



## Vegan, Vegetarian Or Gluten Free

### 1. Veggie Spuds

Our famous potatoes topped with sauteed spinach, mushrooms, red onions, green peppers, green onions, diced tomatoes and topped with fresh avocado.

### 2. Tofu Scramble

Firm tofu seasoned and scrambled with sauteed mushrooms, green onions and tomatoes. Served with potatoes and toast.

### 3. Vegan Burritos

Two flour tortillas stuffed with sauteed tofu, green peppers, mushrooms and tomatoes. Topped with avocado and red enchilada sauce. Served with potatoes. Add garden patty for \$1.95.

### 4. Vegan Benedict

Two toasted English muffins covered with sauteed spinach topped with sliced tofu then covered in Bernaise sauce. Served with potatoes.

### 5. \*Gluten Free Fruity Pancakes (2)

Blueberries and bananas inside and fresh strawberries on top.

### 6. \*Gluten Free Pancake

### 7. \*Gluten Free Waffle

Topped with bananas, blueberries and strawberries.

### 8. Some Do, Some Don't Scramble

Egg whites scramble with garden patty and sauteed mushrooms, spinach and tomatoes. Served with potatoes and toast.

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\*Gluten free items are made with a gluten free product. Eggs and/or dairy are added.

Potholder Cafe Kitchen is Not a Gluten Free, Vegan or Vegetarian Kitchen  
California requires the following notice:

**WARNING:** Drinking Distilled Spirits, Beer, Coolers, Wine and Other Alcoholic Beverages May Increase Cancer Risk, and, During Pregnancy, Can Cause Birth Defects.

**WARNING:** Many cans containing foods and beverages used here have epoxy linings used to avoid microbial contamination and extend shelf life.

Lids on jars and caps on bottles may also have epoxy linings.

Some of these linings can leach small amounts of bisphenol A (BPA) into the food or beverage. BPA is known to the State of California to cause harm to the female reproductive system.