

# HEALTHY CREATIONS CAFE

ORGANIC & GLUTEN FREE

DF = dairy free

V = vegan

VG = vegetarian

P = paleo

# 100% GLUTEN FREE

USING THE GOOD STUFF.  
NEVER CUTTING CORNERS.

#healthycreationscafe

All items are **gluten free!**

All meats & eggs are **pastured.**

All vegetables are **organic.**

**Local** when possible.

Sauces & Breads are **made in house.**

Most dairy is **organic.**

## BREAD CHOICES

Multigrain Bread **DF**  
Teff Wrap **V (has honey)**  
Herbed Focaccia **V + \$0.50**  
Paleo Coconut Wraps **+** \$1  
Paleo Baguette **V + \$0.50**

## ADDITIONS

Avocado **+** \$2  
Chicken or Turkey **+** \$3.50  
1 Pastured Egg **+** \$2  
Wild Smoked Salmon **+** \$5  
Roasted Veggies price varies  
Cheese **+** \$1.50- \$2  
Tuna **+** \$5  
Bacon **+** \$4  
Coconut Bacon **+** \$2  
Quinoa **+** \$2

Add a side salad to a sandwich **\$3**

## A LA CARTE

### Bowl of Soup

12oz **\$5.50**

20oz **\$8.50**

### Side Salad **\$3.75**

choice of dressing

Healthy Creations Cafe

376 N. El Camino Real

Encinitas, CA.

(760) 479-0500



Monday to Friday

8:30am - 6:00pm

Saturday & Sunday

8:30am - 4:00pm

[www.healthycreationscafe.com](http://www.healthycreationscafe.com)

## BREAKFAST + TOAST

**BREAKFAST EGG SAMMIE** - English muffin, egg, spinach, havarti cheese, garlic aioli, side of fruit with a choice of: bacon, turkey sausage or avocado **\$13 (VG option)**

**THE GROVE BREAKFAST SAMMIE**- brioche roll (contains dairy), egg, spinach, avocado, NG aioli, (slightly sweet, medium spice), side of fruit with choice of: bacon, turkey sausage or extra avocado **\$14 (DF, VG option)**

**BERRIES AND CREAM TOPPED PALEO WAFFLE** - fresh berries, vanilla bean coconut whip, paleo vegan waffle, maple syrup **\$13 V= omit butter**

**BUDDHA BOWL** - warm quinoa or brown rice, nutrizo (house walnut 'chorizo'), sautéed onions and spinach, black beans, avocado, creamy chipotle sauce **\$14.50 V** add 1 pastured egg **\$2.25**

**DAYBREAK BOWL**- garnet yams, russet potatoes, roasted red bell peppers, chopped spinach, 2 eggs, jack cheese, creamy chipotle sauce and salsa **\$15 VG**

**BREAKFAST TACOS** - 2 eggs, jack cheese, black beans, avocado, salsa, chipotle crema on Coyotas grain free tortillas, side of fruit. **\$14.50** + nutrizo or bacon \$3.50 **VG**

**PALEO PROTEIN PLATE** - 2 eggs, avocado, rosemary sweet potatoes, sautéed spinach and choice of: uncured bacon, turkey sausage or mushrooms **\$14.50 (V option)**

**HC BREAKFAST**- 2 eggs, choice of bacon, turkey sausage or 1/2 avocado, 2 pieces sourdough with butter and jam, side of fruit **\$15 (VG and V options)**

**VEGAN NUTRIZO TACOS** - Coyotas grain free tortillas, nutrizo, black beans, sauteed spinach, avocado, salsa, chipotle crema, side of fruit **\$14.50 V**

**EVERYTHING AND MORE TOAST**- rosemary cream cheese, avocado, everything bagel seasoning, sourdough, side salad **\$12.50 V- sub kite hill cream cheese + 1**

**AVOCADO & HUMMUS TOAST** - avocado slices, sprouted hummus, cucumber, cultured cashew tzatziki sauce on herbed focaccia + side salad **\$11.50 V**

## GOURMET SANDWICHES + WRAPS

**SUB PALEO BAGUETTE (P & V) FOCACCIA (V) OR SOURDOUGH (V) ON ANY SANDWICH**

**CALIFORNIA WRAP OR SANDWICH** - Mediterranean marinated chicken, spring mix, avocado, tomatoes, havarti cheese, sun dried tomato aioli, side salad **\$15**

**VEGGIE & HUMMUS WRAP OR SANDWICH** - spring mix, carrots, cucumber, avocado, sprouts, pepperoncini, tomatoes, red onions, herb aioli, raw sprouted hummus, focaccia, side salad **\$15 V**

**CHICKEN CURRY SANDWICH OR WRAP**- tender chicken, curry sauce, spring mix, raisins, apples, tomatoes, side salad. **\$15 DF**

**FALAFEL & HUMMUS** (wrap or salad) - baked house-made falafels, raw sprouted hummus, cucumber, tomatoes, spring mix, sprouts, kalamata olives, cashew tzatziki dressing, side salad. **\$15 V**

**LOW MERCURY WILD TUNA** (sandwich, wrap, or salad) - wild low mercury tuna with lemon aioli spring mix, tomatoes, avocado, sprouts, side salad. **\$15.50 DF**

**BLTAE** - Uncured sustainable bacon, spring mix, avocado, tomatoes, fried pastured local egg, jalapeno aioli, multigrain bread, side salad **\$15.50 DF**

**VEGAN BLTA**- Focaccia, coconut bacon, spring mix, avocado, tomatoes, jalapeno aioli, side salad **\$13.50 V please specify vegan**

**HERBED TURKEY & AVO**- Diestel turkey, herb aioli, 1/2 avocado, red onion, spring mix, tomatoes, focaccia, side salad **\$16 DF**

## PANINI'S SERVED ON OUR HOUSE FOCACCIA AND TOASTED

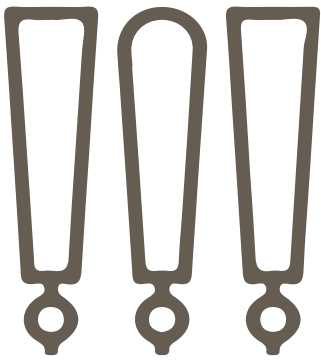
**ROASTED MEDITERRANEAN CHICKEN** - pesto, goat cheese, chicken breast, roasted

red peppers, artichoke hearts, side salad **\$16**

**GRILLED VEGETABLE & PESTO** - herbed goat cheese, roasted red peppers, pesto, artichokes, grilled zucchini and tomatoes, side salad **\$16 VG (V= sub cashew mozza for goat cheese)**

**TWISTED REUBEN** - sauerkraut, mustard, tomatoes, spinach, and chipotle aioli with a choice of: Grass fed Pastrami Or Vegan with roasted onions, mushrooms & avocado, side salad **\$16 (V option)**

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## ON TAP

LOCALLY BREWED BEVERAGES  
ask for flavors on tap!  
16oz. \$7

- ~Raw locally brewed **Kombucha**
- ~Raw cold pressed **Kefir Soda**
- ~Cold Brewed **Superfood Coffee®** poured on nitro.

## ORGANIC ESPRESSO & TEA

ALL ESPRESSO DRINKS HAVE A DOUBLE SHOT

ORGANIC Milk Choices:  
housemade cashew, coconut or whole milk, oat milk (not organic)  
ADD Grass Fed Collagen or Ghee to any drink + \$1

- Americano \$3.50
- Double Espresso Shot \$3
- Nitro Cold Brew on Tap \$7
- Mocha \$5.50
- Matcha Latte \$5.50
- Golden Milk \$5.50 \*new\* Chai Latte \$5.50
- Chagaccino \$6.50 (very popular!) Latte \$5
- Hot Chocolate \$4
- Salted Caramel Latte \$5.50 + \$0.50 to make any Latte 16oz
- Caveman Coffee Espresso, grass fed ghee, coconut oil, cashew milk and blended \$6
- Vanilla Latte \$5.50

Raw Cacao Mocha has a double shot \$6.50

Organic Tea (Hot or Iced) 16oz \$3  
Tropical Coconut Vanilla, Green, Earl Grey, Moroccan Mint, Chamomile (caffeine free)

## ORDER OPTIONS

ORDER ONLINE  
www.healthycrationscafe.com

CALL IN ORDER (760) 479-0500

GRAB n' GO PALEO MEALS  
available in store



# DOORDASH

## POWER BOWLS

CHOOSE WARM BASE: **BROWN RICE, QUINOA or PALEO STYLE W/ CAULIFLOWER BASE + \$1**

**SOUTH OF THE BORDER** - choose base, black beans, spinach, sweet potatoes, avo, roasted red bell peppers, chili lime pepitas, salsa, Nomad Eats cashew 'nacho cheeze' \$15 V served warm

**ROASTED VEGGIE**- choose base, spinach, red bell peppers, mushrooms, roasted onions, sweet potatoes, zucchini, herbed goat cheese. Lemon vinaigrette and balsamic reduction \$15 (V- sub cashew mozza for goat cheese) served warm

CHOOSE COLD BASE: **QUINOA OR PALEO STYLE CAULIFLOWER + \$1**

**GREEK** - choose base, feta, cucumber, tomatoes, spinach, red onion, pepperoncini, kalamata olives and chickpeas with house dressing on the side \$14 (V = no feta)

**CHICKPEA & AVO** - choose base, chickpeas, sweet potatoes, avocado, kale, roasted zucchini, chili lime pepitas, and tahini dressing on the side \$14 V

## CLASSIC SANDWICHES + KIDS

**QUESADILLA** - jack cheese+ teff tortilla + side of fruit \$8 (V = cashew mozza + \$0.50)

**AB & J** - organic almond butter with organic jam on multigrain + side of fruit \$9.50

**TURKEY & CHEDDAR** - turkey, cheddar or avo, spring mix & mayo on multigrain + fruit \$12

**BAKED CHICKEN STRIPS** - w/ ketchup or ranch & a side of baked oven fries or a side salad \$11

**GRILLED CHEESE**- havarti, cheddar, multigrain bread + fruit \$9.50

## SOUP & SALADS

SOUP OF THE DAY 12OZ \$6 20OZ \$9

**PALEO KALE CAESAR SALAD** - tender kale dressed in our paleo caesar, avocado, carrots, diced tomatoes and herbed grain free croutons \$15 (V- contains honey, dressing base is almond)

**CRANBERRY & GOAT CHEESE SALAD** - spring mix, goat cheese, maple glazed pecans, apple slices, dried cranberries, balsamic vinaigrette on the side \$13 (V = no cheese)

**WILD SALMON SALAD** - wild smoked salmon, spinach, spring mix, tomatoes, carrots, red onions, apple, dried cranberries, sliced almonds with a sweet and tangy vinaigrette on the side \$16.50 D

## SPECIALTY DRINKS

**RAW COCAO DRINK**- sprouted cashew milk, raw cacao, cinnamon, coconut sugar 16oz \$6

**BONE BROTH**- organic coconut ginger chicken 12oz \$7

**EVOLUTION ORANGE JUICE**- COLD PRESSED 16oz \$5.50

**HOUSE MADE LEMONADE**- flavors vary, sweetened with maple syrup- 16oz \$5.50

**CHAI LATTE**- chai tea, chai spices, choice of milk, coconut sugar \$5.50 (hot only)

## SMOOTHIES + SUPERFOOD ACAI BOWLS

Choice of Milk: **Organic House Made Cashew, Organic Whole, Organic Coconut or Oat**

**E3 LIVE SHOT**- wild, organic blue green algae with 65+ vitamins & minerals and amino acids \$3

**MINT CHIP**- banana, coconut water, mint, spinach, cashews, apple, dates, hemp seeds, cacao nibs, vanilla veggie protein \$10.50

**MAMMOTH MOCHA**- Superfood coffee cold brew, cashew milk, banana, dates, almond butter, cacao, veggie protein, cocoa nibs \$11

**POWERHOUSE**- cashew milk, banana, almond butter or peanut butter, pumpkin seed protein powder, dates, kale, cinnamon & chia seeds \$11

**BERRY HAPPY**- strawberries, raspberries, goji berries, stevia, banana, cashew milk, veggie protein, coconut yogurt \$10.50

**TROPICAL HAVEN**- mango, pineapple, banana, veggie protein, coconut yogurt, coconut water, stevia, cashew milk \$10.50

**GLORIOUS GREENS**- kale, parsley, cucumber, celery, apple, banana and unsweetened apple juice or coconut water \$10

**ACAI BOWL**- unsweetened acai blended with choice of milk, coconut water, blueberries, dates and stevia. Topped with fresh banana, berries and GF granola \$13

