

Mother's Café

Onion free • Mushroom free • Garlic free • Potato free

Sandwich ***TLT Sandwich*** (Tempeh marinade contains ginger)

Salads ***Spinach Salad*** – specify no onions and no mushrooms – Cashew Tamari Dressing

Garden Patch Salad – specify no onions – Cashew Tamari Dressing

Entrees ***Vegetable Medley*** – specify no rice and no sage mashed potatoes – order black beans

Garden Stir Fry – specify no garlic, no green onions, no mushrooms, no rice – specify “tamari only”. Order “tossed with vegan linguini”

Fettucini Primavera – specify no mushrooms, no onions, no sauce, specify “cooked in butter” and tossed with linguini, bow ties, or cappelini

Burrito – specify no rice, no green onions, specify “add sautéed veggies”, sour cream sauce only, or no sauce, with just cheese on top

Nachos Deluxe - specify no onions and no guacamole, “just black beans, cheese, jalapenos, black olives, and diced tomato”

Monterrey Jack Enchiladas – specify no green onions, sour cream sauce only. Specify no rice

Smoothies, desserts, ice cream, vegan ice cream all good!