



Annapurna's®

World Vegetarian Café

dessert

Life is short, have dessert first! See our bakery case for today's fresh and decadent options, most are vegan, gluten-free & soy-free.

Ayurveda recommends dessert first. Of the six-tastes, sweet digests first. We use NO eggs, honey, soy, wheat, refined sugar, corn, enriched products or peanuts in any of our bakery recipes. Our alternative sweeteners include: Maple Syrup, Brown Rice Syrup, Agave, Turbinado Sugar, and Molasses.



nourishing

Thaali Plate

A sample of our daily vegetables #1, #2, #3, dal, sambhar, basmati or brown rice or quinoa (for an extra 1.95) and a choice of a chutney or sauce. Served with one of the following: chapati or dosa. 13.50
Can make substitutions with veggies of the day.

Yogi Bowl

A large bowl filled with a choice of two of our veggies of the day and rice (basmati or brown) alongside your choice of chutney or sauce. 9.50
Substitute quinoa for rice for an additional 1.95

Veggie of the Day

Your choice of one of our freshly prepared, deliciously seasoned vegetables of the day that are always made vegan and gluten-free.
Bowl 6.50 Cup 4.50
Add bread or rice for an additional 1.95

KITCHARI

"The Ultimate Ayurvedic Dish"

Our famous tri-doshic kitchari is healing and very easy to digest.

A wholesome blend of basmati rice, yellow split mung beans, vegetables, greens and the perfect blend of spices. Balance your individual doshas by adding ONE of the following: fresh ginger, cilantro, limes, coconut, ghee. Additional condiments at 1.25 each
Bowl 6.50 Cup 4.50

breakfast

Smashed Avocado Toast

House made whole grain gluten-free or focaccia bread topped with smashed avocados, special blend of spices, extra virgin olive oil and choice of cheese. Garnished with pico de gallo. 6.95
Add two strips of veggie bacon 3.25

Veggie Scramble

Tofu sautéed with your choice of three of the following veggies: avocado, tomatoes, spinach, green onions, greens, red bell peppers, mushrooms, zucchini, veggie bacon, artichoke hearts, New Mexico green chile, vegan cheddar, vegan mozzarella, and feta. Served with a choice of bread 9.50
Additional veggies 1.25 each

Breakfast Quinoa

An ancient grain superfood with a medley of dried fruit, shredded coconut; savory spiced; and stewed to perfection with your choice of organic whole milk, soy, oat, coconut, or almond milk. Can be sweetened with agave upon request.
Bowl 6.95 Cup 4.95. Add pure maple syrup 1.95

Cardamom Pancakes

Two gluten-free golden griddled pancakes dusted with almonds and coconut. Served with vegan butter and agave nectar. 9.50
Add pure maple syrup for 1.95
Single Pancake 5.50

Breakfast Burrito

A New Mexican classic brought to you in a large house made chapati or dosa, filled with our tantalizing spiced tofu, herbed potato mix, smothered with red or green chile, choice of cheese and garnished with a fresh pico de gallo. 9.50

Brunch Burrito

A large house made chapati filled with choice of basmati or brown rice; black beans and roasted veggies, smothered with house-made green chilli sauce; melted cheese and garnish with fresh pico de gallo 10.50

soups & small plates

Dal

A ready source of protein for a balanced diet. Dish of yellow split mung beans and a variety of vegetables and spices simmered in a savory broth. Bowl 5.25 Cup 3.75
Add a side of bread or rice 1.95 or quinoa 3.50

Sambhar

Hearty with just the right amount of spice and tangy tamarind. Bowl 5.25 Cup 3.75
Add a side of bread or rice 1.95 or quinoa 3.50

Soup of the Day

A daily luxurious soup always made vegan, gluten-free and soy free served with your choice of bread or cup of rice. Bowl 6.25 A la carte Cup 3.75

Black Beans

Cup of house made black beans 3.75

Hummus

House made hummus with chapati or dosa served on salad greens, tomato and cucumber slices tossed with Balsamic Vinaigrette 7.50

Masala Fries

Fresh hand cut potatoes dusted with our special blend of spices and served with your choice of two signature sauces 5.25

Chile Cheese Fries

New Mexico chile cheese fries topped with red or green chile and choice of cheese. Garnished with pico de gallo 7.95

Samosa

Pocket stuffed with spicy potatoes, carrots, and peas served alongside a choice of two signature sauces. 5.50 Add a cup of one of our soups for or a side salad for 3.25 or a cup of veggies of the day for 3.50

Veggie & Salad

Choose a cup of our veggie of the day alongside with our side salad with your choice of dressing and one of our bread options 9.50

Soup & Salad

A cup of one of our luxurious soups of the day served alongside a side salad with your choice of dressings and one of our bread options 9.50

Vadai & Soup

Yellow split peas, green cabbage, cilantro and spices come together into two flash fried patties until crunchy on the outside and soft on the inside. Served with a cup of sambhar and a side of coconut chutney. 8.25

Plantain Ball Sub

House made plantain balls with almonds; herbs and spices served on a gluten free sub with housemade marinara sauce and choice of cheese accompanied by a cup of soup or a house salad with choice of dressing. 9.95

Order Online
for
Pickup or Delivery
@ www.selflane.com

KEY

V = VEGAN

GF = GLUTEN-FREE

SF = SOY-FREE



This menu item meets HEALTHY DINING's nutrition criteria and is featured on HealthyDiningFinder.com.

DOSHAS



PITTA (fire)
reducing



VATA (air)
reducing



KAPHA (water)
reducing



TRI-DOSHIC

Derived from the elements, **Doshas** are biological energies found in the body and mind.

wraps, sandwiches, & burger

Chapati Rolls



Two chapatis filled with your choice of any of the vegetables of the day served alongside a choice of our signature date chutney and spicy coconut chutney. 9.50

Mumbai Frankie



Delicious veggie potato masala with sambal chile and garlic sauce wrapped in a chapati with vegan cheddar. 8.50

Lebanese Wrap



Fresh eggplant richly marinated in our balsamic dressing and grilled to perfection alongside our freshly made hummus, crisp lettuce, tomatoes, and lightly drizzled with house herb balsamic dressing, all come together in a large house made chapati or dosa with a choice of house salad, masala fries or cup of soup. 10.50
Served a la carte 8.50

Falafel Wrap



Crispy house-made Falafel, mixed greens, tomato, cucumber slices, feta, garlic sauce and sambal chile wrapped in a chapati or dosa with a choice of house salad, masala fries or cup of soup 10.50
Served a la carte 8.50

Grilled Cheese



Vegan cheddar, vegan mozzarella, tomatoes, caramelized onions and New Mexico green chile between two slices of gluten free bread or focaccia bread. Served with a choice of soup, salad or fries. 10.50
Served a la carte 8.50

Portobella



A portobello mushroom marinated in balsamic dressing and grilled to perfection with melted vegan mozzarella; fresh spinach and decadent basil pesto with a choice of house salad, masala fries or cup of soup 10.95
Served a la carte 8.50

ABL T



Fresh and lively layers of rich avocado, crisp lettuce, tomatoes, veggie bacon, all come together with a tantalizing cilantro lime sauce with a choice of house salad, masala fries or cup of soup 10.50
Served a la carte 8.50

Veggie Burger



A perfect blend of lentils, black beans, veggies and spices come together to make a super nutritious, delicious patty in a warm vegan and gluten-free bun, atop tomatoes, crisp lettuce finished with a chipotle spread with a choice of house salad, masala fries or cup of soup. 10.95

Additional toppings (feta, vegan cheddar, vegan mozzarella, avocado, green chile, veggie bacon, onions) 1.25 each. Served a la carte 8.50

salads

Quinoa Salad



A garden of roasted vegetables: zucchini, eggplant, artichoke hearts, red peppers, fresh spinach and feta cheese gently tossed into a warm savory quinoa. Served with your choice of dressings and bread 10.95

Spinach Salad



Spinach, toasted almonds, cranberries, bell pepper, feta or vegan cheese served with a choice of dressings and bread 10.95

Greens & Beets Salad



Greens, roasted beets, toasted walnuts, mejdool dates, served with a choice of dressing and bread 10.95

Side Salad



A bed of mixed greens and spinach, loaded with fresh cucumber, tomatoes, and carrots. Choice of dressings. 4.95

specials

Ask server for details on this week's choices.

Green Plate Special®



Always vegan and gluten-free 13.50

Chef's Plate Special

Always creative and healthy 13.50

signature sauces & dressings

2oz portion 1.25 each

8oz take home portion 4.95 each

Sauces

Chipotle
Ketchup
Garlic
Cilantro Lime
Coconut Chutney
Date Chutney
Red & Green Chile

Salad Dressings

Caper Ranch
Balsamic Vinaigrette
Lemongrass Vinaigrette
Olive Oil

bread

Chapati 2.50
Focaccia 2.50
Dosa 2.50
Gluten-Free Bread 2.50 Slice - 14.95 Loaf
Gluten-Free Burger Bun 2.50
Puri (East Indian Fried Bread) 1.50

entrees

South Indian Sampler



An exotic combination for the curious. A mini masala dosa, two vadais, and a cup of sambhar, served with coconut chutney. 12.50

Masala Dosa



A large house made dosa filled with a spicy potato and vegetable mixture. Served with a cup of sambhar and a side of coconut chutney. 11.50

Puri Bhaji



Four puffed savory fried breads alongside, bhaji, a traditional spicy thick tomato, vegetable and potato combination. 9.50 Can sub veggie #1 or #2

Stir-Fry



An abundant medley of seasonal veggies, carrots, broccoli, napa cabbage and zucchini, in a **fiery** house blended marinade with Braggs with tofu added and your choice of basmati rice, brown rice, or rice noodles. Add onions for extra crunch. Choose to have it Thai style, with coconut milk! 10.95

Quesadilla



A large house made chapati stuffed with fresh spinach, mushrooms, roasted red peppers, New Mexico green chile, vegan cheddar and vegan mozzarella. Topped with pico de gallo salsa and avocado slices. 10.50
Kids Cheese Quesadilla 7.50

Mediterranean Plate



Trio of house-made Hummus, House Tabbouleh and Falafel served on a bed of fresh greens with fresh tomato and cucumber slices and a cilantro lime dipping sauce accompanied by a dosa or chapati. 12.50

Pad Thai



Fresh red bell peppers and green onions; mushrooms; green cabbage and bean sprouts tossed with pad thai noodles and tofu with our house made spicy pad thai sauce. Topped with sliced almonds, fresh cilantro and limes. 12.95

Taco Plate



Two tacos with cup of black beans. 11.50
Choose from:

- **Cauliflower Tacos** - roasted cauliflower, pico de gallo, spring mix topped with house made cilantro lime sauce.
- **Vadai Tacos** - vadais, grilled mushrooms, green chile, spring mix, topped with house-made garlic sauce and sambal chile.
- **Avocado Tacos** - avocados, lettuce, cucumbers, tomatoes, pico de gallo, topped with cilantro lime sauce.

Cheese can be added to any taco for 1.25

Pizza



A rustic hand rolled thin herbed crust.

- **Cheese** - Marinara, Cheese, Fresh Basil 8.95
- **Got Green** - Basil Pesto, Vegan Mozzarella, Artichoke Hearts, Spinach, Green Chile 10.95
- **Sounds Like Greek To Me** - Marinara, Feta, Kalamata Olives, Tomatoes, Roasted Red Bell Peppers 10.95

Vegan cheddar, vegan mozzarella & feta cheeses. Additional Toppings: mushrooms, veggie bacon, grilled eggplant, green chile, onions, roasted peppers, tomatoes, spinach, artichoke hearts, zucchini, black olives .75 each

beverages

Hot

Annapurna's Chai
Golden Milk
Hot Chocolate
Coffee
Latté
Cappuccino
Mocha
World Chai Latté
Tea Latté

Cold

Black Orange Mint
Lavender Mint
Coconut Water
Lemon Ginger Drink
Mango Lassi
Bottled Water

TEA MENU

Ayurvedic Teas (Caffeine Free)

Tulsi	Vata
Tulsi Ginger	Shanti
Tulsi Gota Kola	Annapurna's
Pitta	Ginger Tea
Kapha	

Black Teas (Caffeinated)

Black Mango	South African
China Rose	Kwazulu
Earl Grey	Tearoom Blend
English Breakfast	Yorkshire Gold
Albuquerque Breakfast	

Herbal Teas (Caffeine Free)

Cape Nectar	Liv 4 Life
Rooibos	Peppermint
Honeybush	Lavender Peppermint
Annapurna's World	Chamomile Lavender
Chai	Santa Fe Breakfast

Green & White Teas (Caffeinated)

Green Tea	Yerba Mate
Jasmine Green	White Tea

Cup 2.50 Pot 4.50 Per Ounce 4.50