

Green Light Cafe



Originating in 1998 in Black Mountain, NC, The Green Light Café focuses on providing delicious, healthy meals for the conscious palate. Our fresh, prepared to order ingredients are supplied by local growers and distributors contributing to the well-being of a larger community. Our vegetarian/vegan kitchen is available for on-site or off-site preparation for events of all types.

18 N. Lexington Avenue ~ Asheville, North Carolina

828-250-3800

Visit us online at www.greenlightcafe.com.

~Drinks & Juices~

| | |
|---|------------------------------|
| Daily Iced Tea | \$2.00 |
| Carrot Juice | Small \$4.50 Large \$6.00 |
| Carrot Apple Ginger, Carrot Beet Apple, Pear Grapefruit Carrot | |
| Hot Teas | \$2.50 |
| Jasmine green, chai, lemon ginger, Rooibus, yerba mate, or ask server for additional options. | |
| Buchi Kombucha | \$4.00 |
| Organic Coffee | French Press Pot \$2.50 |

~Smoothies~

Add-ons for Smoothies (Hemp Protein, Spirulina, Alfalfa, Barley Grass) \$1.00 each

| | |
|---|--------|
| Dreamsicle | \$4.50 |
| Orange juice, banana, vanilla, and choice of soy or almond milk. | |
| Green Light | \$5.00 |
| Apple juice, strawberry, banana, and spirulina | |
| Tropical Blast | \$4.50 |
| Orange & apple juice, mango, coconut, banana | |
| Green Dream | \$5.00 |
| Strawberry, banana, maple, spirulina, and choice of soy or almond milk. | |
| Carob Supreme | \$4.50 |
| Banana, carob, maple, and choice of soy or almond milk. | |
| Date Shake | \$4.50 |
| Banana, cinnamon, dates, and choice of soy or almond milk. | |
| Honey Bear | \$5.00 |
| Honey, graham cracker, banana, peanut butter, and choice of soy or almond milk. | |
| Mint Chocolate Chip | \$5.00 |
| Fresh mint, chocolate chips, vanilla, banana, and choice of soy or almond milk. | |

~Kids Menu~

Served with chips and carrot sticks.

| | |
|---|--------|
| Peanut Butter, Banana, & Honey Sandwich | \$5.00 |
| Cheese Quesadilla | \$5.00 |
| Beans and Rice | \$5.00 |
| Sweet Potato Patty and Rice | \$4.00 |
| Grilled Cheese Sandwich | \$4.00 |

~Appetizers~

(V) Soup du Jourcup \$3.50 bowl \$4.50 add spelt cornbread \$1.00

(V) New World Crab Cakes.....\$7.95

Pan-fried Panko crusted tempeh cakes served over mixed greens with a lemon caper roumalade.

(VO) Antipasta.....\$8.50

Tapenade, hummus, artichoke salad, and fresh mozzarella served with toasted foccacia

(VO) Nachos\$7.95

Tortilla chips topped with beans, cheese, lettuce, black olives, vegan chipotle cream sauce, avocado, and fresh salsa.

(VO) Spinach, Bean, and Cheese Quesadilla.....\$6.95

Wheat tortilla, spinach, beans, and cheese served with fresh salsa.

(V) Fresh Spring Rolls.....\$5.95

Rice noodles, carrots, cilantro, parsley, mint, and baked tofu wrapped in rice paper. Served with peanut and sweet chile sauce. Add Avocado \$1.00

~Salads~

Your choice of Roasted Shallot Vinaigrette ~ Sesame Peanut Ginger ~ Green Light

Goddess ~ Asian Vinaigrette ~ Honey Mustard ~ Raspberry Vinaigrette

(VO) Zeus Combo\$7.50

A bed of organic veggies topped with olives, hummus, feta, & wedge of foccacia

(V) Roasted Beet Arugula Salad\$7.95

Arugula and spinach topped with roasted beets, red onions, and candied pecans

(VO) Mixed Greens, Pear, & Gorgonzola \$7.95 add Tempeh \$2.00

Served with Raspberry Vinaigrette

Garden Salad..... Small \$3.95 Large \$6.25

Organic greens, tomatoes, red onions, cucumbers, and sprouts

~Sandwiches & Wraps~

Served with chips & salsa, or sub slaw, kimchee salad, or side salad for \$2.00

(VO) **Tempeh Reuben**.....\$7.50
Marinated tempeh, caramelized onions, sauerkraut, Swiss cheese, & vegan Russian dressing grilled on organic cracked wheat bread.

(V) **Tempeh BLT**..... \$7.50/ add avocado \$1.00
Layers of tempeh bak-un, tomato, lettuce, vegan sun-dried tomato aioli, and toasted cracked wheat bread stacked to perfection.

Pesto Focaccia Melt.....\$7.95
Pesto tapenade, tomatoes, spinach, artichokes, and mozzarella grilled 'til golden.

Salad or Cup and a 1/2.....\$6.95
Any 1/2 sandwich with a cup of soup or small salad

(V) **Homemade Veggie Burger**\$7.50
Our daily creation topped with lettuce, tomato, onion and served on a sprouted grain bun.

(V) **Hummus Avocado Wrap**\$6.95
Carrots, tomatoes, onions, sprouts, greens, and Green Light Goddess dressing
Add kimchee, tempeh, or tofu \$2.00

~Pizza and Calzones~

Add a salad for \$2.00

(VO) **Roasted Butternut Squash Pizza**.....\$8.75
A spelt crust topped with butternut squash, caramelized onions, mushrooms, black olives and feta

(VO) **Margherita Pizza**\$8.95
A spelt crust topped with roasted garlic, marinara, fresh mozzarella, fresh basil, and fresh tomatoes

(VO) **Portobello Mushroom & Spinach Calzone** \$8.95
Portobello mushrooms, spinach, ricotta, marinara, and mozzarella stuffed in a spelt crust

We carry delicious daiya vegan cheese.

(V) = Vegan (VO)= Can be made Vegan

~Entrees~

Add a house salad for \$2.00

(VO) **Enchilada with Mole** \$8.25
Saucy beans and greens baked in a sprouted tortilla then smothered with our homemade nutty mole & your choice of daiya vegan cheese or cheddar.

(V) **Bangkok Noodle Bowl**.....\$8.95
Mixed veggies, rice noodles, and ginger tofu tossed in a sweet tamarind lime ginger sauce. Garnished with mung beans & cilantro.

(VO) **Pecan Oat Crusted Eggplant Parmesan** \$8.95
Flax, pecan, and crushed oat crusted eggplant baked in marinara, topped with a 4-cheese blend and served on a bed of spinach.

(V) **Citrus BBQ Bowl**.....\$8.25
Savory soy nuggets, coleslaw, & grain of the day. Can also be wrapped in a wheat tortilla with dill aioli.

(V) **Sweet Potato Patties**.....\$7.50
Roasted mashed sweet potatoes tossed in oats served over greens & grain of the day with a peanut sauce

(VO) **Chipotle Black Bean Burrito/Bowlito**..\$8.50
Beans, spinach, fresh salsa, grain of the day, and cheese served in or out of a tortilla. Topped with vegan chipotle cream sauce & avocado.

(V) **Macro Bowl**\$8.50
Grain of the day topped with greens, kimchee, sprouts, carrots, & Green Light Goddess dressing.

(V) **Thai Red Curry** \$8.95
Veggies & gingered baked tofu simmered in a coconut peanut curry sauce. Served over grain of the day.

~Please ask server for daily entrees, soups, and desserts.~