

# BRUNCH

## \*BRUNCH SPECIALS\*

### \*Pulse Scramble 11.00

Seasoned tofu, peppers, onions, sautéed kale, roasted potatoes, oat sausage, and a side of toast  
NF, GFO ADD GUACAMOLE OR AVOCADO 1.75

### \*Breakfast Burrito 12.00

Seasoned tofu, chorizo, peppers, onions, black beans, rice, mushrooms, pico de gallo, lime crema, guacamole, in a wheat tortilla Served w/ roasted potatoes  
NF, GFO - Served as a brown rice bowl

### \*Soul Plate 13.00

Seasoned tofu, sautéed collard greens, tempeh bacon, house-made biscuits & mushroom gravy  
NF SIDE OF GRITS 3.00

### \*Chk'n & Waffles 12.00

Our own breaded soy chk'n over 1 waffle and served w/ a choice of warm local maple syrup or cashew gravy  
NFO

### \*Blueberry Pancakes 8.00

3 spelt blend pancakes w/ organic blueberries, served w/ warm local maple syrup  
NF, SF

### \*Tofu Benedict 13.00

Seasoned tofu, heirloom tomato, spinach, our own house-made hollandaise sauce stacked on an english muffin and topped w/ scallions  
Served w/ roasted potatoes

## SMALL PLATES

### \*The Hash 7.00

Roasted yukon, yams, onions, peppers, and seitan seasoned w/ our cajun blend  
NF, SFO, GFO ADD LOCAL MAPLE SYRUP 1.50

### \*Sweet Corn Tamales 8.00

2 grilled sweet corn tamales, pico de gallo, guacamole, lime crema NF, GF

### Wood-Fired Knots 3.00

Garnished w/ garlic butter and parsley  
fresh cashew mozzarella +1.00 jalapeño knots +.25

## \*ADD-ONS\*

Sautéed Onions 1.50 Lime Crema .75  
Cashew Gravy 2.00 Berry Compote 1.50  
Hollandaise Sauce 2.00 Kielbasa 1.75

## \*SIDES\*

Roasted Potatoes 3.00 GF Toast 1.50  
1 Biscuit 1.50 Oatmeal 4.00  
Grits 3.00 Fruit Bowl 3.00

## SOUPS

### OPTIONS VARY DAILY

8oz 3.75 12oz 5.25 16oz 6.00

## SALAD

ADD GUACAMOLE OR AVOCADO 1.75  
ADD SMOKED TOFU OR SEITAN CARNITAS 2.00

### Pulse House Salad 8.00 /Half 5.00

Local baby greens, romaine lettuce, carrots, beets, heirloom cherry tomatoes, cucumber, microgreens  
Served w/ Miso Lime Dressing GF, SFO, NF

### Mediterranean Kale Salad 8.00 /Half 5.00

Kale, carrots, pickled red onions, olives, cucumber, red cabbage, sprouts, za'atar GF, SF, NF  
Massaged w/ Mediterranean Dressing

### Roasted Eggplant & Tomato Salad 9.00

Roasted eggplant, tofu feta, carrots, red cabbage, on a bed of heirloom tomatoes, topped w/ microgreens  
GF, NF Served w/ Herb Vinaigrette Dressing

## ARTISANAL WOOD-FIRED PIZZA

### 10" Free Form Pie

Crust Options: Organic sprouted spelt, white wheat,  
Gluten-free crust +2.50

### Margherita 10.50

Heirloom tomato sauce, fresh cashew mozzarella, fresh basil, olive oil

### Blanca 10.50

White cream sauce, caramelized onion, baby spinach, red pepper

### Greek 11.00

Kalamata olives, heirloom tomatoes, tofu feta, shallots, garlic, spinach NF

## -CREATE YOUR OWN- 9.00

10" Free Form Pie w/ choice  
of cheese & sauce

Protein- +1.75 each

Veggie- +1.25 each

Protein- soy chicken, smoked tofu, kielbasa, chorizo, BBQ tempeh, seitan strips

Veggies- onions, garlic, spinach, bell peppers, roasted eggplant, heirloom tomatoes, basil, artichokes, arugula, olives, broccoli, zucchini, sun-dried tomatoes

Sauce- heirloom tomato sauce, cashew cream

Cheese- fresh cashew mozzarella, tofu ricotta, pesto

## ARTISANAL WOOD-FIRED CALZONE

### \*Breakfast Calzone 11.00

Heirloom tomato sauce, cashew cheese, spinach, chorizo, scrambled tofu

### Crimini 10.00

Heirloom tomato sauce, cashew cheese, spinach, crimini mushrooms, olive oil

### Roasted Eggplant 11.00

Oven roasted eggplant, onions, garlic, basil, cashew mozzarella

## ORGANIC SMOOTHIES/ SHAKES

### Almond Joy 7.00 16oz

Almond butter, carob powder, banana, agave, almond milk, coconut milk, vanilla extract

### Berry 6.50 16oz

Blueberries, strawberries, raspberries, agave, coconut milk

### Acai 7.50 16oz

Acai puree, blueberries, banana, coconut milk, dates, coconut sugar

### Piña Colada 7.00 16oz

Pineapple, coconut milk, agave

### Carrot Refresher 6.00 16oz

Cold-pressed carrot juice, pineapple, cashew milk, turmeric powder, agave

**ADD-ONS .75 EACH: Spirulina, maca, protein powder, lucuma, chia, flaxseeds**

## COLD DRINKS

Local Chaga Iced Tea 3.50 12oz

Fresh Squeezed Orange Juice 4.50 8oz

Kale Lemonade 3.50 12oz

Raspberry Lemonade 3.50 12oz

## WARM DRINKS

Turmeric Latte 4.75 12oz

Turmeric, coconut milk, cashew milk, ginger, agave

Orzo Latte 4.50 12oz

Barley coffee, coconut milk, cashew milk, agave, **GFO**

Orzo Brewed 3.00 12oz

Barley coffee, **GFO**

## RISHI ORGANIC LOOSE TEAS

12oz 3.00

VARIETIES INCLUDE:

Ginger

Rooibos

Peppermint

Patagonia Wild Guava

Golden Chamomile Blossoms

Patagonia Super Berry

White Ginseng Detox

Hibiscus

Scarlett

**GFO= Gluten-free option**

**GF= Gluten-free SF= Soy-free**

**NF= Nut-free NFO= Nut-free option**

## ORGANIC COLD-PRESSED JUICES

### Sunshine Greens 9.59 16oz

Granny Smith apples, kale, cucumber, lime

### Triple Citrus 8.59 16oz

Orange, grapefruit, carrot, lemon, turmeric

### Gracious Glow 9.59 16oz

Beet, Orange, Carrot, Swiss chard

### Pineapple Glow 8.59 16oz

Pineapple, cucumber, mint

### Apple Juice 2.0 8.59 16oz

Apple, lemon, ginger

### Love Root 9.59 16oz

Carrot, beet, ginger, turmeric, Fuji apple

### Sweetleaf Greens 9.59 16oz

Kale, spinach, celery, cucumber, Fuji apple

## ORGANIC NUT AND SEED MYLK

### Pepita Mylk 8.59 12oz

Raw Austrian pumpkin seeds, vanilla bean, dates, pink salt, filtered water

### Almond Vanilla Mylk 8.59 12oz

Almonds, vanilla bean, dates, pink salt, filtered water

## WELLNESS SHOTS

### Nature's Flu Shot 3.59 2oz

Pineapple, lemon, ginger

### Immunity Shot 3.59 2oz

Apple, lemon, ginger, turmeric

### Mineral Shot 3.59 2oz

Apple, lacinato kale, parsley, Himalayan salt

## INFUSED ALKALINE WATER

12oz 2.75

Cucumber, Basil  
Berries, Mint, Lemon  
Melon, Ginger

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Please be aware that because of the handcrafted nature of our menu, we can make no guarantee regarding a 100% soy, gluten, or nut-free content.

Please choose options with that in mind. Before placing your order, please inform the cashier

if a person in your party has a food allergy

Thank you for choosing Pulse Cafe!