

## breakfasts (served all day)

**Homemade Granola** **V Vg** 7

100% organic granola sweetened with maple syrup, choice of organic whole milk or fresh made coconut milk

**Fruit Parfait** **V Vg** 9

Organic mixed fruit, homemade granola, house cultured coconut yogurt



**Power Bowl** **V Vg** 7

Oatmeal, flax seeds, chia seeds, hemp seeds, goji berries

**Breakfast Wrap** **V** 8

Organic scrambled eggs, vegetables, avocado, tomato salsa

**French Toast** **V** 8

Made with whole wheat bread and organic eggs, maple walnut syrup, fresh fruit (vegan version available)

**Bagels (sprouted whole grain)** **V Vg**

Choice of Plain or Cinnamon Raisin

Coconut butter 2.50

Organic peanut butter and jelly 3.95

Cashew cream cheese, tomato, avocado 4.95

**Side of Organic Fruit** 4.95

## beverages

Fresh Pressed Juices

Organic Coffee and Tea from Fair Trade Plantations

## smoothies (100% organic fruit)

Smoothies are energizing, refreshing and a great way to increase your daily intake of fruit. We use 100% organic frozen fruit and blend with fresh house-made creamy coconut milk or organic apple juice. Nothing else. If you need an extra boost, ask about our supplements!



**Tea Party** 8

Matcha green tea, goji berries, pomegranate, banana

**Chocolate Buzz** 8

Cacao powder, cacao nibs, banana

**Citrus "C"** 8

Florida oranges, grapefruit, lemon, ginger, banana

**Berry Bliss** 8

Blueberries, raspberries, strawberries, banana

**Happy Monkey** 8

Banana, peanut butter, vanilla

**Tropical Green** 8

Pineapple, mango, banana, cucumber, cilantro, spinach, lime

**Purple Jungle** 8

Acai, blueberries, goji berries, banana

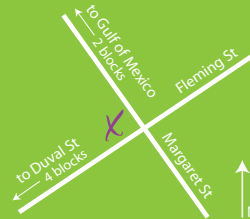
Visit us online at  
[www.helpyourselfcafe.com](http://www.helpyourselfcafe.com)



In addition to a great meal, you can feel good knowing that we use eco-friendly to-go ware and reduce waste by recycling and composting.



829 Fleming Street  
Key West, FL 33040



open 8 am - 4 pm  
7 days a week

Organic Market  
Monday 11 am - 5 pm

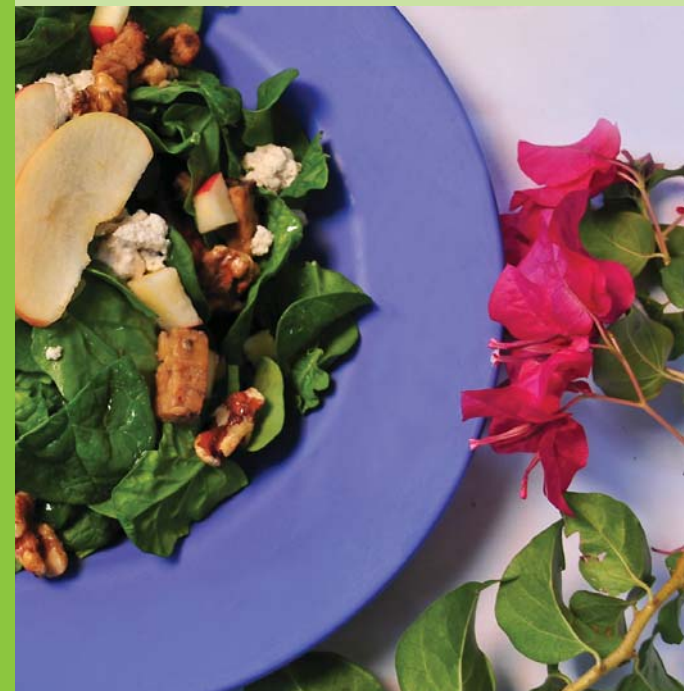
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help  
yourself!  
food as it should be

Eat Right. Feel Great.



salads

Available in two sizes. light 6 full 11

Indian Summer **V Vg GF**

Creamy mix of chickpeas, quinoa, carrots, raisins, onion, curried cashews with Indian spices over mixed greens, house vinaigrette

Ultimate **V Vg R GF**

Mixed greens, sprouts, broccoli, avocado, tomato, dulse, hemp seeds, spicy pumpkin seeds, lemon tahini dressing



Ancient Secret **V Vg GF**

Quinoa (high protein endurance grain), goji berries, apple, almonds, chickpeas, mixed greens, orange-cumin vinaigrette

Super Spinach **V Vg GF**

Spinach, cashew cheese, marinated tempeh, candied walnuts, apple, balsamic dressing



Mexican **V Vg GF**

Romaine, black beans, corn, brazil nut 'taco' meat, tomato salsa, cashew sour cream, avocado, key lime vinaigrette

Simple Side Salad 4.95

Add Chicken, Salmon or the Seafood of the Day 4.95

Add Tempeh 3.50

wraps

All wraps are made with a whole wheat tortilla. Gluten-Free wrap available.

TLT **V Vg** half 4.50 full 9

Marinated tempeh (energy-building cultured soybean), lettuce, tomato, avocado, chipotle mayonnaise, mixed greens

Hummus **V Vg** half 4.50 full 9

Chickpea hummus, quinoa tabouli, cucumber, red onion, sprouts, mixed greens



English Garden **V Vg** half 4.50 full 9

Mixed raw vegetables, garden herbs, pesto, mixed greens, mayonnaise

Wild Salmon half 6.50 full 13

Maple-soy glazed salmon, sprouts, cucumber, carrot, sesame seeds, mixed greens, avocado wasabi spread



Chicken Salad half 6 full 12

Chicken, celery, herbs, apple, mayonnaise, mixed greens



Don't forget to check out our Daily Soups and Specials!

hot stuff

By hot, we mean steamy hot, not spicy hot! Everything is mildly spiced but if you do want to turn up the heat, just ask! All dishes are cooked in a wok and come with mixed vegetables of the day plus your choice of Brown Rice, Quinoa, Udon Noodles, or Whole Wheat Pasta.

All hot stuff dishes are priced at 9.50

Coconut Curry **V Vg GF**

Delicious, fragrant and creamy - made with our own fresh coconut milk

Korean BBQ **V Vg GF**

Dark and hearty using soy and mineral rich molasses

Slightly Spicy Peanut **V Vg GF**

Thick and creamy with a light nutty flavor



Mighty Marinara **V Vg GF**

Slow cooked tomatoes, with peppers, onions, garlic and fresh basil

Miso Broth **V Vg GF**

Light, flavorful broth with a whole host of nutritional benefits

Add Chicken, Salmon or the Seafood of the Day 4.95

Add Tempeh 3.50

ultimate nutrition

These are the 'super foods'. Besides filling you up, they energize the brain as well as the body. Nothing is cooked or heated above 115 degrees. There's no wheat, meat or dairy and all enzymes and nutrients are intact!



Lasagna **V Vg R GF** 12

Layers of zucchini, brazil nut meat, pesto, fresh tomatoes, marinara, served with a green salad

Asian Zucchini Noodles **V Vg R GF** 11

Mixed raw vegetables over zucchini noodles, curried cashews, sesame asian sauce

Don't forget to follow us on Facebook and sign up to receive our newsletter!

nutritional dictionary



**Hemp Seeds** - Tiny creamy seed. One of the highest plant-based sources of protein. Perfect ratio of Omega 3 and 6.

**Quinoa** - Small grain that looks like couscous with a slight nutty flavor. Highest protein of any grain, very nutritious and a great alternative to rice. Gluten-Free.

**Goji Berries** - Small dark, red, dried berry, tastes like a cross between a raisin and a cranberry. Contains all essential amino acids, very high in vitamin C and anti-oxidants.

**Cashew Cheese** - Cream cheese that we culture ourselves using cashew nuts instead of dairy.

**Tempeh** - Whole food cultured from the soybean. Easier to digest than tofu. Provides protein and energy.

**Brazil Nut Meat** - House-made blend of raw ground pumpkin seeds, brazil nuts, mushrooms, sun dried tomatoes and seasonings that tastes delicious!

sides

Brown Rice	1.95	Crackers	2.25	Hummus	4.50	Quinoa Tabouli	4.50
Sesame Noodles	4.50	Quinoa	2.50	Salsa	4.50		