



Local. Organic. Vegan. Vegetarian.

*Serving Whole Foods, Vegetarian  
and Vegan Cuisine, Fresh Juices  
and Locally Roasted Coffees*

**Hours of Operation:**

Tues. – Sun. 7am – 3pm

2235 S. Power Rd., Suite 116  
Mesa AZ 85209  
S. of Baseline on Power Rd.  
PH: 480.654.8081

[www.CuttingBoardCafe.com](http://www.CuttingBoardCafe.com)

Look for our daily specials on our  
Facebook page each morning at

[www.facebook.com/cuttingboardcafe](http://www.facebook.com/cuttingboardcafe)

## LEARN. EAT. LIVE.

Welcome to The Cutting Board Bakery & Café, the east valley's vegan-vegetarian restaurant. We invite you to explore a delicious and creative menu of foods that contribute to your health and to that of the planet. When you dine with us, you'll not only enjoy a tasty meal, but you'll also be glad for the choices you've made. We'll tell you about the wonderful foods we offer and how they benefit your health. We serve locally sourced fruits and vegetables, fresh juices, gourmet coffees, house-made breads and freshly baked pastries. We choose organic foods when we can, and we support sustainable practices.

The Cutting Board is not only a restaurant; it's a community. Join our e-mail list to be informed of special events and offers. Check our calendar frequently. There's so much to learn, to celebrate, and to enjoy. Most of all, visit us often and grow healthfully!

learn. eat. live.



Join our mailing list to be informed about  
specials, events and healthy eating!

[www.CuttingBoardCafe.com](http://www.CuttingBoardCafe.com)

### :BREAKFAST:

7am - 11am • tues - sat  
& all day sunday

**sweet potato hash 8.75**

a home-style blend of potatoes, carrots, kale and herbs all baked to perfection. served with seasonal fresh fruit.

**breakfast burrito 8.75**

sweet potato hash in a chipotle tortilla wrap with black beans and roasted seasonal veggies. served with seasonal fresh fruit.

**santa monica 7.75**

housemade bread, soaked in orange juice and spices. topped with seasonal berries, almonds and served with maple syrup

**granola bowl 6.75**

housemade granola served with your choice of milk. served with seasonal fresh fruit.

**tamari tofu english muffin 7.75**

fresh macadamia pesto spread across a toasted english muffin and then topped off with baked tofu, avocado and tomato slices. served with seasonal fresh fruit.

**quiche wedge 8.75**

eggless quiche with organic tofu, cashews, sliced tomatoes, onion and seasonal veggies. served with seasonal fresh fruit.

**lite start 6**

freshly prepared fruit with a seasonal focus, accompanied by a toasted english muffin and almond butter spread

---

*Our products may contain wheat, dairy, soy, peanut or other allergens. Prior to ordering, please inform us if a person in your party has a food allergy.*

## :APPETIZERS:

### BOARDS

*these dishes make a plentiful entrée for one, or a great appetizer for the table!*

#### **olive tapas 9**

housemade bread with a variety of olives and spicy green beans. served with olive oil and balsamic vinegar for dipping

#### **bruschetta 9**

housemade bread topped with arugula micro-greens, lemon juice, and balsamic glaze. choose feta or tofu topping

#### **hummus trio 9**

red bell pepper, jalapeno-cilantro and garlic hummus all served with whole-wheat pita bread, pickles and a raw veggie medley

## :SOUP OF THE DAY:

check the daily menu for today's offerings

**cup 4**

**bowl 6**

**combo: half sandwich + cup of soup 7.75**

## :FROM THE BAKERY:

fresh baked goods will be displayed, ready to order. look for today's treats on display

## :FOR THE KIDS:

#### **little bites 4**

we offer fun and nutritious dishes for your little ones. daily options will include: cheesy mac, dreamy pudding, finger foods platter, nutty butter stars

## :LUNCH:

### COLD WRAPS & SANDWICHES

#### **vedg-head 9**

whole grain mustard, onion, heirloom tomato, organic petite micro-greens, avocado, cucumber, mixed salad greens and jicama on sprouted khorasan sandwich bread. served with organic blue corn chips and fresh housemade salsa.

#### **lentil cabbage wrap 9**

green lentils, green cabbage, carrots, parsley and lemon-tahini sauce wrapped in a whole wheat tortilla. served with organic blue corn chips and fresh housemade salsa.

#### **nutty butter 4**

it's not just for kids! choose organic peanut butter or maple almond butter with banana, sunflower seeds and flax meal on sprouted khorasan sandwich bread.

**combo: half sandwich + cup of soup 7.75**

### SALADS

*our focus is fresh and seasonal. choose your housemade dressing.*

#### **house greens 9**

organic petite salad greens and mixed lettuce greens with tamari baked sunflower seeds, tomato, avocado and cucumber

#### **spinach 9**

organic spinach and beet greens with sliced almonds, dried cranberries and feta or tofu

#### **kale 9**

kale, cucumbers, carrots, pepitas, beet greens

#### **housemade dressings**

vinaigrette, maple mustard, balsamic, walnut dill, and olive oil

## :ENTREES:

#### **tacos duo 10**

housemade "nutty meat" nestled in a soft shell taco with cilantro micro-greens, corn, tomatoes and red salsa. served with organic blue corn chips & salsa.

#### **bb burger 11.75**

our signature black bean patty on a whole-grain bun, served with organic blue corn chips & salsa. toppings: onion, tomato, pickle, cucumber, greens, jalapeno, ketchup, whole-grain mustard

#### **portobello dill burger 11.75**

portobello with fresh dill on a whole-grain bun, served with organic blue corn chips & salsa. toppings: onion, tomato, pickle, cucumber, greens, jalapeno, ketchup, whole-grain mustard

#### **burrito two ways 11**

black beans, mixed petite salad greens, tomato, cilantro micro-greens, lime, avocado, and salsa in a chipotle tortilla, or go carb-less and gluten free with a bowl accompanied by quinoa.

**sub/add "nutty meat" mix +2**

#### **cheesy mac 9**

totally vegan, and totally creamy ... and it's gluten free, too!

### DAILY SPECIAL

*each day we will offer a unique entrée. check the daily menu for today's special*

## :SIDES:

**small house salad 4.25**

**cucumber sesame salad 3.75**

**kale salad 4.25**

**seasonal fruit 3.75**

**chips & salsa 1.75**

**dressing 0.5**

**salsa 0.5**