



Avocado Cafe & Juice Bar

Friends • Family • Fresh Food

Tuesday — Sunday 11 AM to 3 PM

We accept all credit cards EXCEPT AMEX

18% Gratuity will be added to tables of 5 or more

Please keep cash payments no larger than \$20 bills

We reserve the right to refuse service for ANY reason

Starters

Avo-Cayenne Toasties \$6.25 (GF) ✓ VEGAN
Whole grain wheatberry (or gluten-free +\$0.50) toast with a blanket of fresh avocado mashed with extra virgin olive oil, fresh lemon juice, kicked up with kosher salt and lightly dusted with spicy cayenne pepper

Cheesy Artichoke Dip \$7.50 ✓
Another special family recipe – Broiled creamy artichoke, peppers and cheese mix served with veggie chips

Avocado Café Flatbread \$8.25 ✓
Our homemade seeded (flax, hemp & chia) dough, hand-stretched and grilled to order, topped with melted Monterey jack cheese, sliced avocado and tomato, cilantro, GG's just right seasoning & vinaigrette drizzle
– Add fresh chicken or bacon +\$2.50

GG's Guac-n-Chips \$7.00 (GF) ✓ VEGAN
Special family recipe made to order, served with crispy veggie chips

Avocado Hummus \$7.00 (GF) ✓ VEGAN
Homemade with chickpea, fresh avocado and lemon, served with veggie chips



Avocado Hummus

Salads & Soups

Avocado Café Signature Salad \$8.50 (GF) ✓ VEGAN
Organic spring mix greens, mandarin oranges, sliced strawberries and avocado, topped with sliced almonds and sweet poppy seed dressing
– Add fresh chicken \$2.50

Side Salad \$4.50 (GF) ✓ VEGAN
Organic spring mix topped with fresh tomato, carrot and avocado, served with choice of dressing.

Fifi's Curried Chickpea Soup (GF) ✓ VEGAN
Savory coconut milk and vegetable broth, sweet carrots, tomatoes, peppers and chickpeas, topped with fresh cilantro – Bowl portions served with wheatberry (or gluten-free +\$0.50) toast
Cup \$4.75 | Bowl \$7.50



Avocado Café Signature Salad

Garlic Soup (GF) ✓ VEGAN
Healthful vegetable broth based soup with fresh garlic, onion, and thyme, served with homemade gluten-free croutons - Have it "Floyd Style" and add a poached egg \$1.50
Cup \$4.50 | Bowl \$6.50

GG's 340th FTG Award Winning Chili (GF)
Available on Friday only

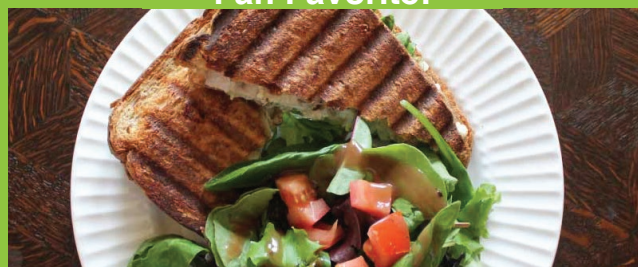
Sweet and savory – not spicy – family recipe with ground Angus chuck, variety of beans and special seasonings, topped with shredded Monterey jack cheese – Bowl portions served with wheatberry (or gluten-free +\$0.50) toast
Cup \$4.75 | Bowl \$7.50

10% military discount with current ID card

Entrées

🥑 All side salads can be substituted for veggie chips, free of charge or a cup of soup for \$2.50

Fan Favorite!



Toasted Avo-Chicken-&-Cheese Sandwich

Avocado “On the Half-Shell” (GF) V VEGAN

Halved avocado on a bed of organic spring mix, dressed with poppy seed dressing, served with wheatberry (or gluten-free +\$0.50) toast

- Naked with vinaigrette dressing \$6.50
- With our savory tuna or chicken salad \$8.75

Toasted Avo-Chicken-&-Cheese Sandwich \$9.75 (GF)

Moist, fresh chicken breast, Monterey jack cheese, sliced avocado and mayo on grilled wheatberry (or gluten-free +\$0.50) toast. Served with a vinaigrette side salad

- Vegetarian option with tomato instead of chicken

Avocado Café Signature Sandwich \$8.75 (GF) V VEGAN

Sliced avocado and tomato topped with spring mix and our secret herbs, spices and mayo, nestled between wheatberry (or gluten-free +\$0.50) bread. Served with a vinaigrette side salad

- Veganaise available
- Add a slice of Monterey jack cheese +\$0.75

JS Signature Sandwich \$11.00 (GF)

Moist, fresh chicken breast, applewood smoked bacon, avocado, tomato, Monterey jack cheese and ranch on grilled wheatberry (or gluten-free + \$0.50) toast. Served with a vinaigrette side salad

Avocado Eggs Benedict \$10.50 (GF) V

Two poached eggs, avocado slices and Canadian ham stacked on quartered wheatberry (or gluten-free +\$0.50) toast, covered with creamy homemade hollandaise sauce

- Substitute ham with applewood smoked bacon or smoked salmon for \$2.50

Quiche of the Day \$8.50 (GF) V

Varies, please ask server for today’s selection & gluten-free option.

Served with a vinaigrette side salad

Avocado Café Signature BLT Bowl \$8.75 (GF)

Oven-baked applewood smoked bacon, chunky tomatoes and sliced avocado on a bed of organic spring mix and topped with a swirl of ranch dressing, served with wheatberry (or gluten-free +\$0.50) toast

TKO – Tomato Knock Out \$9.75 (GF)

Hollowed out tomato stuffed with our savory chicken salad, topped with applewood smoked bacon and melted Monterey jack cheese, ranch, vinaigrette and our special avocado dressings, served on a bed of organic spring mix with wheatberry (or gluten-free +\$0.50) toast

Tuna or Chicken Salad on Baguette Sandwich \$8.50

Our creamy tuna or chicken salad on a toasted baguette roll. Served with a vinaigrette side salad
*GG’s childhood favorite

Scott’s Twice-Baked & Stuffed Spud \$10.00

Delicious, savory combo of cheese, ground sausage, rosemary and seasonings. Served with a vinaigrette side salad

“Surprise Me!” \$12.00 (GF) V VEGAN

Can’t decide? Feeling adventurous? Leave it to the chef to create a meal that is uniquely yours, according to your dietary restrictions and preferences!

Please note that this extra care takes a little extra time

Fan Favorite!



Avocado Eggs Benedict

Specialty Drinks

Beverages

Free Refills \$2.50

- Un-sweet Tea
- Flavored +\$0.35
- Coffee
- Hot Tea
- Rich Hot Chocolate

\$2.50 each

- Coke
- Diet Coke
- Sprite
- Fanta
- Root Beer
- Dr. Pepper
- Espresso

\$3.50 each

- Chai Tea Latte
- Latte
- Flavored +\$0.35
- Cappuccino
- Flavored +\$0.35

Handcrafted Milkshakes

- Classic Vanilla | Classic Chocolate | Classic Strawberry |
As Good As Almond Joy | Chocolate-Strawberry |
Coconut-Mango | Cinnamon-Blueberry **each \$5.50**
Chocolatey Peanut Butter Banana **\$6.00**
Chocolate-Almond Raspberry **\$6.00**
Papa's Rootbeer Float **\$4.50**
Signature Avocado Milkshake \$6.50

Custom Smoothies \$6.00

Blended with your choice of a **Base Liquid**:

Apple Juice | Soy Milk | Almond Milk | Skim Milk

2 Fruits: Banana | Blueberries | Strawberries |

Pineapple | Mango | Raspberries

2 Add-Ins: Coconut | Flax Seeds | Rolled Oats | Walnuts

Additional items \$0.50 each

Custom Juice Squeeze \$6.00

Your choice of 3 items to be juiced fresh for you!

Additional items \$.50 each

Apple | Orange | Pineapple | Carrot | Lemon |

Lime | Cucumber | Kale | Beet | Ginger | Garlic | Celery |

Cayenne Pepper | Cabbage | Spinach | Tomato

Recommended Juice Combinations

"Ray"gular \$6.00 Apple – Cucumber – Spinach

Created by our friend, Ray, this juice provides you with energy and all the benefits of a green drink, without the "green" taste

Health Booster \$6.25 Carrot – Apple – Kale – Lemon

Load up on countless essential nutrients to help your skin & eyes, fight cancer, and lower cholesterol with this colorful blend

Pick Me Up \$6.50 Cucumber – Carrot – Apple – Kale – Lemon or Ginger

Neutralize your body's pH level, replace electrolytes, detoxify carcinogens, and fight fatigue with this refreshing combination

The "Monica" \$6.00 Apple – Carrot – Ginger

Rich in multivitamins, beta carotenes and antioxidants. Cleans digestive system and fights against cancer and disease. Add salt for an interesting balance

Pretty Pink Drink \$6.75 Beet – Apple – Orange – Cucumber – Lemon – Ginger

Beauty starts from the inside! Promote heart health, fight free radicals, and hydrate the skin with this blend

Sweet & Spicy \$7.00 Apple – Spinach – Celery – Lime – Ginger – Cayenne

Stimulate circulation and digestion while getting a little pick-me-up from this memorable mix

Featuring: Our Homemade Kombucha \$2 per shot | \$3.50 per glass



This unique drink is a fermented tea made by adding a symbiotic colony of bacteria and yeast (SCOBY) to brewed tea sweetened with sugar. It has been around for centuries and has long been popular in alternative-health. It is a great source of probiotics, B vitamins, and amino acids, which are known to boost the immune system and promote muscle development. Many people enjoy kombucha for the unique flavor, which is acidic but slightly sweet.

Our kombucha is homemade and offered in a variety of flavors. Ask your server for today's selection and get yourself a glass of goodness!

Sunday Brunch

Fan Favorite!



British Breakfast

British Breakfast \$11.50

Two poached eggs with hollandaise sauce, sausage, roasted rosemary potatoes, baked beans, sautéed mushrooms, grilled tomato and wheatberry toast

Avocado Eggs Benedict \$10.50 (GF) ✓

Two poached eggs, avocado slices, and Canadian ham stacked on quartered wheatberry (or gluten-free +\$0.50) toast, covered with creamy homemade hollandaise sauce
- Substitute ham with applewood smoked bacon or smoked salmon for \$2.50

Breakfast Flatbread \$8.00

Homemade dough, seeded (flax, hemp & chia), hand-stretched and grilled to order with bacon, poached egg, Monterey jack cheese and our creamy hollandaise sauce

Veggie Frittata \$8.50 (GF) ✓

Egg, cheese and sautéed veggies cooked open omelet style, served with our creamy hollandaise sauce and wheatberry (or gluten-free +\$0.50) toast and jelly – Add bacon or sausage \$2.50

Ham, Egg & Cheese Sandwich \$7.75 (GF)

Fried egg, ham, and melty Monterey jack cheese in toasted wheatberry bread

Quiche of the Day \$8.50 (GF) ✓

Varies, please ask server for today's selection & gluten-free option
– Served with vinaigrette side salad

Breakfast Tacos \$7.50 (GF) ✓ VEGAN

Two flour or corn tortillas filled with cheese, eggs, avocado slices, special spices and choice of bacon or sausage (omit for vegetarian option)

Texas Toast \$7.00 ✓

Two slices of thick, soft bread, dipped in GG's special custard, seared and served with berries & maple syrup

GG's Homemade Scones \$5.50 ✓

Served with fresh whipped cream & jam

Sides

2 Fried/Scrambled Eggs \$3.50

Roasted Rosemary Potatoes \$3.50

Applewood Smoked Bacon (2) \$3.50

Sausage (1) \$2.50

Wheatberry Toast \$1.50

Gluten-Free Toast \$1.75

Our Story



The Avocado Cafe is owned and operated by the Floyd Family. After years of encouragement to open a restaurant, Mama GG, a retired Air Force Officer, Nurse and Teacher, found the perfect time and place to pursue a goal here in Bracken Village in the summer of 2012. GG's pursuit grew even more appealing when her husband Scott and both of children, Felicia and Tripp, joined in what has become the family's adventure. In 2015, Felicia and grandson Bobby married Mike and Michael Wildman and in July 2016 Tobias Vaun Wildman was born, all an excellent team to keep GG's vision alive to serve you!

Welcome to the Avocado Café and Juice Bar!

Cooking up light and healthy meals, pastries and specialty drinks, the Avocado Café strives to provide something delicious for everyone's palate; vegan, vegetarian, gluten-free and "hungry man" options are all available. Make yourself at home in our cozy house, relax on the porch, or call in your orders to-go. While you're here, check in on Facebook or show us love on Yelp or UrbanSpoon. We continue to rely on word-of-mouth perpetuation and greatly appreciate the overwhelming community support we have so enjoyed since August 2012!

Our house is a perfect location for your next special event. We have held beautiful bridal showers, bible studies, baby showers, engagement parties, book clubs, bunko groups, retirement and graduation parties, proposals and even a wedding! Let us help you make your dream event a lovely memory. Please visit our Special Events page online for more information and to reserve your day.

If you've got a lot of mouths to feed, let us do the heavy cooking! Larger quantities of all items, to include cakes and our famous chili, are available with advance order. GG enjoys re-creating the kinds of foods we all grew up with or that only a Mom knows how to make ;-).

We are an Air Force Veteran family-owned and operated café and believe in treating others the way we wish to be treated. That is why you will get a unique experience, well-prepared food and personalized service that we hope you will find to be a good value. Please know that care and attention goes into each freshly prepared plate. If you are uncertain about ordering menu items, please ask, as 'mistakes' greatly impact our bottom line; we simply cannot absorb costly ordering mistakes as large corporations are able to do, nor do we ever want to jeopardize your happy experience with us. We are happy to, and much prefer to describe anything you might question.

Together, GG, Scott, Tripp and our sweet and capable staff, work to bring you great tasting food that is prepared in a health-conscience manner with wholesome ingredients. We endeavor to maintain an atmosphere that feels like a happy home, complete with personal furnishings and paintings of GG's inspirational father and mother. However, should you notice an item in-house that might serve as a gift or memento, just ask if it is for sale; our little boutique runs throughout the store with new and recycled treasures added often. Please feel free to browse.

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Our mission is to bring you excellent tasting and healthy food in our beautiful Bracken Village setting. All food is made to order and sometimes the care we take in preparation requires extra time – we pride ourselves on serving good food rather than fast food. So come in and enjoy your Avocado Café experience while we try to make yours as pleasant an experience as possible.

Because we value all our guests and our coveted staff, we reserve the right to refuse service to anyone; however, we only discriminate against the rude and obnoxious.

In our opinion, courtesy is not too much to ask!

We very much look forward to seeing and serving you often!