

THE PLANTED OWL CAFE

GREAT FOOD SERVED OWLDAY LONG!

\$7 MIMOSAS!
EVERY DAY!

**ALL DAY
VEGAN DELIGHTS**

\$13 10^{OR} BLOODY
MARY'S!
ALWAYS!

VEGAN PANCAKE

HOMEMADE BATTER SERVED WITH VEGAN BUTTER AND SYRUP
YOU CAN ADD BLUEBERRIES. 1 CAKE \$10.25 2 CAKES \$12.25

Sub a side of 100% Maple Syrup from Vermont +\$3.50 Mix in Chocolate Chips +\$1.75 or Blueberries +\$2.00

VEGAN SMASHED AVOCADO TOAST

THICK WHEAT BREAD, WITH SUN BURST TOMATOES, VEGAN FETA
AND BALSAMIC GLAZE. SERVED WITH BREAKFAST POTATOES \$16.75

Add scrambled "Just Eggs" for \$3

VEGAN BURRITO

SCRAMBLED "JUST EGGS" WITH YOUR CHOICE OF VEGAN CHICKEN, VEGAN BACON, OR VEGAN CHORIZO,
WITH AVOCADO, ROASTED VEGGIES AND POTATOES IN A VEGAN FLOUR TORTILLA \$16.75

Add black beans \$2.00 Add smashed avocado \$2.75

VEGAN EGG BREAKFAST

"JUST EGGS", POTATOES, VEGAN BACON AND CHOICE OF TOAST \$16.75

Add black beans \$2.00

VEGAN BREAKFAST BOWL

"JUST EGGS", GRILLED VEGGIES, BLACK BEANS, CHOICE OF VEGAN CHORIZO OR VEGAN CHICKEN,
BREAKFAST POTATOES, TOPPED WITH GREENS AND HOUSE MADE SALSA \$16.75

Add smashed avocado \$2.75

ADD ONS:

VEGAN CHORIZO \$3.5
VEGAN CHICKEN \$3.5
VEGAN CHEESE \$3
VEGAN EGGS \$3.5

VEGAN BLAT

VEGAN BACON, LETTUCE, TOMATO, VEGAN MAYO ON TOASTED
WHEAT BREAD, SERVED WITH SHAWARMA FRIES \$16.75

Gluten free bread add \$2

ALL VINTAGE!
FOR SALE

(JUST ASK FOR THE PRICE)

LOADED VEGAN CHEESE CRISP

CRISPY VEGAN CHEESE CRISP LOADED WITH YOUR CHOICE OF VEGAN CHORIZO OR VEGAN CHICKEN,
"JUST EGGS", TOPPED WITH SMASHED AVOCADO AND HOUSE MADE SALSA \$16.75

Add spicy green salsa +\$2.5 Add grilled veggies +\$3.5

CAULIFLOWER OWL WINGS

CAULIFLOWER FLORETS BATTERED AND FRIED TO PERFECTION CHOOSE SPICY BUFFALO
OR BBQ. SERVED WITH CARROTS, CELERY AND HOUSEMADE VEGAN RANCH \$14.75

VEGAN RAINBOW BURGER

"ACTUAL VEGGIES"™ BURGER CHOICE OF BEET OR SWEET POTATO PATTY ON A WHEAT BUN
WITH VEGAN CHEESE, VEGAN MAYO, SMASHED AVOCADO, TOMATO, ONION, GREENS,
TOMATO JAM, SERVED WITH SHAWARMA FRIES ON THE SIDE \$16.75

Make it a double patty +\$4



**Gluten-Free: The Toasted Owl Cafe is not a gluten-free restaurant
and cannot ensure that cross contamination will never occur.



THE PLANTED OWL CAFE

VEGAN CHEESE STEAK SANDWICH

MARINATED MUSHROOMS, BELL PEPPERS, RED PEPPERS, AND ONIONS, TOPPED WITH MELTED VEGAN CHEESE ON A HOAGIE ROLL SERVED WITH SHWARMA FRIES \$16.75

HEMP TAMALES

TWO HEMP TAMALES OVER A BED OF GREENS TOPPED WITH MELTED VEGAN CHEESE, SMASHED AVOCADO, BLACK BEANS, AND TOPPED WITH GREEN SALSA \$17.95

Add "Just eggs" for 3\$

VEGAN NACHOS

HAND CUT TORTILLA CHIPS PILED WITH YOUR CHOICE OF VEGAN CHICKEN OR VEGAN CHORIZO, SMOTHERED IN VEGAN CHEESE SAUCE TOPPED WITH BLACK BEANS, JALAPENOS, ONIONS, AND SMASHED AVOCADO \$17.95

Add vegan sour cream +\$3.5, add vegan chicken +\$3.5, add vegan chorizo +\$3.5

VEGAN TACO SALAD

A CRISPY VEGAN TORTILLA BOWL WITH MIXED GREENS, BLACK BEANS, ONIONS, YOUR CHOICE OF VEGAN CHICKEN OR VEGAN CHORIZO, TOPPED WITH SHREDDED VEGAN CHEESE, CHOPPED TOMATOES, SMASHED AVOCADO, GREEN ONION AND HOUSEMADE SALSA \$17.95

Add vegan Cholula Ranch +\$3.5, add vegan chicken +\$3.5, add vegan chorizo +\$3.5

VEGAN BEET SALAD

ROASTED BEETS OVER MIXED GREENS WITH DRIED CHERRIES, FRESH BLUEBERRIES, WALNUTS, VEGAN FETA CHEESE WITH VEGAN BALSAMIC DRESSING ON THE SIDE \$17.25

Add vegan chicken +\$3.5, add vegan chorizo +\$3.5"

PUT YOUR BEVERAGE IN A
GLASS SOUVENIR OWL JAR!
+\$2

SIDES

VEGAN BACON	...\$3.50
VEGAN CHICKEN.	..\$3.50
VEGAN CHORIZO	...\$3.50
VEGAN PANCAKE	.. \$6.00
SMASHED AVOCADO	.. \$2.75
SHWARMA FRIES	...\$5.50
ONION RINGS	...\$5.50
BREAKFAST POTATOES	..\$4.50
SWEET POTATO WAFFLE FRIES	..\$5.50
TOAST	...\$3.50
SINGLE HEMP TAMALE	...\$7.25
VEGAN TORTILLA	...\$4.50
VEGAN SOUR CREAM	..\$3.50
DRESSING	.. \$3.00
VEGAN RANCH	..\$3.00

BEVERAGES

ENDLESS COFFEE	...\$3.95
<i>Hot or Iced</i>	
HOT CHOCOLATE	...\$4
<i>with Whipped Cream (Contains Milk)</i>	
CHAI TEA LATTE	...\$6
<i>Hot or Iced (Contains Milk)</i>	
TEA	...\$3.5
<i>Hot or Iced</i>	
FOUNTAIN DRINKS	...\$3.95
<i>Coke, Coke Zero, Sprite, Dr. Pepper, Lemonade, Soda Water</i>	
JUICE	Sm. ...\$4
	L. ...\$5
<i>Orange, Apple, Cranberry</i>	

KEEP THE GLASS!

\$7 COLLECTIBLE
OWL MASON JAR

(+\$2 TO YOUR DRINK AND TAKE HOME THE JAR)

**ALL VINTAGE
FOR SALE !**

(JUST ASK FOR THE PRICE)

VISIT US ONLINE:
THETOASTEDOWL.COM

& INSTAGRAM:
@THETOASTEDOWLCAFE

FRANCHISE
OPPORTUNITIES
NOW AVAILABLE!



DOWNTOWN FLAGSTAF
12 S MIKES PIKE

FLAGSTAF EAST SIDE
5200 E CORTLAND BLVD

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& INSTAGRAM:
@THETOASTEDOWLCAFE

PHOENIX
300 W CAMELBACK RD

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*Eggs are served cooked to order. All dishes containing eggs have dairy unless otherwise requested.
Current Department of Health guidelines require us to inform you that consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

An automatic gratuity of 18% will be added to bills of parties of 6 or more.