

# Izenberg's

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## NATURE'S GARDEN

*Our plant-based menu*

<b><u>Acai, Fruit &amp; Granola Breakfast Bowl</u></b>	10.95
<b><u>Tofu Scramble with toast &amp; homefries</u></b>	9.95
~ add choice of chopped vegetables	1.00 each
~ add plant-based cheese	1.00
~ add plant-based meat	3.00
<b><u>Avocado Toast</u></b>	7.95
~ add tofu scramble	3.00
~ add chopped tomatoes	1.00
<b><u>The Tofu Benny</u></b>	14.95
Tofu scramble over sliced tomatoes on a toasted english muffin, with plant-based hollandaise sauce and a side of homefries	
<b><u>Breakfast Burrito with homefries</u></b>	11.95
(tofu scramble, tomatoes, onions, black beans & plant-based cheddar with salsa)	
<b><u>Buckwheat pancakes (3)</u></b>	10.95
~ add bananas	1.00
~ add strawberries	1.00
~ add plant-based chocolate chips	1.00
~ kids' silver dollars (6)	7.95
<b><u>Avocado Fries</u></b>	
with plant-based chipotle-ranch drizzle	8.95
<b><u>Steamed Dumplings</u></b>	
~ with ginger-soy dipping sauce	9.95
<b><u>Latkes</u></b>	9.95
hearty serving of three large potato pancakes with applesauce	
<b><u>Mother Earth Salad or Wrap</u></b>	11.95
spinach, beets, cashews, corn, roasted sweet potatoes, carrots, tomatoes, broccoli, snap peas	
~ wrap includes chips	
<b><u>Falafel Wrap with fries</u></b>	10.95
plant-based tzatziki sauce, tomatoes, cucumbers, spinach & balsamic vinaigrette	
<b><u>Chipotle-ranch "chicken" wrap</u></b>	11.95
Jackfruit "chicken" with plant-based chipotle-ranch & cheddar, mixed greens & tomato	
<b><u>Soups</u></b>	
Vegan chili 4.25/5.25	Tomato-basil soup 3.50/4.50