

STARTERS & SIDES

NUEVO NATIVE NACHOS

Homemade corn tortilla chips covered in black beans, Native Taco Meat, Native Chipotle Crema, Native Cheese, salsa fresca, and guacamole. Topped with corn, green onions, cilantro and jalapeños. 7.95

TANDOORI KABOBS

Grilled skewers of Native Original Seitan and tofu, marinated in Tandoori spices, topped with mango-apple chutney and served on a bed of baby greens with our homemade raita yogurt sauce. 6.95

NATIVE FRIES

Thinly-cut, cooked in pure vegetable oil and seasoned just right!

Crispy Sweet Potato Fries. 3.95
Seasoned Potato Fries. 2.95

MINI-GREENS SALAD

Salad greens, beets, carrots, sprouts, sunflower seeds, croutons and balsamic vinaigrette. 4.95

NATIVE CHICKEN WINGS

Crispy battered Native Chicken wings with a side of ranch or buffalo sauce 6.95

SAIGON ROLL

Braised lemongrass tofu, lightly pickled daikon and carrot twirls, brown and jasmine rice, cucumber strips, fresh cilantro and basil, tangy peanut sauce in a whole wheat wrap. 5.95

CHILI CHEESE FRIES

Seasoned potato fries smothered in our homemade Native Chili. Topped with Native Cheese and diced red onions. 5.95

NATIVE CHILI

A custom blend of white beans and Native Chili Meat simmered with tomatoes and special spices. Topped with Native Cheese and diced red onions. Served with a hunk of homemade cornbread. Cup 3.95/Bowl 5.95

DAILY SOUP

Chef-crafted, original, and never from a can! Fresh every day, the only way! Cup 2.95/Bowl 4.95

EARTH BOWLS

Our full-flavored sauces, hearty variety of vegetables, greens, grains and Native (M)eats in one big bowl.

ROCKIN' MOROCCAN BOWL

Your choice of tofu or Native Chicken marinated in our homemade Moroccan sauce with grilled veggies and quinoa. Topped with currants and toasted almonds. Our Chefs get the tofu version every time! 9.95

GREEK GYRO

Our thinly sliced Native Peppered Seitan sautéed with shallots on quinoa, steamed vegetables, and kale with lemon garlic sauce and hummus. Served with grilled flatbread. 9.95

GANDHI BOWL

Our blackened Native Tempeh on a bed of jasmine and brown rice. Topped with kale, steamed veggies, wild curry sauce, cranberries and green onions. 8.95

SESAME KALE MACRO BOWL

Native Tempeh atop steamed kale, brown rice, creamy ginger sesame sauce, tangy sauerkraut, gomasio and toasted sesame seeds. Green onion garnish and crunchy cucumber seaweed salad on the side. 8.95

ADD IT ON!

Add to any entrée, your choice of side salad, lemon-dill potato salad, seasoned potato fries, sweet potato fries, homemade soup or steamed kale. 1.95

CHEFS' FAVORITES

Inspired by our Chefs' travels, guests, friends and general cravings. Enjoy!

ENSALADA AZTECA SALAD

Fresh avocado, cucumber and jicama salsa atop quinoa, romaine and our award winning mango lime vinaigrette. Topped with currants, toasted pumpkin seeds and cilantro. 9.95

SOUL BOWL

Southern fried Native Chicken with hearty red beans and "jazzman" rice, steamed veggies, and kale dressed with ranch and BBQ sauce and served with homemade cornbread. 9.95

PORTOBELLO AND SAUSAGE BURGER

Juicy grilled portobellos, our homemade Native Sausage Seitan, caramelized onions, salsa pomodoro, sweet roasted garlic, creamy pumpkin seed pesto and mayo. 9.95

CHICAGO DIP AU JUS

Thinly sliced Native Peppered Seitan piled high on a freshly baked baguette smothered with our homemade "giardiniera extraordinaire," and au jus to dip real quick. 9.95

WHAT IS NATIVE CHEESE?

We prepare many versions of our Native Cheese by creatively blending cashews, sunflower seeds and other nuts to create textures from creamy to crumbly, including our original Native Cheese, smoky Native Chipotle Crema, tangy Native Horseradish Cheese and aged Native Parmesan Cheese.

Native Foods uses soy, wheat and nuts in our kitchen.
Soy-free, Gluten-free, and Nut-free Menus available upon request

 SUGGESTIONS FOR OUR FIRST TIME GUESTS.  NEW ITEMS!

HANDHOLDS

Our burger buns are whole grain and made fresh daily!

SUPER ITALIAN MEATBALL SUB

Native Sausage Seitan meatballs, marinara sauce, caramelized onions, roasted sweet peppers, pumpkin seed pesto, ranch dressing and Native Parmesan on a warm grilled baguette. 7.95

OKLAHOMA BACON CHEESEBURGER

Our thinly sliced Native Original Seitan, melted cheddar, caramelized onions, and crispy Native Bacon on a bun slathered with BBQ sauce and ranch dressing, romaine, carrots, onions, and tomato. Topped with crunchy battered dill pickle chips. 9.95

VERY VEGGIE WRAP

Garlic roasted vegetables, our homemade 'giardiniera extraordinaire' and hummus, sliced avocado, alfalfa sprouts and ranch dressing, artfully wrapped in a warm, whole wheat tortilla. 7.95

CHICKEN RUN RANCH BURGER

Crispy battered Native Chicken, ranch dressing, romaine, carrots, and onions. What everyone would eat if chickens ran the ranch! 9.95

TWISTER WRAP

Salad greens, fresh avocado and cucumber salsa, creamy chipotle sauce and your choice of crispy, blackened or grilled Native Chicken in an whole wheat wrap. 9.95

SCORPION BURGER

Our original Native Tempeh burger! Home-made blackened Tempeh, chipotle sauce, romaine, carrots, avocado and onions. 8.95
Add melted cheddar. .50

CARIBBEAN QUEEN BURGER

Shaved slices of our island-style Native Original Seitan piled high with sliced avocado, lettuce, carrots, onions, mayo and a fresh mango-pepper salsa. 9.95

WHAT IS QUINOA?

Pronounced "keen-wah," it's a super-grain from South America. High in protein, it was considered "the Gold of the Incas."

PERSONAL (ITY) PIZZAS

On our fabulous wheat crust...

CHEF'S GARDEN PIZZA

Our house made garlic tofu ricotta and grilled zucchini topped with a garden of freshly made giardiniera and pesto drizzle. Flavors that snap, crackle, and sizzle! 7.95

DOUBLE CHEESEBURGER DELUXE

Crumbled Original Native Seitan smothered with marinara sauce, melted cheddar cheese, pickles, onions and tomato, topped with our secret 'sweet mustard' sauce. 7.95

ENTREE SALADS

CRUNCHY KALE SALAD

Raw kale, shredded cabbage, apples and avocado tossed with maple orange dressing. Topped with currants, almonds and creamy tahini drizzle. 8.95

YO AMIGO TACO SALAD

A blend of romaine, cabbage, Native Taco Meat, and salsa fresca. Topped with corn, green onion, cilantro, and tortilla chip croutons. Served with our original creamy chipotle dressing on the side. 8.95
Yo, good with avocado 1.00

CHIMI CHOP SALAD

Crunchy romaine, chopped grilled veggies, roasted corn kernels, sweet roasted peppers, garlic croutons and warm shaved Native Peppered Seitan tossed with chimichurri and drizzled with ranch dressing. 9.95

GREEK GODDESS

Fresh cut romaine lettuce tossed with Kalamata olives, crisp cucumbers, red onions and peppers, with a roasted tomato oregano vinaigrette. Topped with homemade 'Native Feta', sweet balsamic glaze and crispy chickpeas. 8.95

DRINKS

Made-from-scratch daily from our Chefs' original recipes. Free refills! 2.50

LAVENDER LEMONADE

French lavender steeped with fresh lemons. Sweetened with organic sugar.

WATERMELON FRESCA

Fresh watermelon and a touch of mint. Sweetened with organic agave.

NATIVE ICED TEA

Organic hibiscus and wild berry tea. Sweetened with organic agave.

CHAI, HOT TEAS AND COFFEE

Organic chai and hot apple 'chai'der, organic hot teas and coffee.

BEER & WINE

Organic, natural and local selections available at most locations.

TWO BROTHERS EBEL'S WEISS

Traditional German-style hefeweizen. 3.95

TWO BROTHERS THE BITTER END

Pale ale with subtle malt and hops. 3.95

TWO BROTHERS CANE & EBEL

Dry red rye ale with loads of hops. 3.95

BELL'S SEASONAL

Bell's best seasonal selection. 3.95

BELL'S TWO HEARTED ALE

Significant malt body balances big hops. 3.95

NEW PLANET OFF GRID PALE ALE

Smooth gluten free ale. 3.95

GREEN TRUCK SAUVIGNON BLANC

Lemon peel and orange blossom. 4.95/21

PARDUCCI CHARDONNAY

Crisp apple, melon and juicy citrus. 4.95/21

PARDUCCI PINOT GRIGIO

Crisp pear, white peach and mango. 4.95/21

GREEN TRUCK PETITE SIRAH

Dark cherries and plum. 4.95/21

GIRASOLE PINOT NOIR

Juicy red flavors and toasty oak. 4.95/21

HEDGES CMS RED

Meritage with a tannic finish. 4.95/21

DESSERTS

All desserts are dairy-free, cholesterol-free and refined sugar-free. 2.95

CHOCOLATE LOVE PIE

Thick and lustfully creamy chocolate filling in a delicious spiced almond crust.

CHEESECAKE

A rich cream cheesy filling, ginger granola crust, sweetened just right and served with blueberries on the side.

BOOGIE BARS

A banana bread loaded with almonds, oats, coconut, chocolate chips and jungle vanilla. Sweetened with agave and maple syrup. Makes you boogie!

DOUBLE DELIGHT BROWNIE

Double Chocolate Brownie made from fair trade cocoa powder, maple syrup and delicious chocolate chips.

GOOD LUCK CUPCAKES

Made in-house using the finest ingredients including fair-trade cocoa powder and trans-fat free veggie shortening. Flavors include Chocolate, Vanilla and Cardamom Rose.

PEANUT BUTTER PARFAIT

Creamy whipped peanut butter filling layered between Boogie Bar crumbles and chocolate chips. Agave sweetened.

CARROT CREAM CHEESE CUPCAKES

Fresh grated carrots combined with cinnamon and orange juice. Baked to perfection and topped with a vanilla cream cheese frosting.

KIDS ARE COOL!

All meals include a kid's drink. For children 10 and under. 4.95

NATIVE CHICKEN NUGGETS

Cup o' nuggets with a scoop of brown rice, dipping veggies and ranch dressing.

SLOPPY SAM'WICH

BBQ'd bits of Native Original Seitan in a light marinara sauce on a whole wheat bun, with a 'smile' of sliced tomato and edamame.

FREDDIE'S MAC AND CHEESE

Quinoa "super" pasta with a cow friendly cheese sauce and broccoli trees. Soy and wheat free.

PIZZA FINGERS

Mini slices of cheese pizza prepared for easy dipping in our homemade marinara sauce, complimented by every kids' favorite, steamed broccoli.

NATIVE (M)EATS

Juicy and flavorful plant based proteins.

NATIVE TEMPEH-(TEM-PAY)

An artisan food of Indonesian origin, now made by our Chefs, consisting of cultured soybeans and millet. Rich in protein, iron and antioxidants. Made-from-scratch daily.

NATIVE SEITAN-(SAY-TAHN)

Also known as "wheat meat." A hand-made process initiated 2,000 years ago in the Near East and modernized in our kitchens. Provides a complete protein with a delicate meaty texture. We proudly prepare all of our Seitan, including our Original Seitan, Sausage Seitan, Peppered Seitan, Mexican Seitan, Reuben Seitan, Native Chili Meat and Taco Meat. Made-from-scratch daily.

NATIVE CHICKEN

Native Chicken is made from free range soy, wheat and pea protein.

NATIVE BACON

Thinly sliced tofu marinated in our Chef's secret smokehouse recipe, then baked to a firm texture. Made only at Native Foods Café!

EAT SUNSHINE!



Native Foods Café, Costa Mesa, CA
Established 2003

Native Foods Café was founded by celebrated vegan chef, Tanya Petrovna, in 1994 in Palm Springs where she brought into harmony her fun-loving spirit, and passion for fresh food, animals and the environment. Today, Native Foods Café has grown to become America's premier fast-casual vegan restaurant group serving made-from-scratch, chef-crafted cuisine to thousands of food lovers every day. Our menu, which is updated seasonally by our team of Executive Chefs, aims to please the palates of vegans and non-vegans alike, with hearty dishes, delicious desserts

and homemade beverages inspired by the travels of our chefs, and bursting with international flavors.

At Native Foods Café we make virtually everything in-house—from our homemade tempeh and seitan, to our Native Cheese, to our sauces and drinks, and dressings and desserts too! Our entire menu is 100% plant-based as we strive to create a compassionate dining experience serving up homemade meals that are good for you, your family and the environment. We also welcome you to join us for Native Community Days two days a month when we give a portion of profits back to local community groups, and our chefs' free monthly cooking demos where we show you how to go Native at home!

A RECIPE FROM THE NATIVE FOODS COOKBOOK

BEEFY BOURGUIGNONNE

Serves 8

1/3 cup	olive oil	2 Tbsp.	flour
1 large	carrot	2 cups	dry red wine
1 large	yellow onion	3 cups	water
1 pkg.	frozen boiling onions	2 ea.	vegan vegetable bouillon cubes
1 lb.	mushrooms	1 Tbsp.	tomato paste
2 ea.	cloves garlic, chopped fine	1/2 tsp.	dried thyme
1 tsp.	salt	1 ea.	bay leaf
1/4 tsp.	black pepper	1 cup	chopped Italian parsley
3 lbs.	seitan, cut in 1/2" pieces		

1. In a large soup pot heat olive oil and add carrot, onion, boiling onions, mushroom, garlic, salt and pepper and sauté until transparent and lightly browned. 2. Add the seitan pieces for about 2 minutes, stirring frequently. 3. Add the flour and stir well to cover all ingredients and let brown lightly (2-3 min). 4. Stir in wine, water, tomato paste, thyme, and bay leaf. Crumble the vegan vegetable bouillon cubes and add.. 5. Let simmer on low, partially covered for 1 hour. 6. Serve over noodles, or boiled new potatoes, or green salad and of course with... a glass of red wine! OOOOhhh llllllllaaaa laaaaaa, as they say in France!

Not all ingredients are listed on menu. If you have a specific food aversion, please speak with a Manager to review all menu ingredients.

Online ordering and pickup easy at NativeFoods.com

Native Foods Cookbooks are available online at Amazon.com, Barnes & Noble and Nativefoods.com. They are also available at your favorite Native Foods Café!

CHAT WITH US

NATIVE FOODS BLOG



CHI 12/11

NATIVE FOODS CAFÉ

WICKER PARK

1484 North Milwaukee Ave.
Chicago, IL 60622
(773) 489-8480

LAKEVIEW

1023 West Belmont Ave.
Chicago, IL 60657
(773) 549-4904

LOOP

218 South Clark St.
Chicago, IL 60604
(312) 332-6332

LOCATIONS THROUGHOUT:

LOS ANGELES - ORANGE COUNTY - SAN DIEGO - PALM SPRINGS - BOULDER - PORTLAND

WICKER PARK AND LAKEVIEW OPEN DAILY 11 AM - 10 PM

LOOP OPEN MONDAY - FRIDAY 10:30 AM - 8 PM
SATURDAY 10:30 AM - 4 PM (CLOSED SUNDAY)

WWW.NATIVEFOODS.COM