

TASTY ALTERNATIVES...

Revised February 25, 2017

Our Bella Vida Family desires that whether you are Vegan, Vegetarian, Gluten Free or a Meat Lover we have something for you! It is very important that you let your server know the extent any allergies.

Our Costa Rican Lizano and Special Roast of Costa Rican Coffee is available for purchase.

Gluten Free Alternatives: Just about anything can be made gluten free! We have a GF toaster but we do not have a GF waffle iron, GF free fryer or grill. Please note we do not have a gluten free kitchen. We carry GF Tortillas/Wraps (which are pretty good!); GF Bread (Udi's Wholegrain) Pamela's GF and Vegan Pancake and Waffle Mix. This means that basically any Pancake, waffle, sandwich, wrap, quesadilla or omelet can be made for you containing gluten free ingredients.

Black Bean Soup: Vegan & GF Homemade & topped with a slice of avocado

Desserts: Banana Whips We have many combinations of our banana whips. No added ingredients, JUST FROZEN BANANAS and whatever tasty toppings you would like to add!

New York Cheese Cake (Daiya): Gluten free; soy free; vegan

Chocolate Torte: Vegan & GF. Sinfully decadent; flourless; melt in your mouth yumminess

Vegenaise (Follow your Heart): A mayonnaise Substitute that is egg free, dairy free and contains no cholesterol or preservatives. Ingredients; Canola Oil, Filtered water, Brown Rice Syrup, Apple Cider Vinegar, Soy Protein, Sea Salt, Mustard Flour and Lemon Juice Concentrate. Contains Soy. 1T. 90 cal.

Vermont Maple Syrup: Christopher goes straight to Smiths Maplecrest farm in Vermont to get this just for YOU! We will soon be carrying their grass fed Beef! We also have **Sugar Free Syrup**

Vegan Butter: **Earth Balance:** A butter alternative; GF; non gmo **Vegan Cheese:** (Daiya) Mozzarella

Costa Rican Coffee: Our own special roast; 100% Arabica. from the region of Tarrazu in San Jose EVERY pot freshly ground;

JUICE: **Fresh Pressed Carrot Juice**

Organic: Orange Mango Juice

Lizano Salsa: Straight out of Costa Rica. A great taste with just the right amount of heat. The original recipe since 1920
Ingredients: Water, Vinegar, Sugar, Salt, Vegetables, Molasses, Spices, Modified Corn Starch, and Hydrolyzed Protein.

Almond Butter (Once Again)

Almond Milk

Gritts: Unbleached organic corn grits (that's why their yellow!) Vegan

Vegan Chik'n Cutlets (Quorn): Made with mycoprotein ("myco" is Greek for fungi) and are completely meatless, soy-free, egg and dairy free. They are believed to be over 6,000,000 of fungi in the world, many of which are among the most sought after foods.

Chicken (Heartland): Our 4oz. boneless, skinless chicken breasts are all natural, minimally processed; no artificial ingredients; no antibiotics EVER; all vegetarian diet; no animal by-products

Home Made Veggie Burger: Vegan & GF. Millet; almond butter; onions; peppers; spinach; carrots; zucchini; broccoli; sunflower seeds;

Fakin' Bakin' Serving Size 3 slices; Made from organic soy tempeh. (cultured organic soy beans, water, organic brown rice) organic soy sauce (water, organic soy beans, organic wheat, salt) organic vinegar, organic evaporated cane juice, spices, beet powder, organic onion powder, natural vegetable flavor and yeast extract. **Turkey Bacon** (Godshalls)

Vegan Sausage Patties (Gardein): Vegan; Non GMO project verified; organic ingredients. No cholesterol Water, Soy Protein Concentrate, Expeller Pressed/Canola Oil, Vital Wheat Gluten*, Soy Protein Isolate*, Organic Cane Sugar, Yeast Extract, Modified Vegetable Gum, Sea Salt, Spices, Natural Flavor (From Plant Sources), Garlic Powder, Onion Powder, Malted Barley Extract, Pea Protein, Carrot Fiber, Beetroot Fiber. **Tempeh:** Tempeh is made with organically grown soybeans and brown rice, water and tempeh culture. Made from cultured organic soy beans, water, organic brown rice. Tempeh is a wonderful soy food, rich in protein and B vitamins, low in calories and fat and completely cholesterol free, dairy free, wheat free, GF, vegan and kosher.