



Order ahead at:
CafeYumm.com/Lakemoor
 2826 S Eagle Rd, Eagle
 208-900-YUMM (9866)

What's a YUMM! Bowl?

Our famous Original has:

- Organic Brown Rice
- Yumm! Sauce®
- Organic Black Beans
- Cheddar Cheese
- Fresh Mild Red Salsa
- Black Olives
- Tomato
- Avocado
- Sour Cream
- Cilantro

Sub
 Cauliflower
 Rice for
\$1.00



Personalize Your Yumm!
 Chicken · Tofu · Tempeh · Vegan

YUMM! Bowls

Deluxe Toppings on all Yumm! Bowls®:

Sliced Avocado · Diced Tomato · Cilantro
 Black Olives · Cheddar Cheese · Sour Cream

Original (538 | 776 | 1016 cal.)

Organic Brown Rice · Yumm! Sauce®
 Organic Black Beans · Fresh Mild Red Salsa
 Deluxe Toppings

Jazzy® (528 | 761 | 996 cal.)

Thai Jasmine Rice · Yumm! Sauce®
 Organic Red Beans · Fresh Mild Red Salsa
 Deluxe Toppings

Hot 'n' Jazzy® Spicy! (550 | 783 | 1018 cal.)

Thai Jasmine Rice · Yumm! Sauce®
 Organic Red Beans · Jalapeño Sesame Salsa
 Deluxe Toppings

Smoky Mild heat. (511 | 740 | 961 cal.)

Organic Brown Rice · Yumm! Sauce®
 Our own Chipotle Chili
 Fresh Mild Red Salsa · Deluxe Toppings

Chilean Zucchini™ (508 | 737 | 956 cal.)

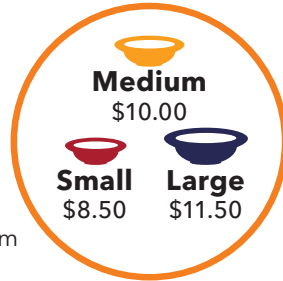
Organic Brown Rice · Yumm! Sauce®
 Our own Chilean Zucchini™ Stew
 Fresh Mild Red Salsa · Deluxe Toppings

Edamame (544 | 784 | 1008 cal.)

Organic Brown Rice · Yumm! Sauce®
 Organic Edamame · Nori · Deluxe Toppings

Yumm! Baby® No beans about it!

(536 | 778 | 999 cal.) Thai Jasmine Rice
 Yumm! Sauce® · Extra Avocado · Deluxe Toppings



Yumm! Bowl® Add-ons

- \$1.00 Sub Cauli Rice (-96 cal. Small | -121 Medium | -145 Large)
- \$2.50 All-Natural Chicken, Southwest or Original (98 | 80 cal.)
- \$2.00 Organic Tofu, Southwest or Original (160 | 93 cal.)
- \$2.00 Organic Tempeh (173 cal.)
- \$2.00 Add Soup (60 - 110 cal.)
- \$1.00 Nori – roasted, salted seaweed (48 cal.)
- \$1.00 Pepitas – roasted, salted pumpkin seeds (73 cal.)
- \$1.00 Slivered Almonds – blanched, unsalted (90 cal.)
- \$1.00 Café Yumm!® Crispy Noodles – gluten-free (60 cal.)
- \$1.00 Jalapeño Sesame Salsa (35 cal.)
- 0¢ Substitute Organic Nonfat Yogurt for Sour Cream (-39 cal.)

More Ways to YUMM!

Yumm! Wrap® You'll need a fork.

\$12.50 (788-1288 cal.)
 Large Yumm! Bowl® of your choice
 Folded into a grilled, open-face tortilla
 with melted cheddar.



Yumm! Wrappit® A hand-held meal!

\$11.50 (646-1053 cal.)
 Medium Yumm! Bowl® of your choice
 Rolled up tight in a warm tortilla.



Yumm! 'n' Greens®

\$11.50 (403-658 cal.)
 Small Yumm! Bowl® of your choice
 Served on a bed of organic field greens
 and crowned with tortilla chips.



Yumm! Bento®

\$10.95 BBQ Organic Tofu (984 cal.)
 \$10.95 Teriyaki Organic Tempeh (1085 cal.)
 \$11.95 Teriyaki All-Natural Chicken (914 cal.)
 Organic Brown Rice or Thai Jasmine Rice
 Served with our creamy ginger Asian Cole
 Slaw, a Skewer,
 and a side of
 Yumm! Sauce®



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Simply delicious. Simply nourishing.™

Salad · Soup

AvoCrunch Salad™ \$9.45 (514 cal.)
Organic Field Greens · Tomato · Carrots
Red Cabbage · Crispy Noodles (GF)
Sliced Avocado · Slivered Almonds
Cilantro · Sweet Ginger Miso Dressing



AvoCrunch Salad™

Southwest Salad
\$11.95 All-Natural Chicken (423 cal.)
\$11.95 Organic Tofu (461 cal.)
Organic Field Greens · Black Beans
Diced Tomato · Sliced Avocado
Diced Onion · Pepitas · Cilantro
*Served with fresh mild red salsa and
choice of dressing (+90 - 150 calories).*



Southwest Salad

Side Salad \$4.95 (43 cal.)
Organic Field Greens · Tomato
Red Cabbage · Carrots · Red Onion
Choice of Dressing (+90 - 150 cal.)

Salad Add-ons
\$1.00 Sliced Avocado (45 cal.)
\$1.00 Cheddar Cheese (113 cal.)
\$2.50 All-Natural Chicken, Southwest or Original (98 | 80 cal.)
\$2.00 Organic Tofu, Southwest or Original (160 | 93 cal.)
\$2.00 Organic Tempeh (173 cal.)

Dressing Choices: Original Yumm! Sauce® (106 cal.)
Creamy Ginger Asian (150 cal.) · Sweet Ginger Miso (90 cal.)
Balsamic Vinaigrette (137 cal.) · Blue Cheese (120 cal.)
Buttermilk Ranch (120 cal.)

House Soups
\$6.95 Cup (120-220 cal.)
\$8.95 Bowl (180-330 cal.)
Served with baguette roll and butter.



Chilean Zucchini™
Stew

Soup Add-ons
50¢ Diced Red Onion (15 cal.)
\$1.00 Cheddar Cheese (113 cal.)
\$3.00 Deluxe Toppings (243 cal.)
(Avocado, Tomato, Cilantro, Olives, Cheddar Cheese, and Sour Cream)
\$1.00 Sour Cream or Organic Nonfat Yogurt (46 | 7 cal.)

Cookies · Drinks

Chocolate Chip Cookie \$3.00 (335 cal.)
Organic whole wheat flour

Ginger Spice Cookie \$3.00 (344 cal.)
Vegan and wheat-free

Oatmeal Raisin Cookie \$3.00 (394 cal.)
Organic oat flour

Chocolate-Dipped Cookie add 50¢ (+78 cal.)



Chocolate-Dipped
Cookie

Café Yumm!® Organic Coffee \$3.00 (0 cal.)

Organic Herbal Teas \$3.00 (0 cal.)

Freshly Brewed Iced Tea \$2.00 (0 cal.)

Fresh Strawberry Lemonade \$3.00 (180 cal.)

Bottled Beverages, Beer, and Wine See display case.
Beer and wine may not be available at all locations.

Fountain Drinks \$2.00 (200 | 0 cal.)
Pepsi, Dr. Pepper, Starry Lemon Lime, Mug Root Beer, Diet Pepsi, Diet Dr. Pepper

**Feeding
a crowd?
Ask about
catering!**

Grilled Items

Southwest Wrap™
\$11.95 All-Natural Chicken (769 cal.)
\$10.95 Organic Tofu (864 cal.)
Cheddar Cheese · Avocado · Tomato
Fresh Mild Red Salsa · Cilantro
*Folded into a grilled, open-face tortilla
with melted cheddar.*



Southwest Wrap™
with Chicken

Deluxe Quesadilla
\$9.95 (883 | 863 cal.)
White or Whole Wheat Tortilla
Cheddar Cheese · Diced Tomatoes · Olives
Sliced Avocado · Cilantro
*Served with fresh mild red salsa
and sour cream on the side.*



Deluxe Quesadilla

Cheese Quesadilla
\$6.95 (790 | 770 cal.)
White or Whole Wheat Tortilla
*Served with fresh mild salsa and
sour cream on the side.*

Skewers

Teriyaki Tempeh
\$4.00 (393 cal.) Organic Tempeh

BBQ Tofu
\$4.00 (329 cal.) Organic Tofu

Teriyaki Chicken
\$5.00 (259 cal.) All-Natural Chicken



Tempeh, Chicken,
and Tofu

YUMM! Kids™

Original Kid Yumm! Bowl® \$4.45
(436 cal.) Organic Brown Rice · Organic Black
Beans · Yumm! Sauce® · Cheddar Cheese

AvoKiddo™ Yumm! Bowl® \$4.45
(443 cal.) Thai Jasmine Rice · Yumm! Sauce®
Cheddar Cheese · Fresh Sliced Avocado

Organic Rice & Beans \$3.45 (338 cal.)
Organic Brown Rice · Organic Black Beans
Beautiful, Delicious, Nourishing.™

Teriyaki Chicken & Rice
\$6.45 (464 cal.)
Teriyaki All-Natural Chicken
Thai Jasmine Rice · Teriyaki Sauce



Teriyaki Chicken
& Rice

Add-ons for Yumm! Kids
\$2.50 All-Natural Chicken (80 cal.)
\$2.00 Organic Tofu, Original (93 cal.)
\$1.00 Fresh Avocado Slices (45 cal.)
\$1.00 Shredded Cheddar (110 cal.)
\$1.00 Diced Tomato (10 cal.)
\$1.00 Black Olives (33 cal.)

Kid Quesadilla \$5.45 (588 cal.)
White or Whole Wheat Tortilla · Cheddar Cheese
Unlike Cheese Quesadilla, does not include salsa and sour cream.

Served in a
bigger bowl
to help kids
avoid the
"Oops!"

**Dietary
requests
are always
welcome!**