CAFÉ YUMM!

1801 Willamette St, Eugene | 541-686-YUMM (9866)

CAFÉ YUMM! THE MERIDIAN

IDAHO: EAGLE **WASHINGTON**: SEATTLE • VANCOUVER
OREGON: BEAVERTON • BEND • CLACKAMAS • CORVALLIS • EUGENE • KEIZER
LAKE OSWEGO • PORTLAND • SALEM • SPRINGFIELD • WILSONVILLE

YUMM! BOWLS®

YUMM! BOWL®

Choose any style at right and we will customize it however you like. Served fresh and fast!

Small $6.75 | Medium $7.75 | Large $8.75

Hot 'n' Jazzy®

ORIGINAL

538 | 776 | 1016 cal.
Organic brown rice, organic black beans, organic mild salsa, Original Yumm! Sauce,® and Deluxe Toppings.

HOT 'N' JAZZY® *Spicy!*

550 | 783 | 1018 cal.
Thai jasmine rice, organic red beans, Jalapeño Sesame Salsa, Original Yumm! Sauce,® and Deluxe Toppings.

SOUPER

506-531 | 719-752 | 902-952 cal.
Organic brown rice, with choice of daily house soup, Original Yumm! Sauce,® and Deluxe Toppings.

EDAMAME

544 | 784 | 1008 cal.
Organic brown rice, edamame (non-GMO green soybeans), Original Yumm! Sauce,® and Deluxe Toppings; topped with nori.

JAZZY®

528 | 761 | 996 cal.
Thai jasmine rice, organic red beans, organic mild salsa, Original Yumm! Sauce,® and Deluxe Toppings.

SMOKY *Mild heat.*

511 | 740 | 961 cal.
Organic brown rice, our famous Chipotle Chili, organic mild salsa, Original Yumm! Sauce,® and Deluxe Toppings.

CHILEAN ZUCCHINI™

508 | 737 | 956 cal.
Organic brown rice, our zucchini-corn-tomato stew, organic mild salsa, Original Yumm! Sauce,® and Deluxe Toppings.

YUMM! BABY® *No beans about it!*

536 | 778 | 999 cal.
Thai jasmine rice, extra avocado, Original Yumm! Sauce,® and Deluxe Toppings.

CHOOSE YOUR TOPPINGS

DELUXE TOPPINGS INCLUDE

- Shredded Tillamook® Cheddar Cheese
- Diced Tomato
- Fresh Avocado Slices
- Sour Cream (or organic non-fat yogurt)
- Black Olives
- Fresh Cilantro

Over 50% of our food is CERTIFIED ORGANIC

"VEGAN SUB AVO!"
Extra avocado, hold the cheese and sour cream. No charge.

"VEGAN SUB CC!"
Substitute cabbage and carrots for cheese and sour cream.

ADD-ONS

$2.00 All Natural Chicken, *Southwest* or *Original 98 | 80 cal.*
$3.00 All Natural Turkey Breast *90 cal.*
$1.50 Organic Tofu, *Southwest* or *Original 160 | 93 cal.*
$1.50 Organic Tempeh *173 cal.*
$2.00 Add soup *60-110 cal.*
75¢ Nori (roasted, salted seaweed) *48 cal.*
75¢ Pepitas (roasted, salted pumpkin seeds) *73 cal.*
75¢ Slivered Almonds (blanched, unsalted) *90 cal.*
75¢ Café Yumm!® Crispy Noodles (gluten-free) *60 cal.*
75¢ Jalapeño Sesame Salsa *35 cal.*

DIETARY REQUESTS WELCOME! cafeyumm.com/nutrition

YUMM! MORE

Yumm! Wrappit®

Yumm! Wrap®

YUMM! WRAPPIT® $8.75

A hand-held meal!
646-1053 cal. A medium Original, Jazzy, or Hot 'n' Jazzy Yumm! Bowl® wrapped in a big, warm tortilla (white or wheat).

YUMM! 'N' GREENS® $8.75

403-658 cal. A small Yumm! Bowl,® any style above, served on a bed of organic field greens, crowned with tortilla chips.

YUMM! WRAP® $9.75

You'll need a knife and fork.
788-1288 cal. A large Original, Jazzy, or Hot 'n' Jazzy Yumm! Bowl® folded into a huge, grilled tortilla (white or wheat) with melted Tillamook® cheddar cheese.

100% post consumer recycled fiber

YUMM! YUMM! YUMM! YUMM! YUMM! YUMM! YUMM! YUMM! YUMM! YUMM! YUMM! YUMM! YUMM! YUMM!

COOKIES

Chocolate Dipped Cookies

OATMEAL RAISIN
Organic oat flour. *394 | 472 cal.*

CHOCOLATE CHIP
An award-winning cookie!
Organic whole wheat flour, organic eggs. *335 | 412 cal.*

GINGER SPICE
Vegan and wheat-free.
Organic oat flour. *344 | 422 cal.*

REGULAR COOKIE $2.75

DIPPED IN EUPHORIA® CHOCOLATE $3.25

DRINKS

Café Yumm!® Organic Coffee $2.45 *0 cal.*

Freshly Brewed Iced Tea $2.00 *0 cal.*

Numi® Herbal Teas $2.45 *0 cal.* Organic, fair trade variety.

Fresh Strawberry Lemonade $2.45 *180 cal.*

Organic Juices, Smoothies, and Kombucha
In our display case.

Beer and Wine Ask for selection.

Fountain Drinks $1.95 *200|0 cal.*
Pepsi, Dr. Pepper, Mist Twst, Mug Root Beer, diet Pepsi, and diet Dr. Pepper

pepsi

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SALAD • SOUP • SIDE ITEMS

GINGER MISO SALAD $6.95 *468 cal.*
Organic field greens, tomato, carrots, red cabbage, cilantro, crispy noodles (GF), slivered almonds, and Sweet Ginger Miso.

FRESH GREEN SALAD $4.95 *46 cal.*
Organic field greens topped with tomato, red cabbage, carrots, red onion, and choice of dressing.

SALAD ADD-ONS

$1.00 Sliced Avocado *45 cal.*
$2.00 All Natural Chicken, *Southwest* or *Original 98 | 80 cal.*
$3.00 All Natural Turkey Breast *90 cal.*
$1.50 Organic Tofu, *Southwest* or *Original 160 | 93 cal.*
$1.50 Organic Tempeh *173 cal.*
$1.00 Shredded Tillamook® Cheddar *110 cal.*

Dressing choices: Original Yumm! Sauce® *106 cal.*
Sweet Ginger Miso *90 cal.* • Creamy Ginger Asian *150 cal.*
Balsamic Vinaigrette *137 cal.* • Buttermilk Ranch *120 cal.*
Blue Cheese *120 cal.*

HOUSE SOUPS Small $4.95 | Med. $5.95 | Large $6.95
120-220 | 180-330 | 240-440 cal. Featuring our own recipes; such as, Chipotle Chili (mild heat) and Chilean Zucchini Stew. Plus, daily originals from American classics to world flavors. Served with a baguette roll and butter.

TERIYAKI TEMPEH SKEWER
$3.25 *393 cal.* Organic tempeh glazed with teriyaki sauce.

BBQ TOFU SKEWER
$3.25 *329 cal.* Organic tofu glazed with barbecue sauce.

TERIYAKI CHICKEN
$4.00 *203 cal.*
All Natural Chicken glazed with teriyaki sauce.

Teriyaki Chicken, BBQ Tofu, and Teriyaki Tempeh

SANDWICHES • BENTOS • GRILLED ITEMS

TURKEY OR TEMPEH REUBEN $9.95 *849 or 1084 cal.*
Grilled All Natural turkey (nitrite-free) or baked organic tempeh on swirled rye with vegan Reuben sauce, sauerkraut, Swiss cheese, tomato, and red onion. Served with tortilla chips and a pickle spear.

TOFU OR TEMPEH YUMM! BENTO® $8.95
984 or 1085 cal. Choice of organic brown or Thai jasmine rice, with organic teriyaki tempeh or BBQ tofu skewer, and creamy ginger Asian Cole Slaw; plus, a side of Original Yumm! Sauce.®

Southwest Wrap™

Tofu Yumm! Bento®

GINGER-GARLIC VEGGIE BURGER $9.95 *679 cal.*
Our unique vegan burger (contains peanuts) with creamy ginger Asian Cole Slaw, organic field greens, and tomato, presented open face on a vegan whole wheat bun. Served with tortilla chips and a pickle spear.

CHICKEN YUMM! BENTO® $9.95 *861 cal.*
Choice of organic brown or Thai jasmine rice, All Natural chicken glazed with teriyaki sauce, and our creamy ginger Asian Cole Slaw; plus, a side of Original Yumm! Sauce.®

SOUTHWEST WRAP™ CHICKEN $9.75 | TOFU $8.75
769 or 789 | 844 or 864 cal. Southwest seasoned All Natural chicken or grilled organic tofu, with Tillamook® cheddar cheese, avocado, tomato, organic mild salsa, and cilantro folded into a grilled tortilla (white or wheat).

CHEESE QUESADILLA $5.95 *770 or 790 cal.*
A tortilla grilled with Tillamook® cheddar cheese; served with organic mild salsa and sour cream on the side. Ask cashier about add-ons like olives, tomatoes, or avocado.

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