

# Native Foods Café Soy Free Menu

All menu items are prepared in our kitchen which also prepares items using soy.

## Starters and Sides

Mini Greens Salad

## Daily Soup

- Wild Mushroom
- Creamy Corn Chowder
- Hearty White Bean
- Moroccan Lentil
- African Peanut
- Black Bean Chipotle
  - **Order without Cornbread Croutons**

## Salads

Ensalada Azteca

Greek Goddess

- **Order without Native Feta**

Crunchy Kale Salad

- **No Maple Orange Dressing**
- **No Tahini Dressing**
  - Chef Tanya's recommended substitute: Lemon Garlic Dressing

## Handholds

Portobello & Sausage Burger

- **Order without Seitan or Veganaise**
  - Chef Tanya's recommended substitute: extra portobellos

## Earth Bowls

Rockin' Moroccan

- **Order without Native Chicken or Tofu**
  - Chef Tanya's recommended substitute: Portobello Mushrooms, Black or Red Beans

Greek Gyro

- **Order without Native Peppered Seitan (contains small amount of soy sauce)**
  - Chef Tanya's recommended substitute: Portobello Mushrooms, Black or Red Beans

## Kids' Meals

Freddie's Mac and Cheese

Pizza Fingers

## Desserts

Double Delight Brownie

Good Luck Cupcakes

- Chocolate, Vanilla, and Cardamom Rose Flavors are SOY FREE

**If you have any questions or concerns, please ask to see a manager.**

# Native Foods Café Soy Free Menu

All menu items are prepared in our kitchen which also prepares items using soy.

**Soy-free sauces include:** Mango-Apple Chutney, Buffalo Sauce, Chimichurri, Moroccan sauce, Hummus, Marinara sauce and Pesto

**Soy-free dressings include:** Lemon/Garlic/Olive Oil, Mango Lime Vinaigrette, Roasted Tomato Oregano Vinaigrette & Balsamic Vinaigrette

**Native Cheeses that are Soy Free:** Original Native Cheese, Native Chipotle Crema, Native Parmesan

**All Salsas are Soy Free:** Salsa Fresca, Azteca Salsa, Pomodoro Salsa, Chupacabra Salsa, Mango-Pepper Salsa

## Menu Items containing small amounts of soy

### **Native Fries/ Crispy Sweet Potato Fries**

- Cooked in oil which is also used to cook foods containing soy

### **Chili Cheese Fries**

- Small amount of soy sauce in Chili Meat,
- Fries cooked in oil which is used to cook items containing soy

### **Native Nachos**

- Small amount of soy sauce in Taco Meat
- Tortilla chips are cooked in oil which is also used to cook foods containing soy

### **Native Chili**

- Order without Cornbread (contains tofu)
  - Chef Tanya's recommended substitute: Corn Tortillas
- Small amount of soy sauce in Chili Meat

### **Yo Amigo**

- Small amount of soy sauce in Taco Meat
  - Chef Tanya's recommended substitute: Black or Red Beans
- Order without Chipotle Dressing
  - Chef Tanya's recommended substitute: Balsamic Vinaigrette Dressing
- Tortilla chips are cooked in oil which is also used to cook foods containing soy

### **Super Meatball Sub**

- Sausage Seitan Meatballs contain a small amount of soy sauce
- Order without Ranch Dressing

### **Chimi Chop Salad**

- Small amount of soy sauce in Native Peppered Seitan
- Order without Ranch Dressing

### **Chicago Dip Au Jus**

- Small amount of soy sauce in Peppered Seitan
- Order without au jus dipping sauce

### **Double Cheeseburger Deluxe Pizza**

- Seitan crumbles contain a small amount of soy sauce
- Sweet Mustard Sauce contains soy

### **Very Veggie Wrap**

- Tortilla contains a small amount of soy
- Ranch Dressing contains a small amount of soy

**If you have any questions or concerns, please ask to see a manager.**