

3 Foods Cafe, the veggie menu.



please let your server know
that you are going veggie

black on white

toasted pita bread, crisp apple, egyptian spice blend and olive oil 4

cup runneth over

toasted curry cashews 3

rumi's lovechild

crispy chickpeas with ras el hanout and cumin raita 3

light and lovely

crisp apples, caramelized walnuts, crumbled gonzola, and organic greens tossed in apple cider vinaigrette 5.5

golden nuggets

golden brown tater tots served with chipotle BBQ and lavender honey mustard 5

**to drink**

french press coffee 2.5

hot cider 3

caramel apple cider 3.5

hot cocoa 3.5

republic of tea 2

cardomom cinnamon, ginseng peppermint, lemon chamomile, genmachai, raspberry quince, and decaf ginger peach.

perrier 2

root bear 2

thai iced tea 4

passion fruit iced tea 2

lavender lemonade 3

juice (apple, cranberry) 2

italian sodas 3

pomegranate cardamom, lemon thyme, & earl grey (cream soda, add .25)

princess buttermilk

gooey double cream brie stuffed with apricot preserves, rosemary, and slivered almonds.
served with nice bread 8

what the...?

uber creamy mac n' cheese, topped with crisp apples and walnuts 7



star of david

sour cream, cheddar-chive potato patties served with creamy tomato soup 8

viva la queso

tortilla chips piled high with veggies and smothered in blue cheese sauce, topped with chives and chili oil 9

the magic 8 ball

basically pasta, but with what?...have a chat with your server and behold your future 13

dark and gruesome

basically a light and lovely salad, but much bigger and served with grilled veggies 11

hurts so good

veggie stir fry served over a bed of coconut milk rice, topped with frizzled leaks and served with a side of fresh kimchi 14

french curry

a rich creamy veggie curry covering coconut rice, topped with bananas, raisins, peanuts, and coconut 11



sexy sadie

creamy chocolate ice cream drenched in gooey caramel, topped with caramelized salted almonds 7

mr. poppins' delight

kahlua mint cheesecakes with a chocolate cookie crust 7

eve's temptation

deconstructed apple pie served with vanilla ice cream 7



moe to drink

french press coffee 2.5

caramel apple cider 3.5

hot cocoa 3.5

republic of tea 2

cardomom cinnamon, ginseng peppermint, lemon chamomile, genmachai, raspberry quince, and decaf ginger peach.

wycliff brut champagne 4

hatcher port 7

chatom vintage port

brooks riesling 'tethys' 9