

Organic Rice Bowls

Veggie Rice Bowl 10.00

rice, chickpeas, beets, shredded slaw w/ sesame, scallion | Choose miso-ginger or balsamic dressing

Add avocado mash 2.50

Add goat cheese 3.00

Teriyaki Chicken Rice Bowl 10.00

chicken, rice, scallion, sesame, teriyaki sauce

Add extra teriyaki sauce . 75

Panini/ Sandwich/ Wraps

Mozzarella, Tomato, Basil Panini 9.75

on Balthazar ciabatta

Buffalo Chicken & Cheddar Panini 10.75

on Balthazar ciabatta

Summer Avocado Toast 12.00

avocado mash, goat cheese, pickled shallots on Balthazar sourdough

Add pickled jalapenos 2.00

Traditional Avocado Toast 8.00

on Balthazar sourdough

Vegetarian BLT (tempeh) 11.75

Chicken Salad Sandwich 9.75

on Balthazar multi-grain

Avocado, Tomato, Cucumber 11.00

on Balthazar multi-grain

Add tempeh 3.00

Black Bean, Rice, Cheese Burrito 10.75

Add chicken 2.75

Add guacamole 2.50

Add salsa 1.75

Substitutes

Ezekiel Bread 1.75

Gluten-Free Bread 1.75

Organic Salads

Beet Salad w/ Goat Cheese (GF) 13.50

beets, spring mix, goat cheese & pumpkin seeds w/ balsamic glaze

Apple Walnut Salad (GF) 12.00

apple, romaine & tri color lettuce, cucumber, celery, tomato, walnut, dried cranberry, w/ balsamic vinaigrette

Add chicken 2.75

Asian Chicken Salad 12.00

teriyaki chicken strips, romaine & tri-color lettuce, cabbage, sliced almonds, sesame, *mandarin oranges & *chow mein noodles (*not organic), w/ miso ginger dressing

Caesar Salad 10.00

romaine lettuce, parmesan cheese, w/ caesar dressing, croutons

Add chicken 2.75

Add tempeh 3.00

Make it a wrap 12.75

Organic Smoothies

Cinnamon French Toast 9.75

almond milk, banana, dates, cinnamon, almond butter, vanilla protein powder

Clean Green 9.50

coconut water, spinach, cucumber, banana, vanilla extract, dates

Berries 'N Cream 9.50

banana, coconut nectar, almond milk, strawberries, blueberries, vanilla protein powder

PB&J Smoothie 9.75

almond milk, strawberries, blueberries, bananas, almond butter, honey

Mock Mint Chocolate Chip Ice Cream 9.50

coconut milk, fresh mint, spinach, dates, banana, raw cacao powder, vanilla protein powder

Organic & Gluten-Free Sweets

Choc Chip Cookie (GF)

2.75

Banana Chip Muffin (GF)

3.75

Morning Glory Muffin (GF)

3.75

Blueberry Muffin (GF)

3.75

Vegan Chocolate Truffles (GF)

sea salt | raw cacao | coconut

1.95

Organic Sweets

Organic Mini Banana Bread Loaf

9.99

Organic Banana Bread Slice

3.25

Sweets

Chocolate Croissant

3.15

Plain Croissant

2.75

Balthazar Scones

oat currant | cranberry | plain

3.75

Organic Coffee and Tea

Decaf espresso available for all espresso drinks

Non-dairy milk options: almond, oat, coconut + \$0.60

Frothed cold milk upon request

Flavored Syrups: Vanilla, Caramel, Lavender + \$0.50

Hot Drinks: 12 oz/ 16 oz

Iced Drinks + \$0.50 : 16 oz/ 20 oz

Hot Coffee	2.75	3.50
Americano	2.75	3.35
Cappuccino	3.50	n/a
Latte	3.50	4.75
Chai Latte	4.00	4.50
Dirty Chai Latte	4.75	5.50
Matcha Latte	5.00	7.00
Turmeric Latte	4.75	5.50
Cold Brew	4.00	4.50
Macchiato 6 oz.	3.50	n/a
Hot Cortado 6 oz.	3.50	n/a
Espresso	3.00	n/a
Cafe Mocha	4.00	4.50
Hot Chocolate	3.50	4.50
(whipped cream available)		
Herbal Tea	3.00	3.75
(Sweet Rose, Chamomile, Peppermint Chai)		
Green Tea	3.00	3.75
Earl Grey Tea	3.00	3.75
English Breakfast Tea	3.00	3.75
Retail Bag of Organic Coffee 12 oz		13.50

Additional Drinks

Water Bottle 2.50 | Tazo Iced Tea 3.75 | Mash 3.25

Root Beer 2.75 | La Croix Seltzer 2.50 | Bai 2.75

Pureleaf 2.75 | Honest Tea 3.25 | Kombucha 4.25

Four Points Seltzer (Glass Bottle) 2.75



Organic clean food | No refined sugar
No preservatives | Non-GMO

Orders: (201) 399-7662

More information: (201) 649-3600

Mon, Tues, Wed, Th, Fri, Sat

10am- 4pm

Sun

10am-3pm

PARKING IN REAR



ORGANIC CLEAN FOOD

183 E. Main Street
Ramsey, NJ. 07446
www.themindfulcafe.org

*Chicken from Goffle Farm in Hawthorne, NJ. Free Range, anti-biotic & hormone free. All produce and frozen fruits and vegetables are organic, except where noted.

*All GF items are made with organic almond millet & buckwheat flours