



46 PURCHASE STREET
RYE, NY 10580
Pureganic-Cafe.com
(914) 967-2332

HOMEMADE

GLUTEN FREE – DAIRY FREE – ORGANIC – PLANT BASED

FOOD – DRINK - CLEANSSES

PREPARED FRESH DAILY IN OUR CAFÉ

FULL MENU

BREAKFAST

BREAKFAST COOKIE	\$ 4.00
<i>Homemade gluten free/ dairy free rolled oat, coconut oil, maple syrup, raisin. May contain Nuts.</i>	
MUFFIN	\$ 5.95
<i>Homemade gluten free/dairy free w/ almond butter or cream cheeze & fruit</i>	
BAGEL	\$ 5.95
<i>Homemade gluten free/dairy free w/ almond butter or cream cheeze & fruit</i>	
MORNING PORRIDGE	\$ 5.95
<i>Gluten free/dairy free organic millet, amaranth, rolled oat & quinoa, cinnamon & raisins w/ almond or coconut mylk</i>	
MUESLI	\$ 7.95
<i>Homemade gluten free/dairy free granola, banana w/ almond or coconut mylk</i>	
ABn'B	\$ 8.95
<i>Gluten free toast w/ almond butter, banana, drizzled w/ pure maple syrup</i>	
SMASHED AVACADO ON TOAST	\$ 8.95
<i>Gluten free toast w/ quacamole, sliced avocado & microgreens</i>	
PANCAKES	\$11.95
<i>Homemade gluten free/dairy free w/ fruit, garbanzo butter & maple syrup</i>	
WAFFLES	\$11.95
<i>Homemade gluten free/dairy free w/ fruit, garbanzo bean butter & maple syrup</i>	
MORNING WRAP	\$ 8.95
<i>scrambled tofu, black bean & avocado</i>	
SIMPLY BREAKFAST	\$10.95
<i>scrambled tofu (or veggies), home fries sautéed greens & maple syrup</i>	

SPECIALS

MAC N' CHEEZE	\$ 9.95
<i>Gluten free/dairy free macaroni with homemade almond cheeze and homemade crumbled shiitake "bacon"</i>	
PASTA ALFREDO	\$ 9.95
<i>Gluten free pasta with cauliflower alfredo sauce</i>	
PENNE BOLOGNESE	\$ 9.95
<i>Gluten free penne with minced mushroom & marinara sauce.</i>	
SPAGHETTI & VEGAN MEATBALLS	\$12.50
<i>Spaghetti squash, mushroom "meatballs" & marinara sauce</i>	
SUNFLOWER PATE	\$ 6.95
<i>On toast w/sunflower sprouts</i>	
CEVICHE	\$ 6.95
<i>Mushroom w/ lemon, onion & cilantro</i>	
MEDITERRANEAN SAMPLER	\$11.95
<i>Lentil roll, hummus, dolma, tzatziki, tabouli, kalamata olives</i>	
BUFFALO CAULIFLOWER	\$ 9.95
<i>Vegan "Chicken Wings" w/ blue cheeze dressing</i>	
AVOCADO CAPRICE	\$ 8.50
<i>Half avocado stuffed w/ cherry tomato, mozzarella cheeze & basil, EVOO & balsamic glaze.</i>	
STUFFED BELL PEPPERS	\$12.50
<i>Bell peppers stuffed with brown rice, mushroom & tomato sauce</i>	

BURGERS

"MEATBALL" SLIDERS	\$ 6.95
<i>Mushroom "meatballs" served on homemade gluten free/dairy free slider buns w/ basil & marinara sauce</i>	
CLASSIC "BURGER"	\$ 9.95
<i>Mushroom and fresh lentil burger served on homemade gluten free/dairy free Bun with lettuce, tomato, onion & beet ketchup</i>	
"TURKEY" BURGER	\$ 10.95
<i>White bean and mushroom burger on a homemade gluten free/dairy free bun w/ sautéed onions & cranberry sauce</i>	
PULLED BBQ MUSHROOMS	\$ 13.95
<i>Pulled BBQ trumpet mushrooms w/ tangy BBQ Sauce served on homemade millet square or a homemade gluten free/dairy free bun.</i>	
QUINOA BURGER	\$ 7.95
<i>Classic quinoa & veggie burger w/ sliced fresh tomato, mixed green & homemade almond hummus served on a homemade gluten free/dairy free bun.</i>	

**SANDWICHES
& WRAPS**

- QUINOA BURGER** **\$ 7.95**
Classic quinoa & veggie burger w/ with sliced fresh tomato, mixed green & homemade almond hummus served on a gluten free bread, wrap or collard green
- FALAFEL** **\$ 7.95**
Raw almond falafel w/ sliced fresh tomato, mixed green & homemade almond hummus served on a gluten free bread, wrap or collard green
- TOFU GUACAMOLE** **\$7.95**
tofu and guacamole w/ sliced fresh tomato & mixed green served as a gluten free sandwich or wrap or on collard green.
- SUNDRIED TOMATO BASIL** **\$ 7.95**
Sundried tomato and basil w/ sliced fresh tomato & mixed green served as a gluten free sandwich or wrap.
- SUNFLOWER "TUNA"** **\$ 7.95**
Our vegan "tuna" salad w/ with tomato & mixed green served as a sandwich or wrap

**DAILY SIGNATURE
FRESH BAR**

A daily selection of freshly prepared organic salads and vegetables

Online:

Regular:- Includes 4 items of your choice \$15.00

Large{- Includes 8 Items of your choice \$28.00

Extra Items \$ 4.00 Each

In Store Only:

Mix & Match \$12.50/LB

Choose any four (4) or eight (8) items from our fresh, organic, plant based food bar. The items will be neatly combined in a single regular size container. You can add more items for \$4.00 each.

ALMOND HUMMUS
AVACADO & TOMATO
BAKED APPLE W/ ALMOND
BEET & CARROT
BROCCOLI & LEEK
BRUSSEL SPROUT
BUTTER BEAN
CABBAGE W/ COLLARD GREEN
CHIA PUDDING
CHICKPEA
CUCUMBER & TOMATO
FRENCH LENTIL SALAD
KALAMAT OLIVE
KALE SALAD

LENTIL ROLL
QUINOA SALAD
RATATOUILLE
RAW CHOPPED VEGGIES
SPICY ALMOND PASTE
SPICY STEAMED CABBAGE
STUFFED GRAPE LEAVES
STUFFED PORTABELLA
SWISS CHARD
TOFU & VEGGIES
TOMATO & CUCUMBERS
VEGGIE BURGER
ZUCCHINI SPAGHETTI

SOUPS

\$5.50

**BUTTERNUT SQUASH
CARROT GINGER
CAULIFLOWER
GAZAPACHO (SEASONAL)
FRENCH LENTIL**

**MIXED VEGETABLE
RED LENTIL
TOMATO BASIL
ZUCCHINI**

SALAD/BOWLS

AVACADO SALAD \$ 7.95
MEDITERRANEAN SALAD \$ 7.95
AUTUMN SALAD \$ 7.95
KALE CEASAR w/ gluten free garlic croutons \$ 7.95
QUINOA TACO SALAD \$11.95
Romaine, quinoa, pico de gallo, guacamole, avocado, black beans
GREEK SALAD \$11.95
Romaine, feta cheeze, dolma, olives
FALAFAL BOWL \$11.95
Kale, cauliflower rice, falafel, artichoke, cucumber & tomato, tahini

GRAB & GO

RAW ALMOND FALAFEL BALLS \$ 6.95
GREEN OR RED KALE CHIPS \$ 8.00
MACAROONS (Cacao or Coconut) \$ 6.95
CHEEZECAKE \$ 6.95
STRAWBERRY CHEEZECAKE \$ 6.95
APPLE PIE \$ 8.00

LUNCH BOXES

A sandwich, a fruit salad and an alkaline water ready to go and enjoy!

“MEATBALL” SLIDERS LUNCH BOX \$10.00
Mushroom “meatballs” served on homemade gluten free/dairy free slider buns w/ basil & marinara sauce. A fruit salad and a bottle of our special Alkaline Water included

CLASSIC “BURGER” LUNCH BOX \$13.00
Mushroom and fresh lentil burger served on homemade gluten free/dairy free Bun with lettuce, tomato, onion & beet ketchup. A fruit salad and a bottle of our special Alkaline Water included.

“TURKEY” BURGER LUNCH BOX \$14.00
White bean and mushroom burger on a homemade gluten free/dairy free bun w/ sautéed onions & cranberry sauce. A fruit salad and a bottle of our special Alkaline Water included.

PULLED BBQ MUSHROOMS LUNCH BOX \$17.00
Pulled BBQ trumpet mushrooms w/ tangy BBQ Sauce served on homemade millet square. A fruit salad and a bottle of our special Alkaline Water included.

QUINOA BURGER LUNCH BOX **\$10.00**
Classic quinoa & veggie burger w/ sliced fresh tomato, mixed green & homemade almond hummus served on a homemade gluten free/dairy free bun. A fruit salad and a bottle of our special Alkaline Water included.

FALAFEL LUNCH BOX **\$10.00**
Raw almond falafel w/ sliced fresh tomato, mixed green & homemade almond hummus served on a gluten free bread, wrap or collard green. A fruit salad and a bottle of our special Alkaline Water included.

TOFU GUACAMOLE LUNCH BOX **\$10.00**
tofu and guacamole w/ sliced fresh tomato & mixed green served as a gluten free sandwich or wrap or on collard green.

SUNDRIED TOMATO BASIL LUNCH BOX **\$10.00**
Sundried tomato and basil w/ sliced fresh tomato & mixed green served as a gluten free sandwich or wrap.

ACAI BOWLS

GRANOLA ACAI BOWL	\$10.00
ALMOND BUTTER & CACAO ACAI BOWL	\$10.00
COCONUT ACAI BOWL	\$10.00
GREEN ACAI BOWL	\$10.00

DRINK MENU

COLD PRESSED JUICES **\$ 8.95**

GREEN MONSTER
Kale, celery, spinach, cucumber, apple, parsley, romaine lettuce, ginger, lemon

GREEN BULL
Pineapple, apple, mint

JOY BLAST
Kale, celery, fennel, apple, ginger

IRON MAIDEN
Spinach, parsley, carrot, cilantro, grapefruit

WHEATGRASS WONDER GLASS
Wheatgrass, celery, apple

ONE
Carrot, orange, apple, ginger

GREEN GIRL
Collard green, celery, cucumber, apple, lemon

PURIFIER
Beet, carrot, swiss chard, apple, ginger, lemon

RED BULL

Beet, cucumber, pineapple, apple, mint

SPICED UP CITRUS

Orange, grapefruit, lemon, ginger, cayenne, sea salt

SMOOTHIES**\$ 8.95****KALE SHAKE**

Kale, pineapple, apple, banana, lemon

COCONUT SHAKE

Young coconut meat and young coconut water

ENERGIZING

Pineapple, strawberry, banana

PINK LADY

Strawberry, mango, orange, apple, banana

BUGGY BANANA

Carrot, orange, banana

JUMPING JACK

Banana, almond mylk, cinnamon

LEMONADE**\$ 7.95**

TURMERIC LEMONADE
BLUEBERRY LAVENDER
LEMONADE

PINEAPPLE MINT LEMONADE
RASPBERRY BASIL LEMONADE

NUT MYLKs**\$ 9.50**

ALMOND MYLK
CASHEY MYLK

ALMOND LATTE
CASHEW MOCHACCINO

WATERS

ALAKALINE WATER \$ 1.50
LEMON WATER \$ 5.00
ZINGER WATER \$ 5.00

COCONUT WATER \$ 6.00
ENZYMATIC ALOE TONIC \$ 6.00

SHOTS

D-FLAME \$ 6.00
COLD REMEDY \$ 6.00
PROBIOTIC \$6.00

WHEAT GRASS \$ 2.95
SUNFLOWER \$ 3.95

TEAS

NETTLE TEA \$ 7.00

SANCHA GREEN TEA \$ 7.00

CLEANSE MENU

Cleansing is a great way to jump start your body's natural detoxification process, reset your body's metabolism, help your digestive system and increase mental clarity.

5 DAY CLEANSE	\$250.00
7 DAY CLEANSE	\$350.00
21 DAY CLEANSE	\$950.00

(Cleanses can be delivered to your home daily for an additional charge)

Cleanses can be customized to meet your specific objectives. Please ask for an appointment with one of our nutritionists.

WEIGHT LOSS CLEANSE

Each day you will get a combination of drinks, salad and soup to help clear your system and allow you to shed weight while feeling healthy, alert and vibrant.

Lemon water, 2x green juice, nettle tea, soup, D-flame Shot, Nut Mylk

JUST JUICE

Each day you will get a combination of drinks and juices to give your digestive system a break, help purify your system and rebalance your CHI.

Lemon Water, 2 Green Juices, Electrolyte Lemonade, Red Juice, Enzymatic Aloe Tonic, Nut Mylk,

RENEW & REJUVINATE CLEANSE

Each day you will get a combination of drinks, soup and salad to boost energy and clarify your body and mind.

Lemon Water, Green Juice, Electrolyte Lemonade, Soup, Salad, Nut Mylk

LIVER DETOX CLEANSE

Each day you will get a combination of drinks, tonics, shakes and glutathione to help accelerate the detoxification process and help support your liver.

Zinger Water, Iron Maiden, Purifier, Turmeric Lemonade, Kale Salad, Glutathione, Nut Mylk

GLOWING SKIN CLEANSE

Each day you will get a combination of drinks, tonics, shakes and antioxidants. Combined, they will clean your system, hydrate/enhance your skin, and give you a luminous and radiant glow.

Enzymatic Aloe Tonic, Green Juice, Detox Shake, Electrolyte Lemonade, Soup, Veggies, Nut Mylk