

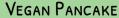
IE PLANTED OWL CAFE



GREAT FOOD SERVED OWLDAY LONG! ALL DAY

VEGAN DELIGHTS





HOMEMADE BATTER SERVED WITH VEGAN BUTTER AND SYRUP YOU CAN ADD BLUEBERRIES. 1 CAKE OR 2 CAKES

Sub a side of 100% Maple Syrup from Vermont Mix in Chocolate Chips or Blueberries

VEGAN SMASHED AVOCADO TOAST

THICK WHEAT BREAD, WITH SUN BURST TOMATOES, VEGAN FETA AND BALSAMIC GLAZE. SERVED WITH BREAKFAST POTATOES Add scrambled "Just Eggs"

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

Add black beans Add smashed avocado

VEGAN EGG BREAKFAST

'JUST EGGS", POTATOES, VEGAN BACON AND CHOICE OF TOAST Add black beans

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

Add smashed avocado

ADD ONS: VEGAN CHORIZO VEGAN CHICKEN VEGAN CHEESE **VEGAN EGGS**

VEGAN BLAT

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

Gluten free bread

LOADED VEGAN CHEESE CRISP

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

Add spicy green salsa Add grilled veggies

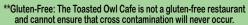
CAULIFLOWER OWL WINGS

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

VEGAN RAINBOW BURGER

"ACTUAL VEGGIESTM" 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 SHWARMA FRIES ON THE SIDE

Make it a double patty

















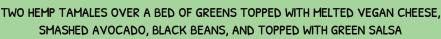
THE PLANTED OWL CAFE



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

HEMP TAMALES





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

Add vegan sour cream, add vegan chicken, add vegan chorizo

VEGAN TACO SALAD

A CRISPY VEGAN TORTILA 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

Add vegan Cholula Ranc, add vegan chicken, add vegan chorizo

VEGAN BEET SALAD

ROASTED BEETS OVER MIXED GREENS WITH DRIED CHERRIES, FRESH BLUEBERRIES. WALNUTS, VEGAN FETA CHEESE WITH VEGAN BALSAMIC DRESSING ON THE SIDE Add vegan chicken, add vegan chorizo



PUT YOUR BEVERAGE IN A GLASS SOUVENIR OWL JAR!



KEEP THE GLASS!

COLLECTIBLE OWL MASON JAR TAKE HOME THE JAR

ALL VINTAGE FOR SAL

(JUST ASK FOR THE PRICE)

VISIT US ONLINE: THETOASTEDOWL.COM

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SIDES

VEGAN BACON

VEGAN CHICKEN

VEGAN CHORIZO

VEGAN PANCAKE

SMASHED AVOCADO

SHWARMA FRIES

ONION RINGS

BREAKFAST POTATOES

SWEET POTATO WAIFLE FRIES

TOAST

SINGLE HEMP TAMALE

VEGAN TORTILLA

VEGAN SOUR CREAM

DRESSING

VEGAN RANCH

FRANCHISE OPPORTUNITIES Now Available!



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DOWNTOWN FLAGSTAFF 12 S MIKES PIKE

PHOENIX







ENDLESS COFFEE Hot or Iced

HOT CHOCOLATE
with Whipped Cream (Contains Milk)

CHAI TEA LATTE Hot or Iced (Contains Milk)

> TEA Hot or Iced

FOUNTAIN DRINKS

Coke, Coke Zero, Sprite, Dr. Pepper, Lemonade, Soda Water

JUICE Orange, Apple, Cranberry

300 W CAMELBACK RD

