AM - 4 PM • MONDAY - SATURDAY

HAPPY HOUR

3 PM - 6 PM • MONDAY - FRIDAY

DINNER

5 PM - 9 PM • SUNDAY - THURSDAY
5 PM - 10 PM • FRIDAY & SATURDAY

SUNDAY BRUNCH

10 AM - 2:30 PM

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