



Mostly Gluten Free

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Pickins

Hummus Plate • \$7.00

Home made traditional hummus served with sliced cucumbers and tortilla chips.

Spicy Pesto Plate • \$6.50

Chips served with home made chipotle pesto. *Add hummus, avocado or feta cheese for \$1.00.*

Sandwiches

Served with your choice of Black Kettle Chips, Chips y Salsa or Asian Slaw.*

*Substitute with a small house salad for \$1.95. *Our Asian Slaw contains nuts*

Grilled Cheese con Herbas • \$9.00 • Cheddar - jack cheese and fresh basil on locally made GF sweet sorghum bread. *Fully Loaded - spinach, red onion, jalapeño, tomato \$2.00 (Choose one side)*

Kool Hummus Sandwich • \$10.50 • GF sweet sorghum bread layered with chipotle-pecan pesto, locally grown tomatoes, onion, cucumber, sprouts, field greens and carrots.
(Choose One Side)

Chick Pea 'Chick'n Salad' Sandwich • \$10.00 • Bouldin's own mock chicken salad on GF sweet sorghum bread with green-leaf lettuce and locally grown tomatoes. *(Choose one side)*

Wanna-BLTA • \$10.50 • GF wheat sorghum bread with homemade tofu 'bacon', green leaf lettuce, locally grown tomatoes, avocado and basil aioli. *(Choose one side)*

Bello Jiafra Melt • \$10.00 • Roasted Portobello mushrooms, roasted red peppers, feta cheese and organic baby spinach on grilled GF sweet sorghum bread. *Make it vegan! Substitute vegan cheese for \$1.00 (See side choices above)*

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Breakfast

Our tofu is non-gmo and locally made by White Mountain Foods. Our eggs are always

organic and free range!

*Please be aware that consuming raw or undercooked eggs may increase your risk of food-borne illness, especially if you have certain medical conditions.

Omelets

Bouldin House Omelet • \$10.50

Three organic, pasture raised eggs* or tofu scramble, organic baby spinach, sautéed mushrooms, onions, garlic and cheddar / jack cheese. Choose 2 sides: organic red and black beans, refried organic black beans, sliced locally grown tomatoes, fruit of the day, corn tortillas. *Make one of your sides a homemade potato hash cake or GF toast for \$1.00.*

Inner Sun Omelet • \$10.50

Three organic, pasture raised eggs* or tofu scramble, basil, locally grown tomatoes, chili flake, and feta cheese. Choose 2 sides: organic red and black beans, refried black beans, sliced locally grown tomatoes, fruit of the day, corn tortillas. *Make one of your sides a homemade potato hash cake or GF toast for \$1.00.*

Potato & Leek Omelet • \$10.50

Three organic, pasture raised eggs* or tofu scramble, caramelized potato shreds, leeks and gruyere cheese, topped with scallions and sour cream. Choose 2 sides: organic red and black beans, refried organic black beans, sliced locally grown tomatoes, fruit of the day, corn tortillas. *Make one of your sides a homemade potato hash cake or GF toast for \$1.00.*

Joe's Smokin' Omelet • \$10.50

Three organic, pasture raised eggs* or tofu scramble, organic baby spinach, onion and cheddar jack cheese topped with a swirl of our famous chipotle-pecan pesto. Choose 2 sides: organic red and black beans, refried organic black beans, sliced locally grown tomatoes, fruit of the day, corn tortillas. *Make one of your sides a homemade potato hash cake or GF toast for \$1.00.*

Garden Breakfast • \$7.25

Two organic, pasture raised eggs* or tofu scramble, choice of steamed broccoli or organic baby spinach and seasoned locally grown tomatoes. Served with a lemon wedge. *Add corn tortillas for 50¢.*

El Tipico • \$7.75

Two organic, pasture raised eggs* or tofu scramble, served with a home-made potato hash cake, chopped locally grown tomatoes, shredded green leaf lettuce, salsa and two warm corn tortillas. *Add cheddar jack 75¢. Add fire for 50¢.*

Tamale Breakfast • \$9.00

Two scrambled organic, pasture raised eggs* or tofu scramble and two sweet potato and pecan tamales. Served with house made salsa, corn tortillas, salsa and choice of: red and black organic beans or refried organic black beans.

Zucchini Migas • \$10.00

Two scrambled organic, pasture raised eggs* or tofu scramble with a fire puree, sautéed zucchini, tortilla chips, jalapenos, oregano, garlic, onion and cheddar jack cheese. Served with corn tortillas, house made salsa and a choice of red and black organic beans or refried organic black beans.

Kids Breakfast • \$4.95

Choice of three: One organic, pasture raised egg or tofu scramble, fruit of the day, organic red and black beans, corn tortillas.

Tacos!

Egg Tacos

The Basic • \$2.50

Egg and cheese on corn tortillas

The Neal • \$3.75

Sautéed mushrooms, spinach, egg and cheese on corn tortilla.

The Ren • \$3.75

Sautéed onions, jalapenos, garlic, egg and cheese on corn tortilla.

Tofu Tacos

Tofu Basic • \$2.75

Bouldin's own tofu scramble on corn tortillas.

Tofu Veggie Chorizo • \$3.25

Homemade veggie chorizo (mildly spiced Mexican 'sausage' crumbles), tofu scramble on corn tortilla.

Tofu Neal • \$3.25

Sautéed mushrooms, spinach and tofu scramble on corn tortilla.

Tofu Ren • \$3.25

Sautéed onions, jalapenos, garlic and tofu scramble on corn tortilla.

With Organic Red and Black Beans

The Goyo • \$ 3.50

Organic red & black beans, cheese, local tomatoes and sprouts on a corn tortilla.

The Timmy • \$ 3.50

Veggie Chorizo, organic red & black beans, shredded lettuce and local

tomatoes on corn tortilla.

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Cereals

Organic Baked Oatmeal • \$5.50 ** Vanilla spiced oatmeal bake, topped with organic apples, golden raisins, brown sugar and vegan butter. Dairy or non-dairy milk.

Granola Sunrise** • \$6.75

Homemade organic granola** with flax meal, organic apples and bananas, pecans, dried cranberries and your choice of honey yoghurt or vegan ambrosia sauce.

*** Oats are considered at risk due to cross contamination in the fields. However, many of our customers who are allergic to wheat gluten do opt for the oatmeal without any issues. Please know, consumption of oats is at your own risk.***

Salads and Cool Tacos

• *House-made salad dressings: Ginger Miso, Parmesan Peppercorn, Citrus Vinaigrette, Garlic Tahini*

House Salad • Small \$3.75 / Large \$7.50

Mixed field greens topped with carrots, sunflower sprouts and locally grown tomatoes.

Good Livin' Salad • \$9.25

Mixed field greens topped with fresh basil, diced apple, sunflower sprouts, carrots, red onion, locally grown tomatoes. Add feta cheese for \$1.00.

Tofu & Broccoli Salad • \$9.50

Mixed field greens and green leaf, topped with stir fried broccoli, sesame tofu, cucumber, locally grown tomatoes, carrots and sunflower seeds.

Kool Summer Tacos • \$7.00

Locally grown tomatoes, red onions, cucumbers, sprouts, shredded carrots and field greens wrapped in corn tortillas, with home-made hummus and chipotle-pecan pesto. *Add feta for 75¢*

Hot Stuff

Fajitas Italianas • \$10.75

Roasted Portobello strips and zucchini sautéed with garlic and onion, served with home made chipotle- pecan pesto, diced locally grown tomatoes, shredded lettuce, corn tortillas and salsa. *Add cheese for 50¢*

Soul Food Plate • \$9.50

Marinated collard greens, organic red and black beans & our vegan cornbread, served with red wine vinegar.

Farmer's Plate • \$9.00

3 sweet potato pecan tamales, choice of beans (red & black mix or refried black), avocado and corn tortillas.

Slacker's Banquet • \$5.50

Large portion of our specially seasoned red and black beans ladled over organic brown rice. *Add warm vegan cornbread for \$1.00. or Make it a banquet with green onion, local tomatoes, jalapeños and cheddar jack cheese for \$2.00*

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