

# Breakfast

served until 11am

## TOAST

- New Cascadia Teff Bread (gluten-free)  
-with butter or jam **2.5**  
-zucchini hummus, cucumber and tomato **3.5**  
-sprouts and avocado **4**  
-almond butter and fruit **4** (add bee pollen to fruit **\$1**)

## CHIPOTLE TEMPEH SCRAMBLE

with spinach, sun-dried tomatoes, carrots, zucchini, avocado and toast **7**

## CHILI SCRAMBLE

roasted garlic chili, chipotle tempeh, quinoa, dark greens, spinach, avocado and scallions with toast **8.5**

## HOT OATMEAL

gluten free oats, dried figs and currants, brazil nuts, fresh fruit, vanilla, cinnamon and maple syrup **6**

## GRANOLA

gluten free, with brazil nuts, dried cranberries, dried apricots, flax, pepitas, vanilla, fresh fruit with nut or rice milk **6**

## GLORY PARFAIT

vanilla cashew cream, granola and fresh fruit **6**

# Drinks

## FOXFIRE TEAS

16oz pot - *see full tea menu for descriptions*

- Kama Black, Yerba Mate, Green Jasmine, Peppermint Green, Bliss Herbal, Harmony Herbal, Morning Glory Herbal **2.5**
- Vanilla Black, Pu-erh, Japanese Sencha **4**

**GINGER TEA** freshly grated **2.5**

**ALBERTA STREET CHAI**, served hot or iced, with coconut milk and local honey **3.5**

**DIVINE MATCHA** with steamed coconut milk and agave **4**

**ICED GINGER TEA** with fresh ginger and agave **2**

**ICED PEPPERMINT GREEN TEA** **2**

**GTs KOMBUCHA** assorted varieties **4**

**COCONUT WATER** **2.5**

**STUMPTOWN ORGANIC COFFEE** french press

12oz pot **2.5**, 17oz pot **4**, 32oz pot **6**

- brewed coffee available until noon, press pots thereafter -

# Soups & Greens

available starting at 9am

**DAILY HOT SOUP** cup **4** / bowl **5**

**DAILY RAW SOUP** cup **4** / bowl **5**

**ROASTED GARLIC CHILI** cup **4** / bowl **5**  
topped with green chili sauce and scallions

*for all soups choose your side...  
quinoa, rice, bread, salad or steamed greens*

**HOUSE SALAD** sm **4** / lg **7**  
mixed greens, carrots, beets, cucumber and sprouts

## SOUL SALAD

spinach, chipotle tempeh, black beans, toasted pepitas, tomatoes and avocado with red chili vinaigrette **8**

## BLISS SALAD

dried currants, calimyrna figs, walnuts, quinoa, beets, carrots, spinach and greens with lemon ginger dressing **8**

## GARDEN PLATE

zucchini hummus, pumpkin and sunflower garden pate, two Livin Spoonful raw crackers, cucumber, spinach and pickled daikon radish **8**

## LOVE PASTA (raw)

zucchini noodles, sun-dried tomatoes, carrots, spinach, basil pesto and pine nut and cashew ricotta **9**

## BHAKTI PASTA (raw)

zucchini noodles, spinach and sun-dried tomatoes tossed in lemon-basil cashew alfredo with pinenuts **9**

## BUCKWHEAT SOBA NOODLE SALAD

with shredded dark greens, spinach, arame, wakame, dulse, carrots, cucumber, pickled daikon radish, sesame seeds and scallions in a szechuan sesame lime sauce **9**

# Bowls

## MIGHTY BOWL

bhutanese red rice or quinoa, steamed greens, beans **7**  
**sauce choice** : lemon ginger, garlic tahini, green chili, peanut

## CHILI BOWL

bhutanese red rice or quinoa, roasted garlic chili, steamed greens, avocado, scallions, green chili and garlic tahini sauces **8**

## DRAGON BOWL

rice or quinoa, beans, arame, wakame, dulse, avocado, steamed greens, sesame seeds and sprouts **8**  
**sauce choices** : lemon ginger, garlic tahini, green chili, peanut

# Wraps

all wraps are pre-made, ★  
check the deli case for available selections

## ACE WRAP

carrot, cucumber, beets, spinach, sprouts, avocado, zucchini hummus, sun dried tomatoes and basil pesto, wrapped in either collard greens or a whole wheat tortilla **7**

## GAUCHO WRAP

chipotle marinated tempeh, slow roasted tomatoes, spinach, black beans, smashed avocado and lime in a whole wheat tortilla **8**

## HERO WRAP

zucchini hummus, basil pesto, sun-dried tomatoes, kalamata olives, mixed greens, cucumber and sprouts, wrapped in either collard greens or a whole wheat tortilla **7**

## FREEDOM WRAP (raw)

pumpkin and sun garden pate, sprouts, cucumber, avocado and pickled daikon radish rolled in collard greens with green chili sauce **9**

## SIDES

- zucchini hummus **3**
- pumpkin and sun garden pate **4 (raw)**
- two Livin Spoonful Sunny Herb raw crackers **2.5**
- rice or quinoa **2.5**
- steamed greens **3**
- avocado half **3**
- beans **2**
- sauce **.5**
- lemon ginger, garlic tahini, green chili, peanut

## gluten free

Prasad serves a primarily gluten free menu. Our gluten free oats come from Bob's Red Mill. The teff bread and all of our pastries are sourced from New Cascadia Traditional Bakery in SE Portland where they operate a 100% gluten free facility. The items which do contain gluten are not made within our kitchen and we are extremely careful in avoiding cross contamination of gluten products. Your health is of upmost importance to us.

## organic

Over 90% of the menu is organic. We take great care to order organic whenever possible. Please feel free to inquire if you have a particular concern.

**BUNNY JUICE** carrots 4.5

**BUNNY SLY** carrot ginger 5

**MORNING STAR** carrot apple 5.5

**BLESSINGS** apple lemon ginger 5.5

**BRUT** carrot beet spinach 6

**SHANTI** apple mint celery cucumber 6

**FINICKY MUSE** apple beet celery 6

**MELODY** greens apple lemon ginger 6

**RISING** carrot beet apple ginger 6

**BEAULAH LAND** grapefruit apple celery mint 6

**RUBY** grapefruit carrot beet ginger 6

**MANIFESTA** celery cucumber spinach parsley 7

**THE RITA** celery cucumber spinach parsley mint lime 7

**WHEATGRASS** 1oz 3 / 2oz 5

**GINGER SHOT** 1oz 3 / add ginger to any juice .5

**DARLING**  
strawberry, banana 5

**LUCY BLUE**  
blueberry, banana 5

**BELLE**  
almond butter, banana, date 6

**SWEET JULE**  
strawberry, avocado, date, mint 6.5

**POPEYE**  
spinach, marionberry, blueberry, banana 6

**RETROSPECTION**  
almond butter, cacao nibs, mint, banana 6.5

**STUMBLEBEE**  
peanut butter, cacao nibs, Stumptown coffee, banana 6

**WALLFLOWER**  
Vitamineral Green superfood, marionberry, banana 6

**GOLDEN**  
carrot-ginger juice, banana, cinnamon, bee pollen 6

**ECHO**  
banana, hemp protein, cardamom, cacao, cocoa powder 7

**GRASSHOPPER**  
spinach, parsley, spirulina, ginger, fresh apple 7

**STELLA**  
carrot ginger juice, coconut milk, strawberries, banana 6

**GURU**  
celery, cucumber, avocado, spinach, parsley, lemon, salt 8

**ADDITIONS** - 1.5 each  
maca, flax oil, spirulina, bee pollen, cacao nibs, hemp protein,  
peanut butter, almond butter, kale or spinach, Vitamineral Green

*Juice*  
16oz each

*Smoothies*

*choose daily nut milk  
or organic rice milk*

*Prasad*  
eat. inspire. unite.

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Monday thru Friday : 7:30 am to 7 pm  
Saturday and Sunday : 9 am to 7 pm