

# Winter Menu



**Organic  
Vegetarian and Vegan  
food made from scratch.**

## STARTERS (V)

### Roy's Kickin' Fresh Salsa & Chips

Fresh tomato, red onion, vinegars, garlic, lemon, spices & cilantro. - 2.95

### Guacamole & Chips

Avocado, lime, garlic & spices. - 5.95



### Cauliflower Buffalo Wings

Roasted and grilled florets in a spicy pepper sauce served with carrot, celery and Vegan Ranch dressing. - 9.95



### Stuffed Avocado

Vegan chorizo, beans, over rice, topped with spicy Chipotle Sauce. - 7.95

## Wraps & Bowls

10.50

**Bowl includes brown rice.  
Served with corn chips.**

### Southwestern (V Option)

Black beans, brown rice, salsa, tomato, red onion, Chipotle Sauce, and a choice of jack/cheddar or cashew cheese & cilantro.

### Curry Tempeh (V)

Crunchy cabbage, carrot, roasted cauliflower, raisins tossed in our house made Coconut Cashew Curry sauce topped with roasted tamari tempeh and garnished with green onion.

### Thai (V)

Crunchy cabbage, carrot, celery, red onion, green apple tossed in Spicy Asian Almond sauce, topped with avocado & cilantro.

## Soup & Salads

Dressings: Balsamic Vinaigrette, Cilantro Lime Vinaigrette or Vegan Ranch.

Add Avocado - 1.50 Veggie - .50

### Soup of the Day

House made from our home-made stock.

Always Vegan & Gluten Free.

Cup - 4.95 Bowl - 7.95

### House Salad

Greens, tomato, carrot & celery.

Small - 5.95 Large - 9.95



### Buddha Bowl

Brown rice, soup of the day and a House Salad layered in a bowl and topped with Balsamic

Vinaigrette. - 8.95

### Taco Salad (V Option)

Greens, avocado, tomato, red pepper, black beans, vegan chorizo, choice of jack/cheddar or cashew cheese tossed in our tangy Cilantro Lime Vinaigrette & served with corn chips. - 13.95

Add Sour Cream - .50

### Chopped Wedge Salad

Greens, smoked sunflower seeds, pickled red onion & tomato dressed in our creamy

Vegan Ranch dressing. - 11.95

Add Blue Cheese. - 1.50



### Buffalo Salad

Greens, spicy roasted cauliflower, avocado, tomato, carrot, celery, red onion, cilantro, dressed with our creamy Vegan Ranch dressing. - 13.95

## PLEASE NOTE!

If you have a food allergy (particularly to nuts or seeds), we recommend you NOT dine with us as we cannot guarantee you won't be exposed. If you have any other types of dietary allergies, please let us know as not every ingredient is listed for each menu item. Thank you.

Vegan = (V)

Gluten Free (GF)

# South of the Border



## Chile Verde Enchiladas (V Option)

Black beans, Spanish rice, corn, red bell pepper, black olives, jack/cheddar or cashew cheese rolled in corn tortillas smothered in house made spicy Chile Verde Sauce and baked to perfection. Served with tortilla chips, salsa, guacamole & cilantro garnish. - 14.95

## Nachos (V Option)

Choice of jack/cheddar or cashew cheese on tortilla chips, baked & garnished with cilantro. Served with a side of salsa. - 7.95

## Nachos Supreme

All the above plus vegan chorizo, black beans, black olives, jalapeños, green onion and guacamole. 13.95

### *Let us cater your next event!*

- **Daily Happy Hour – 4pm to 6pm.**

#### **Weekly Specials:**

- **Smoothie Monday – Save a buck all day.**
- **Taco Tuesday – Save a buck all day.**
- **Wine Wednesday - \$5 glass, \$18 bottle.**
- **Throwback Thursday – Save \$2 on any beer.**

*Ask about our Rewards Program.*

*Gift Certificates Available.*

#### **OPEN 7 DAYS**

**Sunday - Thursday 11:00AM - 8:30 PM**

**Friday & Saturday 11:00AM - 9:00 PM**

# Tacos



## Buffalo Cauliflower Taco (V)

Roasted & grilled cauliflower in a spicy pepper sauce served with lettuce, tomato, carrot, avocado, ranch dressing on a flour tortilla. 6.50  
Taco Plate includes beans & rice. - 9.50  
Add taco 5.00



## Taco (V)

Guacamole, Cabbage, Cilantro Lime Crema, & lime served on corn tortillas. - 4.50

### Choose your fillings:

- Portobello Mushroom
- Vegan Chorizo
- Combo: Portobello and Chorizo

## Taco Plate (V)

Choice of Two Tacos, Served with Black Beans with a Chipotle sauce drizzle and Rice. - 11.95



# Comfort food

## Shepherd's Pie (V)

Mushroom, carrot, celery, peas, Beyond Meat in a red wine sauce covered in creamy vegan mashed potatoes and baked to perfection. Served with a dinner salad.  
14.95



## Mac & Cheeze (V)

Elbow macaroni covered in a cashew and nutritional yeast cheeze sauce baked in the oven and garnished with coconut bacon. - 9.95

# Sandwiches



Serving The Baker and Cakemaker Bread.  
Gluten Free bread options available.  
Served with corn chips or mixed greens.

## Tempeh Ruben (V Option)

A marinated tempeh patty grilled & served with house sauerkraut, choice of Swiss or cashew cheese, caramelized onions & Thousand Island dressing on rye.  
10.95

## BLTA (V)

Coconut bacon, Lettuce Tomato & Avocado  
With Goddess sauce on Sourdough bread. - 9.95

## Grilled Cheese

Sharp Cheddar cheese, butter on sourdough. - 8.95

## Beyond Meat Bratwurst (v)

Served on a Pretzel Bun. - 12.95

**Classic** - Sauerkraut, caramelized onions & Goddess Sauce.



**Seattle Dog** - Cabbage, vegan cream cheese, cilantro lime crema topped w/ jalapenos & sriracha.

**BBQ** - House made BBQ sauce & slaw, caramelized onions, smoked sunflower seeds, & tomato.

# Burgers

Choose your patty & style. Served on choice of Gluten Free or Pretzel bun with corn chips and a pickle. Add avocado, jack/cheddar, blue or cashew cheese to any burger. - 1.50

## American Burger

Lettuce, tomato & Thousand Island & red onion on request. - 11.95\*  
Beyond Burger Patty - 15.95\*\*

## BBQ Burger

House-made coleslaw, BBQ sauce, Goddess sauce, & smoked sunflower seeds with caramelized onions and tomato. - 12.95\*  
Beyond Burger Patty - 16.95\*\*



## Californian Burger

Spicy Chili Verde sauce, Chipotle sauce, lettuce, tomato, & avocado. - 12.95\*  
Beyond Burger Patty - 16.95\*\*

## Mushroom Swiss Burger

Marinated Portobello mushrooms, caramelized onions, Swiss or cashew cheese, Thousand Island dressing, lettuce & tomato. - 13.95\*  
Beyond Burger Patty - 17.95\*\*

## Patty Descriptions:

### \*Nectar Patty (V)

House made patty with quinoa, lentils, kidney beans, oats, sunflower seeds, chia seeds, beets, mushrooms & spices.

### \*\*Beyond Meat Patty (V)

A plant-based burger patty from Beyond Meat with 23 grams of protein from peas. No soy, gluten or GMOs and looks and tastes like beef.



## Smoothies

7.44

### Blueberry Bliss

Blueberries, banana, cashews, lemon, cinnamon, flax with a touch of stevia.

### Nectar

Choice of Mango, Pineapple or Blueberries, with banana, spinach, lemon with a touch of stevia.

## Shakes

7.44

### Chocolate

Loads of raw Peruvian cacao, banana, maca, lucuma, cashew cream sweetened with monk fruit.

### Vanilla

Banana, maca, flax, vanilla, cashew cream sweetened with monk fruit.

## Kid's Fare

### Almond or Peanut Butter & Jam Sandwich

On lightly toasted wheat bread. - 4.95

### Black Beans and Rice

House made black beans over brown rice. 3.95

### Bean Burrito

Black beans with jack/cheddar or cashew cheese on a GF Teff tortilla. - 4.95

### Cheesy Quesadilla

Jack/cheddar cheese on a wheat or two corn tortillas. - 3.95

### Grilled Cheese Sandwich

Jack/cheddar blend on buttered and grilled wheat bread. - 7.95

Take-out Orders Welcome!

530-820-3314

Follow us on Instagram @

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Email us at:

yummy@nectar-cafe.com

Visit us at [www.Nectar-Cafe.com](http://www.Nectar-Cafe.com)

## Hot/Iced Teas

### House made Lemonade

Fresh lemon and cane sugar. 3.25

### Arnold Palmer

Blend of tea and lemonade. 3.25

### House made Iced Tea

Choice of Black Tea or Caffeine Free Hibiscus. - 2.95

### Chai Tea Latte

Made with Oregon Chai  
See Milk Options under coffee: 4.25

### Matcha Green Tea Latte

See Milk Options under coffee: 5.25

## Organic Numi Leaf Hot Teas

3.25

## COFFEE

By Award winning Chocolate Fish



Milk Options:  
2% or Whole Milk included.  
Almond, Oat, House-made Cashew,  
Or Half & Half, Add -1.00

### French Press

12oz - 3.50 16oz - 4.25

### Espresso

3.50

### Latte

Regular or Vanilla 4.25

### Americano

3.50

### Mocha

12oz - 4.95 16oz - 5.25

### Cappuccino

4.25

### Macchiato

4.00

### Hot Chocolate

House blend of raw cacao and coconut sugar. 3.50