

## Brunch

### Vegan French Toast 8.95

Served with seasonal fruit & warm maple syrup

### Vegan Omelette (v/gf) 12.95

Soy omelette, stuffed with seasonal veg & vegan cheese, served with hash & fresh fruit

### Vegan Fried Egg Sandwich (v) 11.95

Fried "egg", house bacon, cheese, tomato, house ketchup, garlic aioli, seasonal fruit

### Vegan Arizona Bowl (v/gf) 10.95

Apple soyrizo hash, spinach, garden tofu scramble, cheese, avocado, jalapeno cilantro pesto, & aioli

### Vegan Eggs Benedict (v) 9.95

A duo of organic, housemade tofu eggs, sprouted kamut toast, avocado, vegan bacon, fresh tomato & aioli, fresh seasonal fruit

### Gardener's Tofu Scramble (v/gf\*) 9.95

Organic tofu, seasonal veggies, sprouted kamut toast, jam, fresh fruit & house bacon

### Vegan Breakfast Burrito (v) 10.95

Gardener's tofu scramble, cheese, bacon, veggies, aioli, tortilla

### Fruited Breakfast Quinoa (gf/v/N) 9.95

Quinoa, Seasonal Fruit, Choice of Milk, Spices, almonds, flax, sesame & chia

### Raw-ky Road Oats (gf/v/N) 8.95

Apple juice soaked oats, seasonal fruit, almonds, flax, chia & sesame, almond milk

### Homemade Vegan Granola by the Bowl (v/N) 6.95

Big bowl of our housemade granola (flavor selection varies) and your choice of milk, topped with fresh seasonal fruit

### Organic Home-style Maca Oatmeal (v/gf\*) 4.95/6.95

Oats, choice of milk, cinnamon, aged vanilla, flax meal & maca root

### Fruity Almond Toast (v/N) 5.95

2 slices of wholegrain toast topped with almond butter, fresh granola, banana & drizzle of local honey

### Berry Protein Power Bowl 8.95

Tons of strawberries, 2x shot of whey or vegan protein, choice of milk- topped with seasonal fruit & granola.

### Heavenly Parfaits! - each bowl is made from scratch! 5.95

Tropical raspberry cream- seasonal fruit, house raspberry yogurt, granola

Fresh apple pie- Apple, granola, house spice-scented yogurt

## Assorted vegan pastries (prices vary on selection)

### Sides & Extras

Sprouted Kamut Toast with preserves or almond butter 2.5

Small Fruit Cup 2.5

Local apple soyrizo hash 4

Tofu Scramble 5

Housemade Vegan Bacon 2.5

Artisan fruit preserves 1

Avocado 1

## Just for Kids \$4.95

### Half Sandwich (v/N\*/gf\*)

choice of side: seasonal fruit, organic baby carrots, organic tortilla chips

House Nutbutter & Seasonal Preserves or Banana & Local Honey

Toasted Cheese (vegan + 1)

Cucumber & Hummus

### Simple Salad

greens, carrots, cucumber, house vegan ranch

### Simple Pizza

cheese, organic tomato sauce

## Ask about today's delicious vegan & RAW pastry selection!

We craft our menu daily from the freshest most nutritious ingredients available, often local and organic. 24 Carrots proudly supports several Arizona Community Family Farms and Local Artisans!

Our RAW vegan cuisine is made nourishing & simple ingredients, sustainably sourced- all natural, from earth to plate. Uncooked (under 115 F), this form of cuisine is **alive** with flavor, nutrients, enzymes & living energy!

24 Carrots believes in fostering a symbiotic relationship with mother earth. 24 Carrots champions recycling and composting by making sure all of our packaging is made from sustainable, compostable resources or recyclable materials

Friends, while we take great care to ensure that our vegan & gluten free items are properly prepared, 24 Carrots also processes dairy, wheat, soy, tree & peanuts and can not ensure an allergen free preparation environment.

24 Carrots serves unpasteurized, fresh juices which may not be suitable for the immune compromised; however, we offer an expansive vegan fruit & dairy smoothie selection as a healthy, nutritive alternative.