

Breakfast

Served until 1pm

Veggie Frittata \$8.95

Golden brown frittata quiche with green bell pepper, red onion and tomato served with a side of kale and your choice of tempeh bacon or fruit.

Blueberry Buckwheat Bliss \$8.95

Classic buckwheat pancakes with the added bliss of blueberries and pecans. Served with sides of soy butter, our own freshly made blueberry apple preserves, organic maple syrup and your choice of fruit or tempeh bacon.

Tofu Scramble (Wheat Free/Gluten Free by Request) \$8.95

Tofu, kale, mushroom, tomato and onion scrambled together and served with toasted batard and your choice of fruit or potatoes. Add tempeh bacon \$3.00 Add soy cheese \$1.00

Fruit & Yogurt (Wheat Free/Gluten Free) \$6.95

One bowl each of fresh fruit and yogurt served with sides of pure maple and walnuts.

Platter of Sliced Bread \$6.95

Cranberry walnut, french and six grain breads toasted and served with soy butter and our own freshly made blueberry apple preserves.

Bagel & Cream Cheese \$2.00

Choice of sprouted wheat or spelt bagel with a side of soy cream cheese.

jam/soy butter .75 tomato 1.00 avocado 1.25 sprouts .75 red onion .50

Breakfast Sides

Tempeh Bacon \$3.00

Fruit \$3.95

Sliced Tomato \$2.00

Avocado \$2.00

Muffin \$2.50

Bagel. \$1.25

Toast \$2.00

All breakfast items are free of refined sugar, sweetened only with pure syrup or agave nectar

Lunch & Dinner

Soup of the Day Cup \$3.75 Bowl \$4.95

Soups vary daily, please ask your server for today's special soup.

Carrot Ginger Soup. Cup \$3.75 Bowl \$4.95

(Raw) (Wheat Free/Gluten Free)

Carrot ginger soup served cold.

Cantaloupe Blueberry Gazpacho Cup \$3.75 Bowl \$4.95

(Raw) (Wheat Free/Gluten Free)

Cantaloupe blueberry gazpacho sweetened with raw agave nectar and served with cubed cantaloupe, whole blueberries, sliced strawberries, cubed avocado and a mint garnish.

Small Plates

Cheese Plate. \$7.95

Cashew cheese served with toasted batard, greens and grapes.

Edamame (Wheat Free/Gluten Free) \$4.25

Whole shell soybeans served warm with a sides of tamari and lemon.

Crispy Kale (Wheat Free/Gluten Free) \$4.50

Fresh kale chips served with organic orange slices.

Fusion Rolls. \$8.95

Sliced wheat rolls of nori, black bean, jicama, carrot, red bell pepper daikon sprout and cashew cheese served with lime wedges and a tamari citrus dipping sauce.

Salads

- The Salad (Wheat Free/Gluten Free)** \$9.95
Bed of mixed baby greens topped with portions of tofu egg salad, shredded carrot, baked tofu, roasted beets, edamame salad, tomato, avocado and daikon sprouts. Served with a side of hummus and choice of thousand island, miso, vinaigrette or tahini dressing.
- Tempeh Tu-No Salad (Wheat Free/Gluten Free)** \$8.95
Bed of mixed baby greens topped with tempeh salad, sliced tomato, sunflower seeds and red onion. Served with choice of thousand island, miso, vinaigrette or tahini dressing.
- Mediterranean Salad (Wheat Free/Gluten Free)** \$9.95
Bed of mixed baby greens topped with tomato, cucumber, kalamata olives, quinoa tabouli, and hummus. Served with an olive oil vinaigrette.
- Avocado & Seitan Salad** \$8.95
Bed of mixed greens with sliced avocado, daikon sprouts, grilled seitan, tomato and red onion. Served with choice of thousand island, miso, vinaigrette or tahini dressing.
- Grapefruit, Avocado & Fennel Salad (Raw) (Wheat Free/Gluten Free)** . . \$10.95
Sliced aromatic fennel with avocado slices, grapefruit segments and fresh basil with a light lime dressing.
- Mega Green Salad (Raw) (Wheat Free/Gluten Free)** \$9.95
Mixed greens, daikon radish greens, micro greens, mint leaves and shredded kale with a light orange dressing and a side of raw walnut.

Sandwiches & Wraps

Spelt bread available upon request

- Tempeh Reuben** \$9.95
Grilled reuben sandwich served on organic corn rye with layers of tofu cheese, cashew cheese, tempeh sauerkraut and thousand island dressing. Served with choice of potato salad, side salad or fruit
- The Flore Burger** \$9.95
Our own black bean burger grilled and served with sliced tomato, sprouts, red onion, green leaf lettuce and thousand island dressing. Served with a choice of potato salad, side salad, or fruit. Avocado add \$2.00, Temp Bacon add \$1.75, Cashew Cheese \$1.50
- Club Sandwich** \$9.95
Battered baked tofu, tempeh bacon, lettuce, tomato, avocado and daikon sprouts served with eggless mayonnaise on toasted organic sourdough bread. Served with choice of potato salad, side salad or fruit.
- Portabella Panini** \$10.25
Marinated grilled portabella with soy mozzarella, kale and creamy dill dressing on organic ciabatta bread. Served with choice of potato salad, side salad or fruit.
- Tempeh Tu-No Melt** \$8.95
Tempeh salad, daikon sprouts and cashew cheese layered on organic seeded six grain bread and grilled to warm, soulful perfection. Served with choice of potato salad, side salad or fruit.
- Tofu "Egg" Salad Sandwich** \$8.95
Tofu "egg" salad, green leaf lettuce and tomato stacked together on your choice of organic sourdough, corn rye or seeded six grain. Served with choice of potato salad, side salad or fruit.
- B.L.T.A.** \$8.95
Delicious combination of tempeh bacon, green leaf lettuce, sliced tomato and avocado served with eggless mayonnaise on your choice of organic sourdough, corn rye or seeded six grain. Served with choice of potato salad, side salad or fruit.
- Avocado & Cheese** \$8.95
The traditional hippie sandwich of cashew cheese, green leaf lettuce, sliced tomato, avocado and sprouts served with eggless mayonnaise on your choice of organic sourdough, corn rye or seeded six grain. Served with choice of potato salad, side salad or fruit.
- The Wrap** \$9.95
A dream come true stuffed with baked tofu, roasted vegetables, shredded kale and brown basmati rice with a drizzling of creamy tofu dressing wrapped together in a wheat tortilla. Served with choice of potato salad, side salad or fruit.
- Quinoa Tabouli Wrap** \$9.95
Quinoa tabouli, hummus, mixed greens, shredded carrot, cucumber and brown basmati rice served with a side of tahini dressing and choice of potato salad, side salad or fruit.

Substitution charge for sides is \$1.50 when substituting deli case items or soups for listed option sides with meals.

Entrees

- Burrito Flore** \$10.95
Brown rice, black beans, tempeh bacon, cilantro cream, cashew cheese, lettuce, avocado and tomato wrapped in a whole wheat tortilla. Served with a side of pico de gallo and a green salad.
- Basmati Brown Rice Bowl (Wheat Free/Gluten Free if served with baked tofu)** . \$9.95
Brown basmati rice with crispy kale, shredded carrot, raw sunflower seeds, lime wedges, daikon sprouts and avocado served with your choice of teriyaki seitan or baked tofu and sides of tahini dressing and tamari.
- Southwestern Seitan Quesadilla** \$7.95
Whole wheat quesadilla of cashew cheese, seasoned seitan, diced tomato, and shredded lettuce. Served with sides of pico de gallo and cilantro cream.
- Tacos de Papas (Wheat Free/Gluten Free)** \$8.95
Two potato tacos served on stone ground corn tortillas, topped with lettuce, tomato and cilantro cream. Served with sides of pico de gallo, brown rice and black beans.
- Jicama Tacos (Raw) (Wheat Free/Gluten Free)** \$9.95
Julianned seasoned jicama, kale, chopped cilantro, raw sunflower seeds, raw cashew cheese and pico de gallo wrapped in green leaf lettuce and served with lime wedges and dehydrated mango slices.
- Eastsider Tacos** \$9.95
Seasoned seitan, shredded lettuce, diced tomato and cashew cheese served warm on two stone ground corn tortillas with sides of pico de gallo, cilantro cream, brown rice and black beans.
- Delectable Selectable** Choice of one \$4.95
Choose any of our prepared deli sides for a personalized combo. Choice of two \$7.95
 Choice of three \$9.95

Pizza

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- Roasted Vegetable Pizza** \$11.95
Roasted zucchini, red pepper, red onion and mushroom with soy mozzarella and fresh marinara sauce baked on a spelt cornmeal crust.
 - Tomato Basil Pizza.** \$11.95
Sliced tomato, basil, soy mozzarella, roasted garlic and fresh marinara sauce baked on a spelt cornmeal crust.
 - Tempeh Bacon and Mushroom Pizza.** \$11.95
Tempeh bacon, portabella mushroom, soy mozzarella and fresh marinara sauce baked on a spelt cornmeal crust.

Desserts

Please ask your server about our daily selection of
cupcakes, cakes, cookies and other sinful vegan sweets
Price Range of \$2.50 - \$5.75

Beverages

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- Organic Juices** 16oz
- Lemonade** – Fresh squeezed lemons sweetened with unrefined sugar . . . \$2.75
 - Orange Juice** – Fresh squeezed orange juice \$3.75
 - Apple Juice** – Fresh and pulpy apple juice \$4.75
 - Apple Beet** – Apple and beet \$4.75
 - Orange Carrot** – Orange and carrot \$4.75
 - Basic Green** – Kale, celery, parsley, apple and lemon \$4.75
 - The Tonic** – Grapefruit, kale, apple and lemon \$4.75
 - Refresh** – Apple, ginger and carrot \$4.75

- Add to any juice:**
- Hemp protein \$.75
 - Ginger \$.50
 - Strawberry Smoothie \$4.75

- Organic Teas** 16oz 20oz
- Hot Tea** \$1.85 . . . \$2.75
Gunpowder Green, Jasmine, Earl Grey, English Breakfast, Chamomile, Twig, Hibiscus & Peppermint Herbal
 - Iced Tea.** \$1.85

- Organic Coffees** 16oz 20oz
- Cup of Coffee** \$1.85 . . . \$2.10
 - Espresso** \$2.10
 - Double Espresso.** \$2.70
 - Americano.** \$2.45 . . . \$2.75
 - Latte** \$3.50 . . . \$4.00
 - Vanilla Latte** \$3.80 . . . \$4.30
 - Mocha Latte** \$3.80 . . . \$4.30
 - Chai Latte** \$3.80 . . . \$4.30
 - Macchiato** \$2.50
 - Hot Chocolate.** \$2.75
 - Iced Coffee** \$1.85
 - Iced Latte** \$3.50
 - Iced Chai.** \$3.80
 - Iced Blended Mocha.** \$3.80

Bottled Beverages

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- Kombucha.** \$4.00 **San Pellegrino.** \$2.00
 - Bottled Water.** \$1.00 **Organic Cola.** \$1.50



Silver Lake

Using only the highest quality, organic ingredients available!

WEEKDAYS

11:00am - 10:00pm

Tuesday - Friday

(Closed Monday)

WEEKENDS

10:00am - 1:00pm Brunch

1:00pm - 10:00pm Dinner

FREE LOCAL DELIVERY 3PM - 9PM

minimum for delivery, see map for delivery area. \$10 minimum

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