

Mother's Cafe

Oil Free Menu

Salads

Dressings: None. Choose lemon wedge, balsamic vinegar, red wine vinegar or rice wine vinegar

Garden Patch Salad

Guacamole Salad

Spinach Salad – specify no marinated artichoke hearts

Fruit Salad

Enchiladas

Our corn tortillas do not contain oil

Specify no rice

Sour Cream sauce only

Artichoke - specify no mushroom

Monterrey Jack

Santa Fe

Spinach and Mushroom – specify no mushrooms

Verde – no verde sauce, sour cream sauce only

Specialties

Vegetable Medley - with black beans or black-eyed peas, specify no rice, no sage mashed potatoes, no cashew tamari

Garden Stir Fry - no rice, tamari only

Jamaican Stir Fry - no rice, specify no oil

Baked Potato - does contain butter

Peasant's Meal - no rice, only black beans and/or black-eyed peas

