

THE PLANTED OWL CAFE

GREAT FOOD SERVED OWL DAY LONG!

MIMOSAS!
EVERY DAY!

ALL DAY
VEGAN DELIGHTS

BLOODY
MARY'S
ALWAYS!

VEGAN PANCAKE

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

VEGAN BLAT

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

Gluten free bread

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

Add spicy green salsa Add grilled veggies

CAULIFLOWER OWL WINGS

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

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

Make it a double patty

ADD ONS:
VEGAN CHORIZO
VEGAN CHICKEN
VEGAN CHEESE
VEGAN EGGS

ALL VINTAGE!
FOR SALE

(JUST ASK FOR THE PRICE)

**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

HEMP TAMALES

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

Add "Just eggs"

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 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

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!

SIDES

VEGAN BACON
VEGAN CHICKEN
VEGAN CHORIZO
VEGAN PANCAKE
SMASHED AVOCADO
SHWARMA FRIES
ONION RINGS
BREAKFAST POTATOES
SWEET POTATO WAFFLE FRIES
TOAST
SINGLE HEMP TAMALE
VEGAN TORTILLA
VEGAN SOUR CREAM
DRESSING
VEGAN RANCH

BEVERAGES

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

KEEP THE GLASS!

COLLECTIBLE
OWL MASON JAR
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 FLAGSTAFF
12 S MIKES PIKE

FLAGSTAFF EAST SIDE
5200 E CORTLAND BLVD

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THETOASTEDOWL.COM
& 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.