



# Simple Bliss Vegan Cafe

{ ORGANIC • GLUTEN FREE • SOY FREE }



## COFFEE DRINKS

- Choice of House-Made Mylk •
- Coconut • Cashew (+50¢) •

	<u>12 oz</u>	<u>16 oz</u>
<b>COFFEE</b> Fair-trade & Organic	\$2.50	\$3.50
<b>CAFE AU LAIT</b> coffee w/ steamed mylk	\$4	\$5
<b>GUNBARREL</b> coffee & espresso	\$4	\$5.50
<b>ESPRESSO</b>	\$2.50	\$4
<b>AMERICANO</b> espresso & hot water	\$3	\$4.50
<b>LATTE</b> espresso & steamed mylk	\$5	\$6.50
<b>VANILLA LATTE</b> espresso, steamed mylk, coconut sugar & vanilla	\$6	\$7.50
<b>COCONUT LATTE</b> espresso, coconut mylk, coconut sugar, vanilla & handcrafted coconut oil	\$6	\$7.50
<b>MOCHA</b> espresso, steamed mylk, coconut sugar, cacao, vanilla, cinnamon & cloves	\$6	\$7.50
<b>MAYAN MOCHA</b> espresso, steamed mylk, coconut sugar, vanilla, cacao, fresh coconut oil, cinnamon, cloves & cayenne	\$6	\$7.50

## MACA LATTES

- Choice of House-Made Mylk •
- Coconut • Cashew (+50¢) •

	<u>12 oz</u>	<u>16 oz</u>
<b>MACA LATTE</b> maca & steamed mylk	\$5	\$6
<b>VANILLA MACA</b> maca, steamed mylk & vanilla	\$6	\$7.50
<b>COCONUT MACA</b> maca, coconut mylk, vanilla & coconut oil	\$6	\$7.50
<b>MACA MOCHA</b> maca, steamed mylk, cacao, vanilla, cinnamon & cloves	\$6	\$7.50
<b>MAYAN MACA</b> maca, steamed mylk, vanilla, cacao, coconut oil, cinnamon, cloves & cayenne	\$6.00	\$7.50

## CHAI LATTES

### HOUSE RECIPE

- With Choice of Handcrafted Mylk •
- Make Any Chai Dirty +\$2 •

<b>♥ HOUSE CHAI</b> House Recipe w/ Handcrafted Mylk	\$5	\$6.50
<b>VANILLA CHAI</b> House Recipe w/ Handcrafted Mylk & Vanilla	\$6	\$7.50
<b>COCONUT CHAI</b> House Recipe w/ Handcrafted Mylk, Vanilla & Fresh Coconut Oil	\$6	\$7.50
<b>GINGER CHAI</b> House Recipe w/ Handcrafted Mylk & Fresh Ginger Juice	\$6	\$7.50
<b>GOLDEN CHAI</b> House Recipe w/ Handcrafted Mylk, Fresh Ginger Juice, Turmeric, Coconut Oil & Black Pepper	\$7	\$8.50
<b>🔥 MAYAN CHAI</b> House Recipe w/ Handcrafted Mylk, Vanilla, Coconut Oil, Cacao & Cayenne	\$6	\$7.50

## HANDCRAFTED DRINKS

	<u>12 oz</u>	<u>16 oz</u>
<b>🌿 Loose Leaf Teas</b> See our complete assortment of whole leaf teas on display	\$4	\$5
<b>HOT COCOA</b> Choice of freshly prepared mylk, cacao, vanilla & coconut sugar topped w/ cinnamon, cloves & raw cacao	\$5	\$6.50
<b>🔥 MAYAN COCOA</b> Choice of freshly prepared mylk, cacao, vanilla, coconut oil, cinnamon, cloves & cayenne	\$5	\$6.50
<b>VANILLA STEAMER</b> Choice of handcrafted mylk, coconut sugar & vanilla	\$4	\$5.50
<b>COCONUT STEAMER</b> Choice of handcrafted mylk, coconut sugar, vanilla & fresh coconut oil	\$4.75	\$5.75
<b>♥ GOLDEN MYLK</b> Steamed coconut mylk, fresh ginger juice, turmeric, coconut oil & black pepper	\$5	\$6.50
<b>COCONUT MYLK</b> Raw & Made in House!	\$3	\$4
<b>CASHEW MYLK</b> Raw & Made in House!	\$3.50	\$4.50

## ORGANIC JUICE

Made Fresh for You!

	<u>12 oz</u>	<u>16 oz</u>
<b>BLISS TONIC</b> Apple, Ginger, Turmeric & Lime A Refreshing & Healing Tonic for the Mind, Body & Spirit	\$7	\$10
<b>ZENFUL</b> Apple, Cucumber, Celery, Ginger, Turmeric & Lime. This Zenful blend is sure to evoke Bliss, Radiancance & Vitality	\$8	\$11
<b>🔥 DETOX POTION</b> Apple, Beet, Carrot, Ginger, Celery, Cilantro, Cucumber, Cayenne, Seasonal Greens, Lime & Turmeric	\$8	\$11
<b>IMMUNITY BOOSTER</b> Apple, Carrot, Lime & Ginger A truly Energizing, Restoring & Delicious Immunity Boost!	\$7	\$10
<b>SWEET BEET</b> Apple, Carrot, Beet & Cucumber Anti-Aging Effects, Eyesight & Coronary Health Benefits	\$7	\$10
<b>SIMPLE ELIXIR</b> Carrots, Seasonal Greens, Cucumber, Celery, Beet & Lime	\$7	\$10
<b>GREEN GARDEN</b> Greens, Celery, Cucumber, Lime & Cilantro	\$8	\$11
.....	<u>12oz</u>	<u>16oz</u>
<b>APPLE</b>	\$6.50	\$9.50
<b>CARROT</b>	\$6	\$9
.....		
<b>FRESH SQUEEZED LIMEADE</b>	\$4.50	\$6
<b>GINGER LIMEADE</b>	\$5	\$6.50
.....		

### 🌿 ADD GREENS

+ \$1 to any juice

### 🌟 SUPERFOODS

Ginger, Turmeric, Cayenne, Cilantro,  
Maca, Hemp Protein, Chia, Aminos  
or Coconut Oil (hot drinks only)  
+ 75¢ each

• Tahoe's Choice for Organic Vegan Cuisine • Since July 2012 •

# BLISSFUL BREAKFAST

{ SERVED 8 AM TIL 11 AM }

## CLASSICS

• Organic Vegan Goodness •

### ♥ BLISS OMELETTE

Our Signature Chickpea Omelette filled w/ Sauteed Seasonal Veggies. Topped w/ Our House Recipe Cashew Cheez. Served w/ Sprouted Wheat Toast or Gluten-Free Toast +\$1

\$15

### OATMEAL

Gluten-Free Oats Prepared with Cinnamon, Cloves & Raisins \$7  
goji berries, coconut, nuts, hemp seeds or cacao nibs • 75¢ each  
fresh seasonal fruit \$1.50

### GOURMET OATMEAL

Gluten-Free Oats with Cinnamon, Cloves, Raisins & Goji Berries topped with Cacao Nibs, Pecans & Coconut \$9.50

## Simply TOAST

Served on Gluten-Free Bread

### AVOCADO TOAST

Our Artisan Cashew Cream Cheez, Avocado & Hemp Seeds  
1 slice \$6.50

### DEVILISH TOAST

Topped with Our Creamy House Recipe Cashew NO-egg Salad \$6

### CREAM CHEEZ & JELLY TOAST

Our Artisan Cashew Cream Cheez & Jelly (100% Fruit)  
1 slice \$4

### CINNAMON TOAST

Topped with Housemade Vegan Butter Sprinkled w/ Cinnamon, Cloves & Coconut Sugar  
1 slice \$2.50

## PANCAKES

••• GLUTEN FREE •••

• GF Oat Flour Made in House •  
Served with our Signature Syrup

### ORIGINAL PANCAKES

Oat Flour Pancakes Vegan, Gluten-Free & Quite Possibly the BEST EVER!  
Full Stack \$10/ Kid's Stack \$5

### ♥ PECAN PANCAKES

Inspired From My Childhood... a Southern Delicacy  
Full Stack \$13 / Kid's Stack \$7

### CHOCOLATE CHIP PANCAKES

A Sinfully Yummy Way to Start the Day! Full Stack \$12 / Kid's Stack \$6

### SEASONAL PANCAKES

Ask About Seasonal Selection & Availability

## BAGELS

Served on Choice of Sprouted Wheat Bagel :  
Plain or Onion Poppyseed  
or Gluten-Free English Muffin • +\$1

### BLISSFUL BAGEL

Our Artisan Cashew Cream Cheez, Tomato, Avocado, Red Onion & Seasonal Greens \$11/ GF • \$12

### ♥ DEVILISH BAGEL

Served Open-Faced topped w/ Our Creamy Cashew NO-Egg Salad & Red Leaf Lettuce \$13/ GF • \$14

### TALLAC BAGEL

House-made Almond Butter, Cacao Nibs, Hemp Seeds, Chia Seeds, Coconut & Goji Berries \$9/ GF • \$10

### BAGEL

Sprouted Wheat Bagel • Toasted & Served w/ choice of Cashew Cream Cheez, Almond Butter, Fruit Spread or Simple Bliss Vegan Butter \$5

### ENGLISH MUFFIN

Gluten-Free Brown Rice English Muffin  
• Toasted & Served with Choice of Spread \$6

## RAW BREAKFAST BOWLS

Choice of Mylk: Coconut or Cashew (+.50¢)  
Add Fresh Season Fruit (+ \$.50)

### SMOOTHIE BOWL

Strawberries, Banana, Almond Butter, Cacao & Date Paste Blended with Choice of Handcrafted Mylk Topped w/ Pecans & Coconut \$11

### SUPERFOOD BOWL

Strawberry, Mango, Chia Seeds, Ginger, Turmeric, Maca, Coconut Oil & Date Paste Blended with Choice of Handcrafted Mylk Topped w/ Goji Berries, Cacao Nibs & Hemp Seeds \$13

### RAW OATMEAL

Raw Gluten-Free Oats, Almonds, Raisins, Goji Berries, Cacao Nibs, Shredded Coconut, Cinnamon, Cloves & Choice of Handcrafted Mylk :  
Coconut or Cashew (+.50¢)  
\$11

## • SIDES •

Lentil Burger Patty \$3.50

Sprouted Wheat Toast \$1

GF Toast \$2

Cashew Cream Cheez

Sweet Cashew Cream

Vegan Bliss Butter

Cashew Cheez

Almond Butter

Guacamole

Devilish

Pico

Syrup

• Made in House •

• price list on next page •

We Don't Make Fast Food... We Create Fresh Wholesome Organic Goodness

Which May Take a Little Time... Thank You for Your Patience

# • SALADS • WRAPS • SIDES •

{ VEGAN • ORGANIC • GLUTEN FREE • SOY FREE }

## WRAPS & SALADS

Served as a Salad on a Bed of Organic Greens  
or as a Wrap in Your Choice of a Fresh Collard Leaf  
or Sprouted Wheat Tortilla. Wraps Served w/ Chips

Wrap      Salad      Side Salad

### VEGGIE BLISS

\$14      \$13      \$7

Fresh Seasonal Greens, Tomatoes, Carrots, Cucumber, Avocado, Red Onion, Bell Peppers, Beets & Raw Sunflowers Seeds  
Choice of Sweet Dijon Dressing or Oil & Coconut Vinegar  
• Served as a Wrap or Salad •

### SIMPLE SALAD

\$12      \$11      \$6

Greens, Tomatoes, Rainbow Carrots & Red Onions  
• Served w/ Oil & Coconut Vinegar or Sweet Dijon Dressing

### HEAVENLY WRAP

\$14      \$13      \$7

Tomato, Avocado, Cucumber, Greens & Raw Hemp Seeds  
w/ Choice of Cashew Cream Cheez or Sweet Dijon Dressing

### ♥ TACO SALAD

\$16      \$15      \$8

Fresh Seasonal Greens Topped with Our Signature RAW Taco Filling, Fresh Pico, Guacamole, Shredded Rainbow Carrots & Our Housemade Cashew Cheez

### DEVILISH SALAD

\$14      \$13      \$7

Our House Recipe Creamy NO-Egg Salad atop Seasonal Greens, Shredded Rainbow Carrots & Avocado • Served as a Wrap or Salad •

## À LA CARTE

BASMATI RICE	\$4
WHOLE or REFRIED BROWN BEANS	\$4
QUINOA	\$4
BLUE CORN CHIPS	\$4
POTATO CHIPS	\$4
CHIPS & SALSA	\$6
CHIPS & GUAC	\$8
CHIPS & CHEEZ	\$8
CHIPS & DEVILISH	\$9

## SIDES

### Coleslaw

4oz • \$3  
8oz • \$6  
12oz • \$9

### Guacamole

2oz • \$2  
4oz • \$4  
8oz • \$8

### Pico

4oz • \$3  
8oz • \$6

### Salsa

2oz • \$1  
4oz • \$2

### Cashew Cheez

2oz • \$2  
4oz • \$4

### Cream Cheez

2oz • \$2  
4oz • \$4

### Devilish

4oz • \$4  
8oz • \$8

### Oil & Vinegar

2oz • \$1  
4oz • \$2

### Sweet Dijon Dressing

2oz • \$2  
4oz • \$4

### Taco Filling

2oz • \$3  
4oz • \$6

### Butters (Bliss or Almond)

2oz • \$2  
4oz • \$4

• Vegan • Organic • Gluten Free • Soy Free • GMO Free • Flax Free •  
\*sprouted wheat & whole wheat products • NOT gluten free\*



# • SANDWICHES • BURGERS • BOWLS •

SANDWICHES & BURGERS SERVED W/ POTATO CHIPS & FRUIT

• ADD COLESLAW OR SMALL SIMPLE SALAD +\$2 •

## SANDWICHES

Served on Veganic Sprouted  
Wheat Bread or Gluten-Free +\$2

### **SIMPLY AVO**

Avocado, Tomato, Seasonal  
Greens, Mustard & Cashew Cream  
Cheez • Everyone's Favorite! •

\$12.50

### **DEVILISH SANDWICH**

Our Creamy House Recipe  
Cashew-based NO-egg Salad w/  
Tomato & Seasonal Greens

\$13

### ♥ **BBQ SANDWICH**

Warm Southern Style Sautéed  
Shredded BBQ & Our  
Housemade Coleslaw  
Served on Your Choice of a  
Toasted Whole Wheat Bun or  
GF Bun +\$2

\$14 / + Cheez \$15.50

## BUDDHA BOWLS

Have Quinoa instead of Rice +\$1

### **SIMPLE BOWL**

Cumin Brown Beans, Brown Rice,  
Cilantro, Red Onions & Bell Peppers  
Topped with Salsa

Served on Seasonal Greens

\$11/ + Cheez • \$12.50

### **GINGER BOWL**

Fresh Ginger, Brown Basmati Rice,  
Cabbage, Rainbow Carrots, Red  
Onions, Peppers, Coconut Aminos &  
Topped with Our Artisan Cashew  
Cream Cheez and Raw Hemp Seeds

\$13

### **JR BOWL**

Cumin Brown Beans, Brown Rice &  
Cilantro Topped with Pico • Kid  
Sized • \$5 / + Cheez • \$6.50

## BLISS BURGERS

Our House Recipe Organic Gluten-Free Lentil Burger

Served on a Wheat Bun, GF Bun +\$2,

Bed of Greens or in a Collard Wrap

### ♥ **CLASSIC BURGER**

Our Classic Lentil Burger - Always a Great Choice!

Greens, Red Onions, Tomatoes,

Pickles, Ketchup & Mustard.

Add Cashew Cheez & Make it a Cheeze Burger!

\$13/ + Cheez \$14.50

### **TAHOE BURGER**

• Local's Favorite! •

RAW Cashew Cream Cheez, Avocado, Tomato & Greens

\$15.50 / + Cheez \$17



### **CAJUN BURGER**

• SPICY!!! •

CAJUN Cashew Cream Cheez,

Fresh Seasonal Greens, Tomatoes & Dill Pickles

\$14 / + Cheez \$15.50

### **BBQ BURGER**

Topped with Guacamole & Smothered in BBQ Sauce

Served with Tomatoes, Red Onions and Seasonal Greens

\$15 / + Cheez \$16.50

### • **ADD EXTRAS!** •

- Tomatoes or Onions +\$1 each •
- Avocado +\$2 • Pickles + 50¢
- Make It CAJUN +25¢
- Cheez or Cream Cheez +\$1.50 •
- 2nd Lentil Patty \$3.50 • Side of Slaw +\$2 •

We Don't Make Fast Food... We Create Fresh Wholesome Organic Goodness

Which May Take a Little Time... Thank You for Your Patience!

# • NACHOS • BURRITOS •

- ALL NACHOS CAN BE SERVED CORN-FREE AS A SALAD •
- ALL BURRITOS CAN BE SERVED GLUTEN-FREE AS A BOWL •

## NACHOS

Served on Organic Blue Corn Chips  
or Served as a Salad on a Bed of Greens

### ♥ BLISSSED OUT

• Warning May Be Addicting! •  
Our Refried Beans, Raw Taco Filling, Salsa,  
Pico & Guacamole, Smothered in Cashew  
Cheez, Piled High Atop Organic Blue Corn  
Tortilla Chips. Or Make it a Nacho Salad!  
Large \$15.50 Small \$11

### QUINOA NACHOS

Tri-Colored Quinoa Seasoned to Perfection &  
Sautéed w/ Onions, Red Peppers, Tomatoes,  
Rainbow Carrots & Purple Cabbage. Topped  
with Pico & Guac then Smothered with Our  
Cashew Cheez. Served High atop Organic  
Blue Corn Chips OR Make it a Nacho Salad  
Large \$16.50 Small \$12  
Add Cumin Brown Beans + \$2

### SIMPLE NACHOS

Refried Beans & Our Cashew Cheez  
Piled Atop Organic Blue Corn Tortilla Chips  
Large \$12 Small \$9

### EXTRA TOPPINGS +\$2

- Cream Cheez • Taco Filling •
- Guac • Pico • Salsa •
- Brown Rice • Quinoa •
- Whole or Refried Beans • Cheez

Add Any of these Items to Nachos or Burritos

## BURRITOS • BOWLS

Served on a Sprouted Wheat Tortilla  
or Gluten-Free as a Bowl  
Includes Blue Corn Chips & Salsa

### BLISSFUL BURRITO

Our Refried Beans, Brown Rice, Pico, Guac  
& Cilantro in a Sprouted Wheat Tortilla or  
Served Gluten-Free as a Bowl  
\$12.50 • w/ Cheez • \$14

### BEAN & CHEEZ

Housemade Refried Beans & Artisan Cashew  
Cheez on a Sprouted Wheat Tortilla or served  
Gluten-Free as a Bowl \$8 • w/ Rice \$10

### QUINOA BURRITO

Tri-Colored Quinoa Seasoned to Perfection  
& Sautéed w/ Onions, Red Peppers,  
Tomatoes, Rainbow Carrots & Purple  
Cabbage in a Sprouted Wheat Tortilla with  
Pico & Our Housemade Cream Cheez  
or Served Gluten-Free as a Bowl  
\$14 • w/ Cheez, Beans or Guac \$16

### ♥ CASCADE PLATE

Seasoned Quinoa, Choice of Whole or Refried  
Beans, Cabbage & Taco Filling served in a  
Sprouted wheat Tortilla with Pico, Guac &  
our Artisan Cashew Cheez & Cream Cheez  
Served Gluten-Free as a Plate w/chips & salsa  
or as a Burrito on a Sprouted Wheat Tortilla  
\$16.50



Tahoe's Choice for Organic Vegan Cuisine

• Since July 2012 •



# Simple Bliss Vegan Cafe & Organic Market



Our High Quality Products are Researched Down to the Parent Companies  
to Guarantee they are

- Sustainable • Vegan • Organic • GMO Free •
- Gluten Free • Soy Free • Flax Free • Cane Sugar Free •

## Fruit Smoothies

### SIERRA SUNRISE

Frozen Strawberries & Mangos,  
with Coconut & House Date Paste  
Blended in Handcrafted Coconut Mylk  
12 oz • \$7.50 / 16 oz • \$10

### HAPPY HIPPY

Local's Favorite!

Housemade Almond Butter, Bananas,  
Espresso Grounds, House Date Paste & Cocoa.  
Blended With Our Handcrafted Coconut Mylk.  
12 oz • \$8.50 / 16 oz • \$11

Make it a Hyper Hippy! Add a Shot of Espresso \$2

### CHAI SHAKE

Our signature Chai Blended with Bananas  
Blended w/Handcrafted Coconut Mylk or Cashew Mylk + 50¢  
12 oz • \$8 / 16 oz • \$10.50

- Make it Dirty! +\$1
- Ginger or Vanilla + 50¢

### GOLDEN MYLKSHAKE

Handcrafted Coconut Mylk Blended with Turmeric,  
Date Paste, Artisan Coconut Oil, Ginger, Vanilla & Bananas.  
Sprinkled with Cinnamon, Cloves & Black Pepper  
12 oz • \$8.50 / 16 oz • \$11

### BANANA CREME PIE

Destined to be a Favorite!  
Bananas, Vanilla, Maca,  
Date Paste & Artisan Coconut Oil  
Blended w/Handcrafted Coconut Mylk  
12 oz • \$8 / 16 oz • \$10.50

### FUNKY MONKEY

One of Our Classics!  
Strawberries, Bananas & House Almond Butter  
Blended w/ Handcrafted Coconut Mylk  
12 oz • \$8 / 16 oz • \$10.50

### SUPER FRUITY

A Refreshing Blend of all our Organic Frozen Fruits & Coconut  
12 oz • \$7.50 / 16 oz • \$10

### ♥ STRAWBERRY DREAM

A Creamy Blissful Delight of  
Strawberries, Maca, Coconut Oil, Vanilla, Date Paste  
& Handcrafted Cashew Mylk.  
12 oz • \$8.50 / 16 oz • \$11

### LIME IN THE COCONUT

Lime, Coconut, Bananas & Dates  
Blended with Handcrafted Coconut Mylk  
12 oz • \$8 / 16 oz • \$10.50

### GREEN STRAWBERRY LIMEADE

Fresh Lime w/ Frozen Strawberries,  
Date Paste & Seasonal Greens  
12 oz • \$7.50 / 16 oz • \$10

### MANGO LASSI

Reminiscent of the Classic Indian Delight.  
Mango, Maca, Vanilla,  
Artisan Coconut Oil & Date Paste  
Blended w/Handcrafted Coconut Mylk  
12 oz • \$8.50 / 16 oz • \$11

- MAKE IT A GREEN SMOOTHIE •
- Add Seasonal Greens to Any Smoothie + \$1
- ADD GINGER OR TURMERIC • 50¢
- ADD CAYENNE • 25¢
- ADD MACA, CACAO, DATE PASTE,  
ALMOND BUTTER, CHIA SEEDS  
HEMP PROTEIN POWDER  
OR ARTISAN COCONUT OIL • 75¢

• Raw • Vegan • Organic • Gluten Free • Soy Free • GMO Free • Flax Free •

••• Only Real Whole Foods Allowed Here! •••