

Mother's Café

Soy-Free Menu listing

Soups

We have a revolving selection of soups. Many of them are soy free. Ask your server about today's soup.

Salads

Garden Patch ♦ Spinach Salad
Vegan Ranch ♦ Lemon Basil Vinaigrette
Fruit Salad ♦ Guacamole Salad

Enchiladas

specify Sour Cream, Spicy Cashew Chipotle,
or Verde Sauce - specify no rice
Artichoke ♦ Santa Fe ♦ Monterrey Jack
Verdes ♦ Spinach Mushroom

Specialties

Lasagna ♦ Ravioli Marinara
Fettucini Primavera
Garden Stir fry - specify no tofu, no tamari, no rice
Vegetable Medley - specify no rice, no sage mashed potatoes, with
black beans, no Cashew Tamari dressing
Vegetable Rancheros - specify no rice, no sage mashed potatoes sub Spicy
Cashew Chipotle or Verde for Ranchero sauce, with black beans

Other Favorites

Mama's Quiche ♦ Baked Potato ♦ Deluxe Nachos
Quesadillas ♦ Reuben ♦ Avocado Classic

Brunch

Southwest and Cheese Omelettes (or Spinach, specify no mushrooms)
Santa Fe Breakfast Tacos (Egg) sub Verde Sauce
Migas (Egg) with Verde Sauce ♦ Huevos a la Mexicana (egg)
Pancakes ♦ French Toast

Desserts

Blueberry Pie ♦ Apple Pie
Amy's Ice Cream