

SMALL PLATES

Grilled Vegetable Lasagna 6.00

Layers of roasted eggplant, zucchini, yellow squash, herbed cheese, and heirloom tomato sauce **GF, SF, NF**

Mac n' Cheese 7.00

Made w/ cashew cheese sauce, topped w/ herbed bread crumbs **GLUTEN FREE PASTA +1.50 NFO**

Spinach Artichoke Dip 8.00

Served w/ house-made flatbread, and arugula **GLUTEN FREE FLATBREAD +1.50**

Sweet Potato Wedges 4.75

Seasoned & wood fired. Served w/ chipotle aioli **GF, SF, NF**

Russet Potato Wedges 4.75

Seasoned & wood fired. Served w/ house ketchup **GF, SF, NF**

Hummus Platter 8.00

Assorted organic raw veggies, roasted garlic hummus, red pepper hummus and za'atar flatbread **GLUTEN FREE FLATBREAD +1.50**

Wood-Fired Knots 3.00

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

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

Check for our daily calzone special!

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

BURGERS & WRAPS

*Served w/ wood-fired potato wedges
OR a side salad +2.00*

Pulse Burger 9.00 *ADD AVOCADO 1.75*

Black bean grain patty, lettuce, heirloom tomato, pickles, aioli, tofu cheese, caramelized onions, wheat bun **GLUTEN FREE BUN +1.50 NF**

Cheesesteak 9.50

House made seitan, grilled peppers and onion, tomato confit, cashew cheese spread, baguette **SF, NFO**

Portabella Torta 9.50

Marinated portabella, baby spinach, roasted red pepper, tomato, pine nut pesto **SF GLUTEN FREE BUN +1.50**

Grilled Chicken Burrito 12.00

Marinated soy-based chicken, brown rice, black beans, pico de gallo, romaine lettuce, lime crema, guacamole, soy-based cheese, with chips and small side salad **NF, GFO:Served as a brown rice bowl**

Cajun Tofu Burger 11.50

Dry rubbed tofu topped w/ Cajun sauce, field greens, tomato, grilled onions, aioli, on a pretzel bun **GLUTEN FREE BUN +1.50 NF**

BOWLS

ADD GUACAMOLE OR AVOCADO 1.75

ADD SMOKED TOFU OR SEITAN CARNITAS 2.00

Haystack 9.00

Pinto beans, lettuce, pico de gallo, nacho "cheese", black olives, bell peppers, scallions, lime crema, organic corn tortilla chips **GF, SF, NF**

Thai Noodle Bowl 9.00

Soba or rice noodle, carrot, zucchini, bok choy, daikon, shitake, scallions, lime, cilantro w/ coconut peanut sauce **GFO**

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, SF, 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

SOUPS

OPTIONS VARY DAILY

8oz 3.75 12oz 5.25 16oz 6.00

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!