

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 with 1000 Island dressing . . . 8.95

TEMPEH BURGER

Same as above except w/tempeh burger 8.95

TEX-MEX BURGER Spicy tofu patty with soy mayo 8.95

Additions to burgers above:

Jack cheese add .60
Cheddar *or* Swiss cheese add .90
soy cheese add .90
Gorgonzola cheese add 1.50

TERIYAKI BURGER A tempeh patty, fresh pineapple and red onions grilled in a homemade teriyaki sauce on a whole wheat bun w/ mayo and lettuce 9.95

HALF-POUNDER

An extra large Brahma Burger and melted Jack cheese 10.95

MEGA-BURGER A Brahma Burger with “the works:” soy strips, tomatoes, grilled onions, melted Swiss cheese . . 10.95

DHARMA DOG Our vegetarian version of the hot dog, served on a whole wheat bun with tortilla chips on the side 3.95
With sauerkraut add 1.00

CHILI DHARMA DOG The above served with chili and cheese, lettuce, Vinaigrette dressing and chips 9.25

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 with lots of cheese 4.95

B-L-T

Fakin bacon, lettuce and tomato on whole wheat bread, with soy mayo and chips 6.95
With avocado add 2.95

NUCLEAR BLUFF A safe alternative. A large Francese roll with grilled soy strips, melted Swiss cheese, soy mayo, onions, tomatoes, and Vinaigrette dressing 9.95

HALF BLUFF 7.40

TEMPEH REUBEN


A golden-brown grilled tempeh patty with sauerkraut, onions, and melted Swiss cheese on rye bread. Served with spiced grilled potatoes, lettuce, cucumber, mustard, and 1000 Island dressing on side 10.95

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 10.95

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) . . 10.95

Most menu items may be prepared vegan, except those indicated by this icon: 

Mexican Naturals

All Mexican Naturals served with salsa on the side.

BURRITO BUENO Our beans ladled on a whole wheat tortilla w/brown rice, covered with cheese, sour cream, lettuce and Vinaigrette dressing 5.95

SMALL BURRITO 4.95

VEGIE BURRITO Our beans ladled on a whole wheat tortilla w/organic brown rice, covered with cheese, sour cream, sautéed vegetables, lettuce and Vinaigrette dressing 9.95

BREAKFAST BURRITO Our beans, scrambled tofu, grilled potatoes, cheese, sour cream and green onions in a whole wheat tortilla, with lettuce and Vinaigrette dressing . . 7.95


3 DOG MORNING BURRITO


Scrambled tofu, potatoes, onions, tofu hot dog, jalapenos and mushrooms with cheese, guacamole, sour cream and chips. . 9.95

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 9.95

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 9.95

QUESADILLA (*kay-sa-dee-ya*)  A corn tortilla folded and filled w/lots of cheese, lettuce and Vinaigrette dressing . . 5.50

NACHOS  Tortilla chips with lots of melted cheese, sour cream, beans and salsa 8.95

LA TOSTADA

A crisp corn tortilla piled high with beans, cheese, lettuce, tomatoes, guacamole, olives, Vinaigrette dressing, sour cream and chips 9.95

THE LOST TACO

A crisp corn tortilla filled with taco mix and melted cheese. Served w/a side of lettuce, red peppers, red onions, tomatoes, sour cream, and Vinaigrette dressing on side. 9.95

TOFU RANCHERO

Beans, scrambled tofu, guacamole, lettuce, tomato, green onions, cheese, sour cream and salsa piled high on a corn tortilla 9.95

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 9.95

CHILI SIZE

Our grilled vegie burger on a Francese roll, ladled with chili and melted cheese, garnished w/sour cream, tomatoes and onions. Served with a side of tortilla chips . . 10.95

Additions to menu items above:

Gorgonzola cheese add 1.95
mushrooms add 1.25
sour cream add 1.25
tomatoes add 1.25
green olives add 1.50
baked tofu *or* soy strips add 1.95
artichokes add 2.50
guacamole. add 2.95

Pasta

SPAGHETTI Á FLORIO

Fresh pasta in a delicious Red Sauce with garlic bread and a small salad 10.50
Primavera (vegetables) 12.95

SMALL SPAGHETTI 8.95

PASTA CON PESTO

Fresh pasta in our own tasty pesto sauce with garlic bread and a small salad 11.50
Primavera (vegetables) 13.95

SMALL PESTO 9.95

GREEK PASTA

Fresh 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 12.95

SMALL GREEK PASTA 9.95

PASTA ITALIANO

Fresh pasta sautéed in olive oil and fresh garlic and basil. Served with garlic bread and a side salad w/Vinaigrette dressing . . 10.50
Primavera (vegetables) 12.95

SMALL ITALIANO 8.95

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 10.95

MACARONI & CHEESE

With side salad and Vinaigrette dressing 7.25

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 12.25

SMALL 10.25

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 11.95

SMALL 9.95

MEXICAN SAUTÉ

Organic vegetables and baked tofu sautéed in salsa over a bed of brown rice, topped with melted cheese, olives, green onions, tomatoes, with a side of tortilla chips 11.95

SMALL 9.95

INDIAN CURRY PLATE Organic tofu and veggies in a mild curry sauce, served with a side of rice, tortilla, fruit chutney and raita. 12.95

DAN DAN NOODLES

Hot noodles served with a peanut-sesame sauce, topped with carrots, tofu, cucumber, spinach & green onions 8.25

Salads

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

GARDENER’S SALAD A beautiful array of all organic lettuces, carrots, cucumbers, beets, tomatoes, sprouts and seeds. Choice of dressing 8.95

SMALL GARDENER’S SALAD. 6.95

Additions to salads above:

Gorgonzola *or* cheese mix add 1.95
baked tofu *or* soy strips. add 1.95
artichokes add 2.50
guacamole add 2.95
green olives. add 1.50

MEDITERRANEAN SALAD Lettuce, spinach, tomatoes, red bell peppers, Kalamata olives, feta cheese, red onions, marinated artichokes, fresh basil, avocado, w/olive oil and lemon on side 10.50

FRESH FRUIT All of the seasonal fruit we can fit in a bowl . . 4.95

Soups

JAPANESE SAMURAI SOUP

Japanese miso noodle soup with arame (seaweed), edamame (soy beans), green onions, tofu, spinach, carrots, sesame seeds, and topped with shredded daikon. Served with crackers. . . 10.50

SOUP & SALAD A cup of soup and a side salad with choice of dressing 7.60

SOUP, SALAD & ROLL *or* RICE A cup of soup, a side salad with choice of dressing, and a roll *or* scoop of rice . . . 8.50

TODAY’S SOUP Always healthful & satisfying. Ask for today’s offering. Served with whole wheat roll . . .cup 4.50 bowl 5.50

Side Orders

ORGANIC BROWN RICE cup 1.95 bowl 2.50

ORGANIC QUINOA. cup 2.25 bowl 2.95
w/Tahini Sauce add 1.85

ORGANIC GRILLED POTATOES 3.50

ORGANIC GUAJILLO POTATOES 3.50

ORGANIC YAMS 2.95

ORGANIC STEAMED VEGIES. 5.50

ORGANIC STEAMED GREENS. 3.25

SIDE OF BAKED TOFU *or* SOY STRIPS 3.95

FRESH SPRING ROLLS w/Peanut Sauce 5.95

POT STICKERS (5) w/Plum Sauce 5.50

ORGANIC BAKED POTATOES 2.25

ORGANIC MASHED POTATOES
w/MUSHROOM GRAVY 3.95

BOWL OF TORTILLA CHIPS AND SALSA 1.95

GARLIC BREAD. 3.50

CORN BREAD. 2.95

OUR BEANS Our special bean mix served refrito style with grated cheese and tortilla chipscup 1.95 bowl 2.95

FAMOUS CHILI A heaping bowl of chili served with grated cheese and tortilla chipscup 4.95. . . . bowl 5.95

ORGANIC PLAIN YOGURT 4 oz 1.25. . . . 8 oz. 2.50

Breakfast

8:00 AM – 12 NOON
EVERY DAY

TOFU SCRAMBLE

Organic tofu scrambled with garlic, green onions, chilies and spices, served with home fries and toast 8.25

THAI TOFU SCRAMBLE

Same as above with added Thai curry spice and peanuts 9.25

GREEK TOFU SCRAMBLE

Same as above w/rennetless feta cheese, spinach, green olives, green onions and sun-dried tomatoes 9.95

PESTO TOFU SCRAMBLE

Same as above with added pesto 9.95

TOFU & VEGIES

Scrambled tofu, vegies and toast 9.25

TOFU RANCHERO

Beans, scrambled tofu, guacamole, lettuce, tomato, green onions, cheese, sour cream and salsa piled high on a corn tortilla 9.95

PANCAKES with PURE MAPLE SYRUP

1 Pancake 4.50
w/blueberries (seasonally organic), bananas *or* walnuts . . add 1.95
Short Stack 5.95
w/blueberries (seasonally organic), bananas *or* walnuts . . add 2.95
(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 7.95

OATMEAL (Organic)

with a side of walnuts, raisins, and bananas 3.95
with maple syrup 5.75

BISCUITS AND GRAVY Served all day

Creamy southern-style gravy over buttermilk biscuits served with 2 slices Fakin Bacon and small side of fruit salad 8.95

SIDE ORDERS

Real Maple Syrup 2 oz 2.50 . . . 4 oz . . 3.95
Organic Grilled Potatoes 3.50
Toast 1.50
Scrambled Tofu 4.95
Fruit 4.95
Fakin Bacon 2.95
(2) Whole Wheat Tortillas 1.50
Organic Plain Yogurt 4 oz 1.25 . . . 8 oz . 2.50

Additions to any breakfast item:

mushrooms add 1.25
sour cream add 1.25
tomatoes add 1.25
green olives add 1.50
baked tofu *or* soy strips add 1.95
artichokes add 2.50
guacamole add 2.95
salsa add 1.00

Beverages

HOMEMADE CHAI Hot or Iced 3.65
COFFEE DRINKS House: regular or decaf 1.80

	Single	Double
Americano	2.00	2.50
Cappuccino	2.50	3.00
Espresso	1.75	2.25
Latté	2.95	3.50

HOT HERB TEA — all flavors 1.15

HOT CHOCOLATE 2.95

ORGANIC APPLE JUICE 12 oz. 2.25 16 oz. 2.95

ORGANIC O.J. (freshly squeezed) . . . 12 oz. 3.25 16 oz. 4.50

ORGANIC CARROT JUICE 12 oz. 3.95 16 oz. 4.95
with ginger *or* lime add .25
with apple, beet *or* celery add .60

ORGANIC LEMONADE 12 oz. 1.95 16 oz. 2.50

GINGER SOOTHER 12 oz. 2.25 16 oz. 2.95

WILDBERRY ZINGER ICE TEA (decaf) 1.30

ARNOLD PALMER 2.50

ORGANIC MILK 12 oz. 1.50 16 oz. 1.95

VANILLA SOY MILK 12 oz. 1.95 16 oz. 2.50

HANSEN SODAS 1.25

HIBISCUS COOLER 2.95

MINERAL WATER — all flavors 1.35

PELLEGRINO 2.50

JUICE SQUEEZE 1.95

MARTINELLI SPARKLING CIDER 1.95

KNUDSEN SPRITZERS 2.10

CHINA COLA 2.75

REEDS EXTRA GINGER BREW 2.75

IZZE SPARKLING 2.75

VIRGIL'S CREAM SODA & ROOT BEER 2.75

ROOT BEER FLOAT 3.95

O.J. FREEZE (O.J., Banana & Ice Cream) 5.95

MANGO LASSI  3.50

FRUIT FREEZE SMOOTHIE 4.95

w/protein powder add .75

w/acai add 1.50

ICE CREAM SHAKES 5.95

Vanilla, Chocolate, Carob, Banana, Raspberry,
Strawberry, Coffee, Chai, Mint Chocolate, Peanut Butter

SOY DELICIOUS SHAKES (non-dairy) 5.95

Vanilla, Chocolate, Carob, Banana, Raspberry,
Strawberry, Coffee, Chai, Mint Chocolate

WINE BY THE GLASS See Showcase 4.95

BEERS Negra Modelo, Corona, Stella Artois, Newcastle,
Siamese Twin Ale (organic), Beck's (non-alcoholic) 3.60

Draft Beers: Sierra Nevada Pale Ale, Kona Longboard Lager,
Santa Cruz Mountain Brewing Organic Amber Ale 4.60

Desserts

RASPBERRY TART 3.25

APPLE PIE 4.95

With Ice Cream add 1.25

With Soy Delicious add 1.75

VEGAN CHOCOLATE CAKE 4.95

COOKIES

Chocolate Chip, Ginger Molasses, Oatmeal Raisin 2.25

BROWNIES 3.25

CORN BREAD 2.95

BOWL OF ICE CREAM 2.50

BOWL OF SOY DELICIOUS 2.95

VEGAN TAPIOCA 4.60

made with coconut milk and organic raspberries

STRAWBERRY LEMON CHEESECAKE . . . ask for price

raw, vegan and gluten free

New Items


BBQ TOFU-DE-BEAST Tofu smothered in our


BBQ sauce served with mashed potatoes and gravy,
sauteed veggies, garlic bread and coleslaw 14.75

BBQ BLUFF SANDWICH

Soy strips sauteed in our BBQ sauce on a toasted franchise roll
with fresh basil, coleslaw, pickle & chips 9.95

HOMEMADE THIN CRUST PIZZAS

CHEESE  whole pie . . 15.95 half pie . . 8.95
with tomato sauce, mozzarella & parmesan cheese

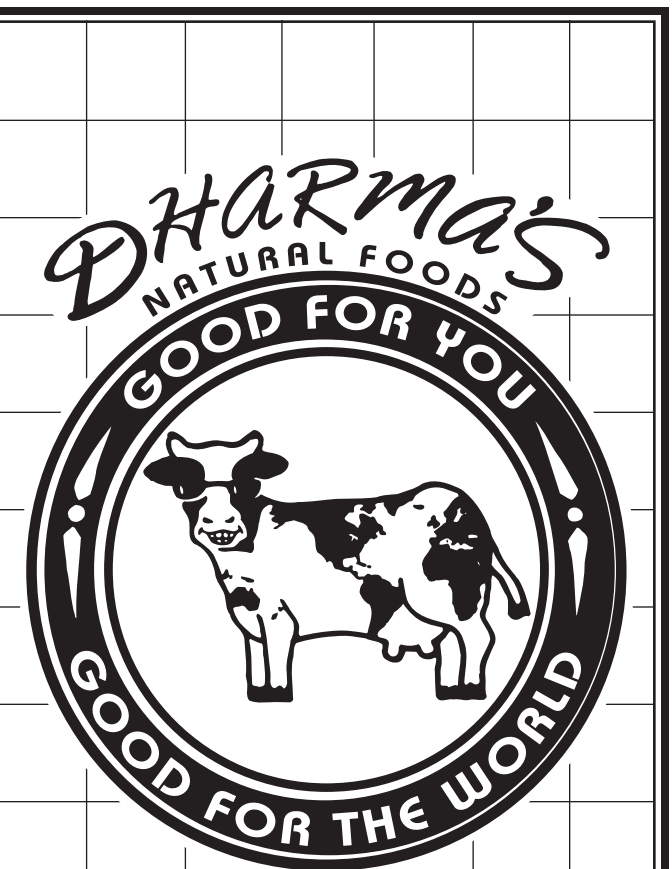
PESTORONI  whole pie . . 18.45 half pie . . 10.95
with pesto, soy pepperoni, tomato, red bell peppers,
pine nuts, mozzarella & parmesan cheese & fresh basil

VEGAN PESTORONI whole pie . . 18.45 half pie . . 10.95
same as above but with vegan organic pesto
and vegan mozzarella & parmesan cheese

GLUTEN FREE CHEESE whole pie 17.95 half pie 10.50

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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OVER 6,000,000

RAIN FOREST ACRES SAVED

OVER 500,000 COWS SAVED

OVER 700,000 BURGERS SOLD!

NO BULL!

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

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CALL-IN ORDERS UNTIL 8:45PM

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