



MENU

36 SOUTH COLVILLE STREET

WALLA WALLA, WA 99362

509-529-3169

THE GARDEN VEGAN CAFE

At The Garden, we believe that food is medicine. The foundation of our all-vegan menu is the nourishing and healing effects of 100% plant based foods. We strive to offer the highest quality and freshest ingredients possible—sourcing from sustainable, local and organic farms. All Garden sandwiches are served on preservative-free, local, fresh baked, whole wheat bread. All specialty sauces and spreads are made in house from all natural ingredients.

“Every human being is the author of their own health.”

Salads: \$6.95

Add A Cup Of Soup For \$2.95

Athens

Organic baby greens, kalamata olives, radishes, cucumber, red onion, tomato, house tofu feta, with our house Greek dressing

The Garden Greens

Organic baby greens, cucumber, tomato, red onion, organic carrots with house creamy lemon dressing

Raspberry Walnut Feta

Organic baby greens, red onion, agave-candied walnuts, house tofu feta, with house raspberry vinaigrette

Sandwiches: \$6.95

Add a side, side salad, or cup of soup for \$2.95
Half an avocado for \$1.00

Amante Italiano

Tomatoes, sun-dried tomatoes, black olives, capers, baby greens, house pesto, house aioli

The Garden Burger

House garden burger, baby greens, tomato, red onion, pickle, house mayo and house pomegranate ketchup

Hummus Amongus

House hummus, kalamata olives, tomato, cucumber, baby greens, red onion, Ziki sauce

Queen

Avocado, cucumber, kalamata olives, baby greens, tomato, red onion, pickles, Greek vinaigrette, house olive oil mayo

Eggless Salad

Vegan egg salad, baby greens, tomato, dill pickles, house mayo

FauxTurkey

Oven roasted Tofurky, baby greens, tomato, pickles, red onion, Dijon mustard, house mayo

Grilled Sandwiches: \$6.95

Add a side salad or soup for \$2.95
Half an avocado for \$1.00

Caprese Panini

Tomato, Daiya mozzarella, spinach, fresh basil, house roasted garlic pesto

Reuben

Tofurky corned beef, Daiya mozzarella, sauerkraut, house Russian dressing

The Tomato's Advocate

Avocado, tomato, black olives, organic arugula, Daiya mozzarella, house aioli

FauxTurkey Panini

Oven roasted Tofurky, avocado, arugula, tomato, red onion, Dijon mustard, house mayo

Jam Sammich: \$4.95

Organic peanut butter, banana, raspberry jam

Boston Tea Party: \$9.95

Comes with a choice of tea and two sandwiches: a cucumber & cream cheese sandwich cut in four and a plain eggless salad sandwich cut in four.

New York Hot Dog: \$4.95

Tofurky frank, sauerkraut, house Dijon mustard, house NY onion sauce

Rice Bowls: \$6.95

Add a side salad or soup for \$2.95

The Garden Bowl

Black beans, brown rice, avocado, baby greens, tomatoes, black olives, red onions, pico de gallo, Ziki sauce

Majadra & Greens

Seasoned lentils, brown rice, red onions, baby greens, olives, tomatoes, creamy lemon dressing, Ziki sauce

Soups: \$3.95 side | \$4.95 bowl

Red Bean & Lager Chili

This stew is an American classic. Made with quality lager microbrew then garnished with Ziki sauce and cilantro

Daily Special

Soup of the day, featuring seasonal ingredients

Sides: \$3.95

Petite Garden Salad

Baby Greens, organic carrots, cucumber, and creamy lemon dressing

Organic Red Potato Salad

Organic red potatoes, green onions, celery, olive oil, herbs and creamy lemon dressing

Lebanese Tabbouleh

Organic quinoa, tomatoes, fresh parsley, green onions, garlic, parsley, mint and spices

Hummus Platter

Hummus served with organic carrots, radishes, cucumbers, kalamata olives and Ziki sauce

House Sauces: \$1.00 side

- **Hummus bi Tahina**

The word *hummus* is the Arabic word for chickpea. It's also known as *garbanzo* in Spanish, *ceci* in Italian, or *gram* in India. This light and creamy combination of chickpeas, sesame tahini, raw garlic and fresh squeezed lemon juice has stood the taste-test of time, dating as far back as ancient Egypt.

- **Olive Oil Mayo**

This light and savory house mayo is made with the freshest ingredients and is naturally cholesterol free. We use high quality and heart-healthy extra virgin olive oil and grape seed oil.

- **Ziki**

This is our adaptation inspired from the classic Lebanese Tzatziki sauce. This creamy combination of lemon, garlic and spice has been veganized—and made a whole lot easier to say.

- **Russian Dressing**

The reuben sandwich just isn't complete without this classic sweet and tangy sauce. Fresh horseradish adds a piquant kick. The original recipes called for caviar which explains where the “Russian” comes from—don't worry, our house version is of course all-vegan.

- **Pico de Gallo**

This Mexican inspired salsa features fresh tomatoes, tangy lime, spices and cilantro.

- **Aioli**

Sometimes called the “butter of Provence,” the name of this delicious pounded-garlic mayonnaise stems from the French word “ail,” meaning “garlic.” Our adaptation of this classic sauce contains almonds, garlic, olive oil and grape seed oil.

- **Roasted Garlic & Basil Pesto**

This house pesto is made with both fresh and roasted garlic, almonds fresh basil and extra virgin olive oil to deliver authentic flavor reminiscent of Italy.

- **Sun-dried Tomato & Olive Tapenade**

This combination of black olives, kalamata olives, capers and sun-dried tomatoes hails from Southern France.

- **NY Onion Sauce**

If you ever order a hot dog in New York, don't make the mistake of asking for ketchup. *Forget about it*—New Yorkers take their dogs seriously, and that's where this superior sauce was developed. Get ready for tangy, sweet and *serious* flavor.

- **Gluten-free spreads**

- **Soy-free spreads**

Dairy & Meat Substitutes

We believe some meat and dairy substitutes are worse for the body than meat. We source the highest quality meat substitutes made of only all-natural ingredients.

Tofutti: Better Than Cream Cheese (non-hydrogenated oil)

Tofurky: Oven Roasted Turkey

Tofurky: Italian Sausage

Daiya: Vegan Mozzarella Cheese

Produce

Organic may temporarily not be available, being substituted with conventionally grown produce depending on availability and seasonal supply.

All food served here is vegan and 100% plant based. “Cheeses” and “meats” are vegan substitutes—either house made or locally sourced—made of the highest quality and unprocessed ingredients available. We also offer full disclosure of all ingredients on the menu.

THE GARDEN BEVERAGES

Tea

16 oz teapot \$1.95

At The Garden we offer an assortment of organic teas located in the glass jars. Feel free to inspect and breath in the fragrance of each variety.

Specialty Drinks

12 oz \$2.95 16 oz \$3.95 20 oz \$4.95

Sweet red raspberries and refreshing fresh-squeezed lemons lightly sweetened with low-glycemic agave nectar. This all natural thirst quencher is fresh-made and alive with antioxidants and vitamin C.

Fresh squeezed lemon, raspberries and agave nectar

Smoothies

16 oz \$4.95 20 oz \$5.95

All Flavors in the category come with your choice of a refreshing all-fruit “nude” blend or a sweet and velvety “crème” blend, containing organic soy milk and probiotic-rich soy yogurt.

True Blue Tory

“A tribute to our friends in the UK, this delicious blend of blueberries is charged with antioxidants. Cheers to health, King and Country.”

Nude: Blueberries, organic banana, pineapple juice, agave nectar

Crème: Blueberries, soy yogurt, organic soy milk, agave nectar

Actually Strawberry

“This smoothie, unlike many “smoothies,” is made with real organic strawberries-no powders or “natural” flavorings. You can taste the difference? Conventionally grown strawberries often contain high levels of pesticides: This is one fruit to go with organic.”

Nude: Organic strawberries, organic banana, apple cider, agave nectar

Crème: Organic strawberries, soy yogurt, organic soy milk, agave nectar

Raspberry Infatuation

“Refreshing, delicious and rejuvenating. Raspberries are very healing, containing significant amounts of the anti-cancer phytochemical ellagic acid, as well as other antioxidants and vitamins. They are an excellent source of manganese,

vitamin C, B-vitamins, potassium and copper.

Nude: Raspberries, organic bananas, pineapple juice, agave nectar

Crème: Raspberries, soy yogurt, organic soy milk, agave nectar

Mango Classi

“The nude version is refreshingly delicious. The thick and sweet crème version is inspired by the traditional beverage hailing from India and Pakistan—truly an exotic experience.”

Nude: mango, mango nectar, organic banana, pineapple juice, agave nectar

Crème: mango, mango nectar, soy yogurt, agave nectar, pinch of sea salt, cardamom

Peach Play

Sweet, juicy country peaches. Choose whether you want it refreshingly nude or crème.

Nude: Peaches, organic banana, pineapple juice, agave nectar

Crème: Peaches, soy yogurt, organic soy milk, agave nectar

VIP Blends

16 oz \$6.95 20 oz \$7.95

Berry Risqué

Strawberries, raspberries and blueberries know how to mingle in this delicious blend.

Nude: Local strawberries, blueberries, blackberries, pineapple juice, agave nectar

Crème: Local strawberries, blueberries, blackberries, soy yogurt, organic soy milk, agave nectar

Brazilian Beauty

The only thing better than this delicious blend of guava and tropical fruits is sunbathing on the golden beaches of Brazil and eating goiabada, a popular brazilian dessert made of guava purée.

Nude: Guava, mango, local strawberries, organic banana, pineapple juice, agave nectar

Crème: Guava, mango, local strawberries, soy yogurt, organic organic soy milk, agave nectar

Green Hulk

“You’re not going to like me when I’m acidic—because an acidic body means an angry and sluggish body. This blend is energizing, detoxifying, and loaded with green nutrition that will help restore alkaline balance.”

Kale, spinach, mango, peaches, kiwi purée, pineapple juice, organic soy milk, lime juice, agave nectar

PB&Jam

“Charged with tangy, vitamin C infused raspberries and packed full of protein rich organic peanut butter, this smoothie is ultra satisfying.”

Raspberries, organic peanut butter, organic banana, soy yogurt, organic soy milk, apple cider, agave nectar

Piña Colada

This is the official drink of Puerto Rico.

Pineapple, coconut milk, pineapple juice, agave, pinch of sea salt

Tiger Blood

This blend of berries, pomegranate juice, and organic beets is supercharged with nutrients and cancer-cell-destroying antioxidants. Feel the tiger blood in your veins—guaranteed #winning!

Local strawberries, organic banana, pomegranate juice, organic beet, apple cider, agave

Superfood Blends

16 oz \$6.95 20 oz \$7.95

Açaí Berry Immunity

Açaí berry, blueberries, organic strawberries, house vanilla-agave, pinch of sea salt

Cacao Abduction

“This superfood is “chocolate” in its natural, unprocessed and un-fermented state. Cacao, pronounced “cak-cow,” is very high in nutrients and contains ten times more antioxidants and flavonoids than blueberries. If you’re looking for an otherworldly experience, prepare yourself for abduction.”

Raw cacao, organic soy milk, organic bananas, dates, a few cashews, pinch of sea salt

OMGoji

“The Goji Berry is an Amazon superfood said to have anti-aging effects. These little red dainties are proven to be high in antioxidants and nutrients as well as being simply delicious.”

Goji berries, mango, peaches, a few cashews, apple juice, house vanilla-agave, pinch of sea salt

Fresh Juices

16 oz \$4.95 20 oz \$5.95

Unlike bottled juices, only fresh-squeezed juices contain live enzymes as well as a very high concentration of nutrients, vitamins and minerals.

All of our root vegetables are grown without pesticides to provide you with most natural, refreshing and healing juices available.

Pink Flamenco

“Make your taste buds dance to the rhythm of this sweet and fiery Latin-American inspired juice.”

Organic Beet, apple, pineapple, ginger root

Excellent Source:

Good Source:

Thai Me Up

Sip into a Thai fantasy of fresh squeezed pineapple and lime. This drink is so alkalizing and rejuvenating you may have to restrain yourself from ordering a second.

Pineapple, apple, kale, lime, cilantro

Excellent Source:

Good Source:

Miss Pristine

“Energizing, refreshing and alkalizing. Helps neutralize body acidity and restore optimum body chemistry. Greens are some of the densest forms of nutrients, packed with chlorophyll, live enzymes, vitamins and minerals—everything you need to keep your body in pristine condition.”

Kale, spinach, cucumber, apple, hint of fresh lemon

Excellent Source:

Good Source:

F-MC²

“In a toast to two great thinkers, this anti-aging elixir defies the space/time continuum. This slow-burning, alkalizing, and nutrition-packed juice will convince you that mass and energy are truly equivalent.”

Apple, kale, organic beets, organic carrots

Excellent Source:

Good Source:

Colville Street a.m.

“Energizing, revitalizing, immunity boosting: After a late night this soothing pick-me-up is a great way to start your morning.

Orange, pineapple, apple, ginger root

Excellent Source:

Good Source:

Innocent OJ

“Immune boosting, revitalizing, anti-inflammatory. Taking vitamin C supplements is not as healing as drinking a glass of OJ—oranges contain many other phytochemicals responsible for antioxidant protection.”

100% fresh-squeezed oranges

Excellent Source:

Good Source:

The Carotene

“Enhances vision, protects against cancer, reduces heart disease, protects lungs from inflammation. Root vegetables often contain high levels of pesticide chemicals; accordingly, we only use organic carrots.

100% organic carrots

Excellent Source:

Good Source:

This Is Sparta

“Cleansing, immunity boosting, antiviral, antibacterial, anti-carcinogen. For the brave only, this drink is 300% about strengthening your immune system defenses and destroying foreign viruses. To victory!”

Fresh-squeezed oranges, fresh lemon juice, ginger root, apple, splash of organic beet, dash of cayenne pepper

Excellent Source:

Good Source

Green Goddess Frappe

“Vitamin-rich, fresh-squeezed oranges and alkalizing, iron-rich organic spinach. Promotes clear complexion: Drinking this frappe a few times a week will help your skin develop a divine glow.”

Fresh orange juice blended with organic spinach

Excellent Source:

Good Source

Additions for all smoothies, blends & juices:

\$1.00 spinach kale

Shots

Single \$2.95

These shots are a powerful and invigorating blend of fresh roots, herbs, grasses and citrus formulated for immunity, instant energy, and healing. These shots are intense but are served with a pineapple juice chaser.

Warning: These shots contain high levels of ginger; do not consume if you have a heart condition.

Shots containing raw garlic may cause nausea for those who have a sensitive stomach.

Double Barrel Elixir

“Lock, stock, and two shots of fresh ginger and fresh lemon juice—this immunity booster is one of the best ways to kill a cold. Lemons are an excellent source of the antioxidant vitamin C and have strong antibacterial, antiviral, and liver-cleansing properties. Ginger improves circulation and immune function, contains antioxidants, has anti-inflammatory properties and has been documented to neutralize cancer cells.”

Fresh lemon juice, fresh ginger root

Vampire Immunity

“If you can brave this shot’s bite, immortality is yours. Antiviral, anti-inflammatory, and immune-stimulating, this restoring lifeblood will give your immune system powerful vitality. Lemon juice has potent anti-carcinogenic, antiviral and antibacterial properties. Raw garlic is a powerful antibiotic containing allicin as well as other sulfur compounds that protect and rejuvenate the body.

Raw garlic, fresh lemon juice, ginger root, splash of organic beet, kale, dash of cayenne

Produce

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BEVERAGE MENU

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