

BREAKFAST

M-F 7am - 11am
Sat 9am - 1pm

Our breakfast is made to order and served with your choice of sweet potato hash, barley grits, fruit salad, or tofu bacon.

Buckwheat Pancakes \$7

Three Buckwheat flapjacks.

Vegan French Toast \$6

Vegan bread pan toasted in an eggless batter.

Eggy in a Bready \$6

Two slices of pan toasted bread w/a fried egg in the middle.

Vegan Biscuits + Gravy \$6

Two Tempeh sausage biscuits with gravy.
Single biscuit as a side \$3

Omelet du Fromage \$7

Two-egg French omelet with Swiss or feta cheese.

Vegan Pancakes \$6

Three banana and flax based flapjacks.

Two Egg Order \$6

Two eggs and toast however you want 'em.

We like animals and we like to know they are treated humanely. All the eggs we use are organic and come from vegetarian fed, free roaming hens without anti-biotics or growth hormones.

SALADS

Served on a bed of organic lettuce or spinach.

Strawberry \$8

Strawberries, cranberries, pecans, feta cheese, and shredded cabbage. Served with a cranberry vinaigrette.

Waldorf \$9

Apple, walnuts, bleu cheese, grapes and cucumber. Served with cranberry vinaigrette.

Falafel \$8

Spicy baked falafel, cucumber, tomato, onion, and pita croutons. Served with a Tzatziki dressing.

Greek \$8

Cucumber, onion, tomato, feta or faux feta cheese, kalamata olives and oil & vinegar, topped w/potato salad.

A LA CARTE

Potato Salad \$2	Tempeh Salad \$3.5
Quinoa Salad \$2	Quiche Slice \$3
Coleslaw \$2	Fruit Salad \$3
Chips and Hummus \$3	Chips and Salsa \$3
Chicken Salad \$3.5	Tuna Salad \$3.5

Two made-from-scratch soups available everyday.

To Go Cup \$4
Bowl \$4.5



SANDWICHES

Served as a sandwich or a wrap with spinach or mixed greens and a side of either quinoa salad, potato salad, coleslaw or chips & hummus.

Falafel \$8

A toasted pita filled with spicy baked falafel, spinach, tomato, cucumber, onion, and a side of Tzatziki.

Chicken or Tuna Salad \$8

Chicken or Tuna salad with organic sliced apple, onion, and sprouts

Hummus \$7

Fresh hummus du jour with a medley of vegetables, feta or faux feta. Go vegan with millet & flax bread.

Egg Salad \$7

Dill egg salad served with cucumber, onion, and tomato.

Turkey Pesto \$8

Organic Turkey, provolone, arugula pesto, and tomato.

Tofu BLT \$7

Homemade tofu bacon, lettuce, tomato, and vegan mayo. Go vegan with millet & flax bread

Ham and Swiss \$8

Organic ham, Swiss cheese, tomato, Dijon mustard

Tempeh Salad \$8

Organic Tempeh salad with sliced apple, onion, and sprouts. Go vegan with millet & flax bread

Roast Beef \$8

Roast Beef, Swiss cheese, onion, tomato, sprouts and horseradish mayo.

Grilled Cheese \$4

Basil buttered with a three cheese blend
Add ham \$1.00 | Soup as a side \$3.00

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COFFEES

	<u>8oz</u>	<u>16oz</u>	<u>20oz</u>
-brews	\$1.25	\$2	\$2.5
-latte	-	\$3.5	\$4
-cappuccino	\$2	\$3.5	\$4
-americano	\$1.5	\$2.5	\$3
-macchiato	\$2.5	-	-
-single shot	\$1.75	-	-
-double shot	\$2.5	-	-
-chai (hot or cold)	-	\$3.5	\$4

SMOOTHIES + SHAKES

Tropical Cooler \$4.5

.pineapple. mango. papaya. banana. pineapple juice.

Very Berry \$4.5

.blackberry. raspberry. blueberry. strawberry. apple juice.

Peanut Butter \$5

.banana. peanut butter. milk.

Double Chocolate \$5

.chocolate. banana. chocolate. milk.

Strawberry Banana \$5

.strawberry. banana. orange juice.

Blended latte \$5

.espresso. flavor. yogurt. ice. milk.

Shakes \$5

.chocolate, vanilla, banana, or strawberry.

Organic Veggie Juice \$5

To busy to chew? Get a 20 oz Veggie Juice!
Carrots, celery, spinach, arugula, beets, lemon
apples, lemons, radishes, ginger.
You pick the combination.

VEGAN? VEGETARIAN?

Be it environmental, spiritual, ethical, or nutritional, the reasoning behind a vegetarian diet varies person to person as do the practices and guidelines of any diet. We make two distinctions on our menu, vegetarian and vegan. Vegan items contain no animal or animal byproducts (eggs, dairy, honey, gelatin) Vegetarian items are considered lacto-ovo and may contain eggs or dairy.

You will find a variety of meat analogues at Local Coffee + Tea to either replace meat or create something entirely different in a recipe. Perhaps the most well known substitute is **tofu** (toh-foo), which is made from soybean curd. By itself, tofu is a rather bland and flavorless food, but it takes on the flavors of foods it is cooked with providing a wealth of applications. Tofu can also be manipulated to create vegetarian cheeses, yogurts, and sauces.

Tempeh (tem-pei), like tofu, is made from soybeans and shares similar nutritive properties. Created by the fermentation of cooked soybeans, tempeh takes on a cake-like form with a firmer consistency than tofu and a nuttier taste. Tempeh has been used in vegetarian cuisine for centuries in Asia. **Seitan** (sey-tan), or 'wheat meat' is made by washing starch out of wheat flour leaving only wheat gluten. Said to have been created by vegetarian monks as a substitute for meat, seitan is sometimes referred to as "Buddha food" in Asian markets, is high in protein and like all vegan items on our menu, contains zero cholesterol.

ORGANIC?

The principles of organic living are those of both personal and planetary health. Organic produce is cultivated without the use of synthetic fertilizers, genetic modification, ionized radiation or pesticides. Animals producing organic meat, eggs, or dairy are not given antibiotics or growth hormones.

Local Coffee + Tea does not claim all our food to be organic. Though we do our best to only use ingredients from responsible and sustainable sources. We are constantly taking steps to improve the quality of our ingredients and stock our kitchen with foods we proudly stand behind.

Please read our labels to see the complete list of ingredients, including organic items used in entrees that may not be 100% organic. Please share your questions with us.

LOCAL?

Promoting local businesses is one of our guiding principles at Local Coffee + Tea. Three times more money is injected into the local economy when you buy from local businesses instead of national chains. Local businesses put their money back into the local economy and their employees and vendors contribute to cycle of support that strengthens our community. Our motto is 'Sip Locally'

We constantly seek partnerships with local businesses, farmers, organizations, and people. For information or to offer suggestions, visit www.localcoffee.com



Sip Locally

330 1st Ave South
St. Petersburg, FL 33701
Monday - Friday 7am - 5:30pm
Saturdays 9am - 4pm

Menu

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