

BREAKFAST

BREAKFAST ENDS AT 11 AM

COMES WITH A SIDE OF PURPLE CABBAGE COLESLAW

SMOKED SALMON BAGEL \$13.95

SMOKED SALMON, CREAM CHEESE, TOMATO, RED ONION

EGG SALAD BAGEL \$10.95

EGG SALAD, BAGEL, TOMATO, ROMAINE, GREEN ONIONS

EGG BAGEL \$10.95

EGGS, BAGEL, TOMATO, OLIVE OIL DRESSING, POTATOES

AVOCADO TOAST \$12.95

AVOCADO MASH, MULTI-GRAIN TOAST, FRIED EGGS

OMELETTE PLATE \$15.95

3-EGG OMELETTE, GREEN ONION, FETA CHEESE, PARSLEY
COMES WITH TOAST, POTATOES, AND A SMALL SIDE SALAD

EGG SALAD WRAP \$11.95

EGG SALAD, ROMAINE, TOMATO, RED ONION, WHOLE
WHEAT WRAP

OMELETTE WRAP \$11.95

2-EGG OMELETTE, TOMATO, CUCUMBER, SWISS CHEESE,
AVOCADO, CHOICE OF GREENS

HIGH ENERGY WRAP \$13.95

4 EGG WHITES, SPINACH, CUCUMBER, TOMATO

HOMESTYLE OMELETTE WRAP \$14.95

3-EGG OMELETTE, TURKEY BACON, POTATOES, RED ONION,
CHEDDAR CHEESE



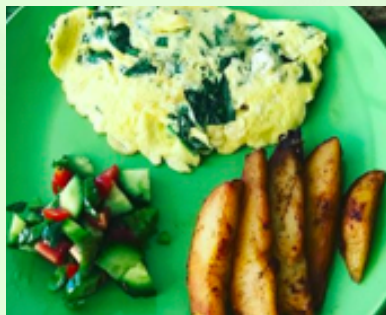
TOFU SCRAMBLE WRAP \$13.95

TOFU, RED ONION, POTATOES, CUCUMBER, TOMATO,
TURMERIC, TAHINI, GARLIC-CHILLI SAUCE



OATMEAL WITH FRUIT \$10.95

OLD-FASHIONED OATS, HONEY, COCONUT FLAKES,
STRAWBERRY, BLUEBERRY, PECANS, PUMPKIN SEEDS,
ALMOND MILK

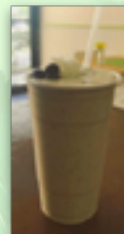


CHOOSE TWO FRUIT OPTIONS:

STRAWBERRY
BLUEBERRY
RASPBERRY
BANANA
PINEAPPLE
PEACH
MANGO

SMOOTHIES **V**

16OZ \$9.99
24OZ \$11.99



MEAL REPLACEMENT SHAKES **V**

24OZ \$14.50

WITH CHOICE OF PROTEIN AND OATS

PEANUT BUTTER & JELLY
PEANUT BUTTER & BANANAS
PEANUT BUTTER CUP

+ COCAO POWDER

BANANA SPLIT

+ CHOCOLATE SYRUP

THREE BERRY SHAKE

+ BLUE/RASP/STRAWBERRY

Flu Shots

4OZ. GINGER,
ORANGE,
LEMON,
HONEY
\$5

V AÇAÍ BOWL

\$14.99

REFRESHERS \$5.95 **V**

LEMONADE MINT

+ LEMON, MINT, AGAVE; SLUSH

HYDRATOR

+ CUCUMBER, GINGER, APPLE, AGAVE; SLUSH

APPLE CINNAMON

+ APPLE, CINNAMON, AGAVE; SLUSH

FRESH SQUEEZED JUICES

ORANGE

GRAPEFRUIT

CARROT

GREEN JUICE

ORANGE / BEET / APPLE

CARROT / APPLE / CELERY

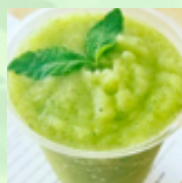
ORANGE / GRAPEFRUIT / LEMON / PINEAPPLE / GINGER

V
16OZ \$10.99
24OZ \$12.99



\$2 ADDITIONS

GINGER
CAYENNE
TURMERIC
EXTRA FRUIT
MACHA
ALMOND BUTTER



WHEY PROTEIN
VEGI PROTEIN
SPIRULINA
OATS
PEANUT BUTTER



Whole Green Cafe

418 N Federal Hwy,
Pompano Beach, FL 33062

954-532-5125

www.wholegreencafe.com

Daily Hours:

8am - 5pm

Pick-up orders as late as 7pm!

STARTERS AND SIDES

- BRUSSEL SPROUTS V** \$7.95
GUACAMOLE AND CHIPS V \$10.95
MIXED ROASTED VEGGIES V \$7.95
POTATOES V \$4.95
SWEET POTATO V \$4.95
 DRIZZLED WITH HONEY, OR AGAVE, AND
 SPRINKLED IN HIMALAYAN PINK SALT
HUMMUS V \$9.95
 CHOICE OF PITA BREAD OR CARROTS AND CELERY
HOMEMADE VEGAN SOUP V \$6.95



Brussel Sprouts



Hummus

WRAPS

\$14.99

SERVED ON A WHOLE WHEAT WRAP WITH A
 SIDE OF PURPLE CABBAGE COLESLAW

MARKET CHICKEN WRAP

FIELD GREENS, CUCUMBER, TOMATO, RED ONION, OLIVE OIL
 + LEMON DRESSING

TUNA WRAP

ALBACORE TUNA SALAD, FIELD GREENS, CUCUMBER, TOMATO, RED
 ONION, AVOCADO, GREEK DRESSING

GREEK WRAP \$13.99

FIELD GREENS, TOMATO, CUCUMBER, GREEN AND RED PEPPERS, GREEN
 ONION, OLIVES, FETA CHEESE, GREEK DRESSING

QUINOA CHICKEN WRAP

CHICKEN, QUINOA, CHICK-PEAS, TOMATO, CUCUMBER, CARROTS,
 AVOCADO, CILANTRO LIME SAUCE

V VEGI BURGER WRAP

BLACK-BEAN VEGGIE BURGER, SPINACH, TOMATO, RED
 ONION, CUCUMBER, CARROTS, AVOCADO, VEGAN SPICY MAYO

CHICKEN CAESAR WRAP

CHICKEN, ROMAINE, PARMESAN, CARROTS, AVOCADO, CAESAR
 DRESSING

FAJITA WRAP

CHICKEN, SAUTÉED RED ONIONS, RED AND GREEN PEPPERS, SWISS
 CHEESE, SPICY MAYO

V FALAFEL WRAP

FALAFEL, SPINACH, TOMATO, CUCUMBER, CARROTS, RED
 ONIONS, AVOCADO, VEGAN SPICY MAYO

SALADS FARM TO TABLE

MARKET SALAD

FIELD GREENS, CUCUMBER, TOMATO, GREEN ONION,
 RADISH, FETA CHEESE, CHICK-PEAS, AVOCADO, EGG
 LEMON+OLIVE OIL DRESSING \$13.95

AUTUMN SPINACH SALAD

SPINACH, TOMATO, RED ONION, GREEN APPLE,
 PECAN, GOAT CHEESE \$12.95
 DIJON DRESSING

CAESAR SALAD

ROMAINE LETTUCE, TOMATO, AVOCADO,
 CROUTONS, PARMESAN CHEESE \$12.95
 CAESAR DRESSING

KALE QUINOA SALAD

KALE, QUINOA, TOMATO, RED ONION, PUMPKIN SEEDS,
 SUNFLOWER SEEDS, FETA CHEESE, DRIED CRANBERRIES \$13.95
 BALSAMIC DRESSING

V HARDY SALAD

SPINACH, TOMATO, CUCUMBER, RED ONION,
 POTATO, CHICK-PEAS, HARD-BOILED EGG, TAHINI \$13.95
 LEMON+OLIVE OIL DRESSING

GREEN SALAD

FIELD GREENS, TOMATO, CUCUMBER, GREEN ONION,
 GREEN PEPPER, BEETS, GOAT CHEESE, AVOCADO,
 GRILLED CHICKEN \$15.95
 BALSAMIC DRESSING

GREEK SALAD

ARUGULA, TOMATO, CUCUMBER, GREEN ONION, RED
 + GREEN PEPPER, KALAMATA OLIVES, FETA CHEESE \$12.95
 GREEK DRESSING

MEXI CHOP SALAD

ROMAINE, TOMATO, CUCUMBER, RED ONION, GREEN
 PEPPER, CORN, BLACK BEANS, SHREDDED CHEESE,
 CRUNCHY TORTILLA CHIPS \$12.95
 CILANTRO LIME DRESSING

SAUCES

- V CILANTRO LIME**
SPICY MAYO
V PEANUT SESAME
V TAHINI
V AUTUMN DIJON
V LEMON OLIVE OIL
V GREEK
V BALSAMIC
V ROMESCO
V VEGAN SPICY MAYO

ADDITIONAL PROTEIN

- V AVOCADO \$2.00**
CHICKEN \$5.95
TUNA SALAD \$4.95
EGG SALAD \$4.95
V TOFU \$4.95
V VEGI BURGER \$5.95
V FALAFEL \$4.95
SMOKED SALMON* \$5.95
BAKED SALMON \$9.95
SEARED TUNA* \$9.95

BOWLS

V QUINOA BOWL \$14.95

TOMATO, CUCUMBER, PURPLE CABBAGE,
 CARROTS, AVOCADO, SWEET POTATO, ROASTED
 BROCCOLI, CAULIFLOWER, ASPARAGUS,
 CILANTRO LIME OR CHOOSE SAUCE

V BROWN RICE BOWL \$11.95

TOMATO, CUCUMBER, CHICK-PEAS, PURPLE
 CABBAGE, AVOCADO, ZUCCHINI, TAHINI

POKE BOWL * \$15.95

BROWN RICE, TOMATO, CUCUMBER, GREEN
 ONIONS, EDAMAME BEANS, PICKLED GINGER,
 CARROTS, AVOCADO, SMOKED SALMON
 POKE SAUCE + SPICY MAYO SAUCE

AHI POKE BOWL * \$16.95

BROWN RICE, TOMATO, CUCUMBER, GREEN
 ONIONS, CARROT, RADISH, SEAWEED SALAD,
 AVOCADO, BROCCOLI, AHI TU NA
 POKE SAUCE + PEANUT SESAME SAUCE

MEXI BOWL \$13.95

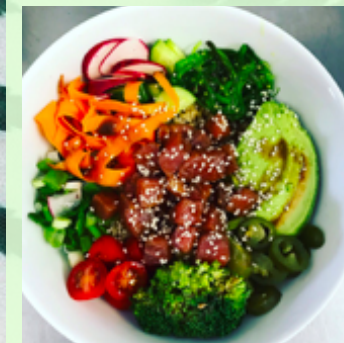
BROWN RICE, BLACK BEANS, CORN,
 GUACAMOLE, GRILLED CHICKEN

V BUDDHA BOWL \$14.95

BROWN RICE, SEAWEED SALAD, CARROT,
 TOMATO, CUCUMBER, RADISH,
 BROCCOLI, GREEN ONIONS, TOFU
 POKE SAUCE + PEANUT SESAME SAUCE

ADDITIONAL PROTEIN

- V AVOCADO \$2.00**
CHICKEN \$5.95
TUNA SALAD \$4.95
EGG SALAD \$4.95
V TOFU \$4.95
V VEGI BURGER \$5.95
V FALAFEL \$4.95
SMOKED SALMON* \$5.95
BAKED SALMON \$9.95
SEARED TUNA* \$9.95



Ahi Poke Bowl

* Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.