

Burgers & Dogs

All burgers served on a whole wheat bun with pickle, lettuce, and spiced grilled potatoes on the side.

BRAHMA BURGER

A grain and protein burger, served w/1000 Island dressing . . . 12.50

TEMPEH BURGER

Same as above except with tempeh patty 12.50

TEX-MEX BURGER Spicy tofu patty with soy mayo 12.50

TERIYAKI BURGER A tempeh patty, fresh pineapple and red onions grilled in a homemade teriyaki sauce on a whole wheat bun with mayo and lettuce 14.00

GLUTEN FREE BURGER An Amy's Bistro Burger patty served on a gluten free english muffin, with vegan mayo & lettuce. .13.00

Additions to burgers above:

Jack, Cheddar or Swiss cheese add 1.00

Vegan cheese add 1.50

Gorgonzola cheese add 2.00


MEGA-BURGER A Brahma Burger with "the works:" soy strips, tomatoes, grilled onions, melted Swiss cheese . . . 15.00

DHARMA DOG Our vegetarian version of the hot dog, served on a whole wheat bun with tortilla chips on the side . . . 5.00
With sauerkraut add 2.00

CHILI DHARMA DOG The above served with chili, cheese, lettuce, tomatoes, green onions, Vinaigrette dressing, chips. . 12.50

Sandwiches

All sandwiches served with pickle, lettuce and tortilla chips on the side, except for Pesto Portabello Sub and Tempeh Reuben.

BIG CHEESE  A traditional grilled cheese on whole wheat (rye upon request), grilled in butter w/lots of cheese . . . 6.50

B-L-T Fakin bacon, lettuce and tomato on whole wheat bread, with soy mayo and chips 8.00
With avocado add 4.00

NUCLEAR BLUFF A large Francese roll with grilled soy strips, melted Swiss cheese, soy mayo, onions, lettuce, tomatoes, and Vinaigrette dressing 12.50

HALF BLUFF 9.50

BBQ BLUFF SANDWICH Soy strips and onions sauteed in our BBQ sauce on a toasted Francese roll with fresh basil, lettuce, tomatoes, Vinaigrette dressing, pickle and chips . . . 12.50

HALF BBQ BLUFF 9.50

TEMPEH REUBEN

Grilled tempeh with Farmhouse Culture organic sauerkraut, onions and melted swiss cheese on rye bread. Served with spiced guajillo potatoes, lettuce and cucumber and with mustard and 1000 Island dressing on the side 15.00

PORTABELLO – ARTICHOKE SANDWICH

Grilled portabello mushrooms, artichokes, and onions, w/melted cheddar cheese and aioli spread on a Francese roll. Served w/lettuce, cucumbers and Vinaigrette dressing 13.00

PESTO PORTABELLO SUB

Portabello mushrooms, red onions, red bell peppers, spinach, pesto, soy mayo and feta on a Francese roll. Served w/lettuce, cucumbers and Vinaigrette dressing (no chips) . . . 13.00
Substitute vegan pesto. add 1.50

Mexican Naturals

All Mexican Naturals served with salsa on the side, except the Mole and 3 Dog Morning Burritos.

BURRITO BUENO Our beans ladled on a whole wheat tortilla with brown rice, covered with cheese, sour cream, lettuce and Vinaigrette dressing 8.50

SMALL BURRITO 6.50

VEGGIE BURRITO Our beans ladled on a whole wheat tortilla with organic brown rice, covered with cheese, sour cream, grilled vegetables with side of lettuce and Vinaigrette dressing . . . 13.50

BREAKFAST BURRITO Our beans, scrambled tofu, grilled potatoes, cheese, sour cream and green onions in a whole wheat tortilla, with lettuce and Vinaigrette dressing 11.00

VEGGIE BREAKFAST BURRITO Same as Breakfast Burrito with added mixed veggies 15.00


3 DOG MORNING BURRITO


Scrambled tofu, potatoes, onions, tofu hot dog, jalapenos, red peppers and mushrooms with cheese, guacamole, sour cream and chips. 13.00

NADA CHICKEN BURRITO

A pinto bean and rice burrito with cheese, sour cream, and chicken-spiced soy nuggets in a salsa verde on the side, with tomatoes, onions, and a side of tortilla chips 13.00

MOLE BURRITO Beans, soy chicken, onions, potatoes and red bell peppers all in a traditional mole sauce with cheese, sour cream, tomato, avocado and chips 13.00

QUESADILLA  (*kay-sa-dee-ya*) A corn tortilla folded and filled w/lots of cheese, lettuce and Vinaigrette dressing . 6.00

NACHOS  Tortilla chips with lots of melted cheese, sour cream, beans and salsa 10.00

LA TOSTADA

A crisp corn tortilla piled high with beans, brown rice, cheese, lettuce, tomatoes, guacamole, Vinaigrette dressing, sour cream and chips 13.00

THE LOST TACO

A crisp corn tortilla filled with taco mix and melted cheese. Served with a side of lettuce, red peppers, red onions, tomatoes, sour cream, and Vinaigrette dressing on side. . . . 13.00

TOFU RANCHERO

Beans, scrambled tofu, guacamole, lettuce, tomato, green onions, cheese, sour cream and salsa on a corn tortilla13.00

MEXI-CALI

Melted cheese on a tortilla, filled with grilled soy strips, lettuce, tomatoes, sliced avocado, sour cream, Vinaigrette dressing, and a side of tortilla chips 13.00

CHILI SIZE

Our grilled veggie burger on an open-face Francese roll, ladled with chili and melted cheese, garnished with sour cream, tomatoes and onions. Served with a side of tortilla chips. . . .14.00

Additions to menu items above:

Gorgonzola cheese add 2.00

mushrooms add 1.25

sour cream add 1.25

tomatoes add 1.25

baked tofu *or* soy strips add 2.50

artichokes add 2.50

guacamole. add 4.00

Pasta

Choice of organic spaghetti pasta, organic brown rice pasta or white rice vermicelli pasta

SPAGHETTI Á FLORIO

Organic spaghetti pasta in a delicious red sauce with garlic bread and a small salad with Vinaigrette dressing 13.00

PRIMAVERA (vegetables) 16.00

SMALL SPAGHETTI 11.00

PASTA CON PESTO Organic spaghetti pasta in our own tasty pesto sauce w/garlic bread and small salad w/Vinaigrette. . . 14.00

PRIMAVERA (vegetables). 17.00

SMALL PESTO 12.00
substitute vegan pesto add 1.50

GREEK PASTA

Organic spaghetti pasta sautéed in lemon, garlic and olive oil with sundried tomatoes, Kalamata olives, fresh spinach, green onions, and feta cheese. Served with garlic bread and a side salad with Vinaigrette dressing. 16.00

SMALL GREEK PASTA 13.00

PASTA ITALIANO

Organic spaghetti pasta sautéed in olive oil and fresh garlic and basil. Served w/garlic bread & side salad w/Vinaigrette dressing. . .12.00

PRIMAVERA (vegetables) 15.00

SMALL ITALIANO 10.00

LASAGNA

A deliciously large portion layered with soy strips, sautéed vegetables and corn, spaghetti sauce, and jack, cheddar and ricotta cheeses. Served with garlic bread and a side of lettuce and tomato with Vinaigrette dressing 14.50

MACARONI & CHEESE

With side salad and Vinaigrette dressing 9.00

International Entrées

BO THAI Organic vegetables and baked tofu sautéed in our delicious sweet and spicy peanut sauce, with rice noodles, mung bean sprouts, green onions, peanuts, and lime 15.75

SMALL 13.25

AMERICAN SAUTÉ Organic vegetables, baked tofu and greens lightly sautéed in our delicious sauce over a bed of brown rice with a side of tahini-lemon 15.75

SMALL 13.25

MEXICAN SAUTÉ Organic vegetables and baked tofu sautéed in salsa over a bed of brown rice, topped with melted cheese, green onions, and tomatoes, with a side of beans and tortilla chips 15.75

SMALL 13.25

INDIAN CURRY PLATE Organic tofu and veggies in a mild curry sauce, served with a side of rice, cashews, papadam, fruit chutney and raita. 16.75

DAN DAN NOODLES Hot noodles served with a peanut-sesame sauce, topped with carrots, tofu, cucumber, spinach and green onions 11.75

SZECHUAN TOFU Tofu, mixed vegetables and mixed greens sautéed in garlic black bean sauce, served over brown rice and topped with cashews and green onions 16.75
substitute quinoa add 1.00

Salads

Dressings: House (Sour-Cream Dill), Tahini-Lemon, Miso Honey, Vinaigrette, 1000 Island, Vegan Bacon Ranch, or Ranch

GARDENER'S SALAD A beautiful array of all organic lettuces, cabbage, carrots, cucumbers, beets, tomatoes, sprouts and seeds. Choice of dressing. 12.00

SMALL GARDENER'S SALAD 10.00

Additions to salads above:

Gorgonzola or cheese mix add 2.00

baked tofu or soystrips add 2.50

artichokes add 2.50

guacamole add 4.00

MEDITERRANEAN SALAD Lettuce, spinach, cabbage, tomatoes, red bell peppers, Kalamata olives, feta cheese, red onions, marinated artichokes, fresh basil, avocado, with olive oil and lemon on side 15.00

FRESH FRUIT 6.00

Soups

JAPANESE SAMURAI SOUP

Soba noodles in miso broth with seaweed, edamame (soy beans), green onions, tofu, spinach, carrots, sesame seeds, and topped with shredded daikon 15.00

SOUP & SALAD A cup of soup and a side salad with choice of dressing 10.00

SOUP, SALAD & ROLL *or* RICE A cup of soup, a side salad with choice of dressing, and a roll or scoop of rice . . . 11.00
substitute quinoa. add 1.00

QUINOA, SOUP & YAM 8.25

TODAY'S SOUP Always healthful & satisfying. Ask for today's offering. Served w/whole wheat roll. . . **cup** 6.00 **bowl** 8.00

Side Orders

ORGANIC BROWN RICE **cup** 2.25 **bowl** 3.00

ORGANIC QUINOA **cup** 3.25 **bowl** 4.50
w/Tahini Sauce add 2.25

ORGANIC GRILLED POTATOES 4.50

ORGANIC GUAJILLO POTATOES 4.50

ORGANIC YAMS 3.50

ORGANIC STEAMED VEGGIES 7.00

ORGANIC STEAMED GREENS 5.00

SIDE OF BAKED TOFU *or* SOY STRIPS 4.50

FRESH SPRING ROLLS w/Peanut Sauce 8.00

ORGANIC MASHED POTATOES w/Mushroom Gravy . . 5.00

CHIPS AND SALSA 3.00

GARLIC BREAD 4.50

CORN BREAD 4.00

OUR BEANS Our special bean mix served refrito style with grated cheese and tortilla chips **cup** 3.25 **bowl** 4.50

FAMOUS CHILI A heaping bowl of chili served with grated cheese and tortilla chips **cup** 6.00 **bowl** 8.00

ORGANIC PLAIN YOGURT 4 oz 1.50 8 oz 3.00

Pizzas

CHEESE ☼ whole pie . . 21.00 half pie . . 11.00 with tomato sauce, mozzarella and parmesan cheese
PESTO ☼ whole pie . . 23.00 half pie . . 12.50 same as above with added pesto. Dairy only.
PESTORONI ☼ whole pie . . 26.00 half pie . . 14.00 with pesto, soy pepperoni, tomato, red bell peppers, mozzarella and parmesan cheese
VEGAN PESTORONI whole pie . . 26.00 half pie . . 14.00 with vegan pesto, soy pepperoni, tomato, red bell peppers and vegan mozzarella
GLUTEN FREE CHEESE . whole pie . . 27.00 half pie . . 14.50 Dairy or Vegan
GLUTEN FREE PESTO . . whole pie . . 29.00 half pie . . 15.50 Dairy or Vegan

Desserts

RASPBERRY TART 3.50
VEGAN CHOCOLATE CAKE 6.00
COOKIES 3.50 Chocolate Chip, Ginger Molasses
CORN BREAD 4.00
BOWL OF ICE CREAM 4.00
BOWL OF COCONUT BLISS (Vegan) 5.00
VEGAN TAPIOCA 5.50 made with coconut milk and berries
CHEESECAKE see counter for flavor and description 9.00
SHRIKHAND small . . 4.00 large . . 7.50 Indian Yogurt Dessert

Menu items containing cheese, sour cream and yogurt are real dairy.
Most menu items can be made vegan upon request except those
indicated by this icon: ☼

We try to use as many organic ingredients as possible
in our food. These ingredients include most of our
vegetables, grains, beans, seeds, flours and pastas
as well as our milk, soy milk, butter, oil, tofu, tempeh,
coffees and much more. If you have any questions
pertaining to certain items or ingredients, please inquire.

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2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016,
2017

Beverages

HOMEMADE CHAI 12 oz 4.00 16 oz 5.00
ICED CHAI 4.00
COFFEE DRINKS
House: regular or decaf 12 oz 2.25 16 oz 3.00
Espresso Single 2.50 Double 3.25
Americano 2.50 3.25
Cappuccino 3.50 4.75
Latté 4.25 5.50
Mocha 4.50 5.75
HOT TEA — all flavors 2.00
HOT CHOCOLATE 4.50
ORGANIC APPLE JUICE 12 oz 2.50 16 oz 3.25
ORGANIC O.J. (freshly squeezed) 12 oz 4.50 16 oz 5.75
ORGANIC CARROT JUICE 12 oz 4.50 16 oz 5.75 with ginger, lemon or lime add .50 with apple, beet or celery add .60
ORGANIC LEMONADE 12 oz 2.25 16 oz 3.00
GINGER SOOTHER 12 oz 3.00 16 oz 4.00
WILDBERRY ZINGER ICE TEA (decaf) 2.00
BLACK ICE TEA 2.00
ARNOLD PALMER (herbal or black tea) 3.00
ORGANIC MILK 12 oz 2.25 16 oz 3.00
SOY, ALMOND OR COCONUT MILK 12 oz 2.25 16 oz 3.00
HANSEN SODAS 1.75
HIBISCUS COOLER 3.50
MINERAL WATER — all flavors 1.50
PELLEGRINO 2.00
BOTTLED H₂O 2.75
COCONUT WATER 3.50
REEDS EXTRA GINGER BREW 3.25
IZZE SPARKLING 3.25
ZEVIA SODAS 2.00
VIRGIL'S CREAM SODA, ROOT BEER & COLA 3.25
GT'S KOMBUCHA 4.50
DRAFT REVIVE KOMBUCHA 12 oz 4.00 16 oz 5.00
KEVITA PROBIOTIC 4.50
GUAYAKI DRINKS 4.00
ROOT BEER FLOAT 5.00 Vegan 6.00
O.J. FREEZE (O.J., Banana & Ice Cream) 7.50 Vegan 9.00
MANGO LASSI ☼ 5.00
FRUIT SMOOTHIE 7.00 with protein powder add 1.00
ICE CREAM SHAKES 7.50 Vanilla, Chocolate, Carob, Banana, Raspberry, Kahlua, Strawberry, Coffee, Chai, Mint Chocolate, Peanut Butter
ORGANIC COCONUT BLISS SHAKES (Vegan) 9.00 Vanilla, Chocolate, Carob, Banana, Raspberry, Strawberry, Coffee, Chai, Mint Chocolate
WINE BY THE GLASS See Showcase 6.50
BOTTLED BEERS See Showcase 5.00
DRAFT BEERS Santa Cruz Mountain Brewing Organic IPA, Santa Cruz Mountain Brewing Organic Amber Ale 6.00

Breakfast

8:00 AM – 12 NOON
EVERY DAY

TOFU SCRAMBLE Organic tofu scrambled with garlic, green onions and spices, served with grilled potatoes and toast 10.00
CURRY TOFU SCRAMBLE Tofu scrambled with yellow curry, served with grilled potatoes, toast and a side of fruit chutney 13.00
THAI TOFU SCRAMBLE Organic tofu scrambled with Thai curry spice, garnished with peanuts and mung-bean sprouts and served with grilled potatoes and toast 12.00
GREEK TOFU SCRAMBLE Organic tofu scrambled with kalamata olives, spinach, green onions and sun-dried tomatoes, topped with feta cheese and served with grilled potatoes and toast 14.00
PESTO TOFU SCRAMBLE Organic tofu scrambled with pesto and served with grilled potatoes and toast 13.00
TOFU & VEGGIES Organic scrambled tofu served with steamed mixed vegetables and toast 12.00
TOFU RANCHERO Beans, scrambled tofu, guacamole, lettuce, tomato, green onions, cheese, sour cream and salsa piled high on a corn tortilla . . . 13.00
PANCAKES with PURE MAPLE SYRUP 1 Pancake 5.00 w/blueberries (seasonally organic), bananas or walnuts . . add 2.00 ShortStack 7.00 w/blueberries (seasonally organic), bananas or walnuts . . add 3.00 (Choice of multi-grain or dairyless corn meal)
BREAKFAST BURRITO Our beans, scrambled tofu, grilled potatoes, cheese, sour cream, salsa and green onions in a whole wheat tortilla with a side of lettuce and vinaigrette dressing 11.00
VEGGIE BREAKFAST BURRITO Same as Breakfast Burrito with added mixed veggies 15.00
OATMEAL (Organic) plain 3.75 with raisins or bananas add 1.00 with walnuts add 2.25 with maple syrup add 2.50
SIDE ORDERS Real Maple Syrup 2 oz 2.50 4 oz 4.00 Organic Grilled Potatoes 4.50 Toast 2.00 Scrambled Tofu 5.25 Fruit Salad 6.00 Fakin Bacon 4.00 (2) Whole Wheat Tortillas 2.00 Organic Plain Yogurt 4 oz 1.75 8 oz 3.50
Additions to any breakfast item: mushrooms add 1.25 sour cream add 1.25 tomatoes add 1.25 baked tofu or soy strips add 2.50 artichokes add 2.50 guacamole add 4.00 salsa add 1.25



OVER 8,000,000

RAIN FOREST ACRES SAVED

OVER 1,000,000 COWS SAVED

OVER 750,000 BURGERS SOLD!

NO BULL!

Open 7 Days: 8:00AM to 9PM
Breakfast Hours: 8:00AM to 12 NOON

4250 Capitola Road
Capitola, CA 95010
(831) 462-1717
CALL IN ORDERS UNTIL 8:45PM

www.dharmasrestaurant.com