

pulse CAFE



SMALL PLATES

SWEET POTATO WEDGES – Seasoned & wood fired. Served w/ chipotle aioli
4.75

RUSSETT POTATO WEDGES - Seasoned & wood fired. Served w/ catsup 4

MAC N CHEESE – house made cheese sauce, topped with herbed panko 6

GRILLED VEGETABLE LASAGNE– Layers of roasted eggplant, zucchini yellow squash, herbed cheese and heirloom tomato sauce 5



SALADS

MEDITERRANEAN KALE – carrots, heirloom tomatoes, pickled red onions, red cabbage, cucumbers
olives, sprouts, za'atar. Massaged with our Mediterranean Dressing 8

Add Smoked Tofu 2

PULSE HOUSE SALAD – local baby greens, romaine, carrots, cucumber, heirloom cherry tomatoes,
beets, micro greens. Served with Miso Lime Dressing 6.5

Add Smoked Tofu 2



BOWLS

HAYSTACK - pinto beans, lettuce, pico de gallo, scallions, black olives, bell peppers, nacho "cheese", lime crema, corn tortilla chips 9

Add guacamole .75 Add smoked tofu or seitan carnitas 1.50



BURGERS & SANDWICHES

SERVED WITH WOOD-FIRED POTATO WEDGES

THE PULSE BURGER – grain patty, lettuce, heirloom tomato, caramelized onion, cheddar cheese, pickles, aioli, wheat bun 9 Add avocado .75

SEITAN SAUSAGE HOAGIE – house made sausage, grilled peppers and onion, tomato confit, cultured cheese spread, multigrain baguette 10



ARTISANAL WOOD-FIRED PIZZA

10" Free Form Pie

Options: Organic Sprouted Spelt, White Wheat or GF

MARGHERITA – cashew cheese, heirloom tomato sauce, fresh basil, olive oil 10

BLANCA – caramelized onion, baby spinach, red pepper, white cream sauce 10.5

GREEK – kalamata olives, heirloom tomatoes, tofu feta, shallots, garlic, spinach 11



SOUP BAR

8oz 3.25 12oz 4.99 16oz 5.75

3 DAILY VARIETIES MAY INCLUDE:

ETHIOPIAN RED LENTIL
CORN CHOWDER
CREAMY VEGETABLE
WHITE BEAN & KALE
ROASTED SQUASH BISQUE
HEIRLOOM TOMATO CURRY
GARBANZO MINESTRONE
CHILI POTATO &
LEEK CARROT
GINGER
JAMAICAN RED BEAN
SPLIT PEA



JUICE BAR MENU

ORGANIC SMOOTHIES/SHAKES 16oz

Additions .75 each : protein powder, spirulina, maca, lucuma, chia, flaxseeds

ALMOND JOY – almond butter, carob, almond milk, dates, coconut cream, vanilla, agave

BERRYLICIOUS – strawberries, raspberries, blueberries, coconut milk, agave

ACAI – acai, blueberries, cashew milk, coconut sugar, vanilla, dates

PINA COLADA – pineapple, coconut milk, banana, agave

CARROT REFRESHER SHAKE – carrot juice, pineapple, cashew or soymilk, turmeric, agave

COLD DRINKS:

Iced local Chaga Tea 3.5

Fresh squeezed orange juice 4.5 8oz

Kale lemonade 3.5 12oz

Raspberry lemonade 3.5 12oz

Mint limeade 3.5 12oz

INFUSED ALKALINE WATER:

12oz 2.75

-cucumber, basil

-berries, mint, lemon

-melon, ginger

WARM DRINKS:

TUMERIC LATTE – turmeric, coconut milk, cashew milk, ginger, agave 4.75

ORGANIC LOOSE TEA

12oz 3

VARIETIES INCLUDE:

hibiscus, golden chamomile blossoms, turmeric mango, Patagonia super berry, Patagonia wild guava,

peppermint, ginger, rooibos, white ginger detox, scarlett

ORGANIC COLD-PRESSED JUICES & MYLKS

12oz & 16oz bottle

- Watermelon Aid – watermelon, mint, lemon 7
- Pineapple Greens – pineapple, cucumber, mint 9
- Triple Citrus Turmeric- grapefruit, orange, lemon, turmeric, carrot 8
- Apple 2.0 – Apple, lemon, ginger 8
- Sunshine Greens – kale, cucumber, lime, green apple 9
- Sweet leaf greens – kale, spinach, cucumber, celery 9.5
- Gracious Glow – carrot, beet, orange, swiss chard 8
- Love Root – carrot, ginger, apple, beet, turmeric 9
- Cucumber Mint – Apple, spinach, cucumber, mint 8
- Vanilla Almond Mylk – almond, dates, Himalayan salt, vanilla beans 7
- Pepita Mylk – almond, dates, Himalayan salt, vanilla beans 7