

Mother's Cafe

Onion Free Menu

Salads

Dressings: Cashew Tamari, Lemon Basil Vinaigrette

Garden Patch - specify no onion

Spinach Salad - specify no onion

Fruit Salad

Enchiladas

No rice, only black beans - sour cream sauce only

Artichoke - request no mushroom

Monterrey Jack - no green onions

Santa Fe

Specialties

Vegetable Medley - black beans only, no rice, no sage mashed potatoes

Relleno - no rice – sour cream sauce only

Garden Stir Fry - no rice, no green onion

Baked Potato – no green onion

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Rueben - no green onion

Avocado Classic - no guacamole, sub sliced avocado

Deluxe Nachos - no guacamole, no onion

Quesadilla - no guacamole, no green onions

Black Bean Burrito - no rice

Garlic Free Menu

Salads

Dressing: Cashew Tamari

Garden Patch

Spinach Salad

Fruit Salad

Enchiladas

Only black beans, sour cream sauce only

Artichoke

Monterrey Jack

Spinach Mushroom

Verde

Santa Fe

Tempeh

Specialties

Farfalle Gorgonzola

Vegetable Medley - black beans or black-eyed peas only

Garden Stir Fry - tamari only

Baked Potato

Portobello Sandwich

Avocado Classic - no guacamole, sub sliced avocado

Deluxe Nachos - no guacamole

Quesadilla - no guacamole

Mom's Rueben

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