Personalize Your Yumm!
Chicken · Tofu · Tempeh · Vegan

CAFÉ YUMM!

Order ahead at:
cafeyumm.com/LakeOswego
17773 SW Lower Boones Ferry
503-699-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

YUMM! Bowls

Medium $9.00
Small $8.00
Large $10.00

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

Yumm! Bowl® add Chicken

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

Hot 'n' Jazzy®

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

Sm, Med, and Large Edamame

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.*
$11.00 *(788-1288 cal.)*
Large Yumm! Bowl® of your choice
Folded into a grilled, open-face tortilla with melted cheddar.

Yumm! Wrap®

Yumm! Wrappit® *A hand-held meal!*
$10.00 *(646-1053 cal.)*
Medium Yumm! Bowl® of your choice
Rolled up tight in a warm tortilla.

Yumm! Wrappit®

Yumm! 'n' Greens®
$10.00 *(403-658 cal.)*
Small Yumm! Bowl® of your choice
Served on a bed of organic field greens and crowned with tortilla chips.

Yumm! Bento®
$10.50 BBQ Organic Tofu *(984 cal.)*
$10.50 Teriyaki Organic Tempeh *(1085 cal.)*
$10.50 Teriyaki All-Natural Chicken *(861 cal.)*
Organic Brown Rice or Thai Jasmine Rice
Served with our creamy ginger Asian Cole Slaw and a side of Yumm! Sauce.®

Yumm! Bento® with BBQ Tofu

Yumm! 'n' Greens®

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Simply delicious. Simply nourishing.™

Salad · Soup

AvoCrunch Salad™ $9.50 *(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
$12.00 All-Natural Chicken *(423 cal.)*
$12.00 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 $5.00 *(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
$6.50 Cup *(120-220 cal.)*
$8.50 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 $2.50 *(0 cal.)*

Fresh Strawberry Lemonade $3.00 *(180 cal.)*

Feeding a crowd? Ask about catering!

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

Fountain Drinks $2.50 *(200 | 0 cal.)* pepsi
Pepsi, Dr. Pepper, Mist Twst, Mug Root Beer, Diet Pepsi, Diet Dr. Pepper

Grilled Items

Southwest Wrap™
$12.00 All-Natural Chicken *(769 cal.)*
$11.00 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
$10.00 *(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
$7.00 *(790 | 770 cal.)*
White or Whole Wheat Tortilla
Served with fresh mild salsa and sour cream on the side.

Sides

Teriyaki Tempeh Skewer
$4.00 *(393 cal.)* Organic Tempeh

BBQ Tofu Skewer
$4.00 *(329 cal.)* Organic Tofu

Teriyaki Chicken
$4.00 *(206 cal.)* All-Natural Chicken

Tempeh, Tofu, and Chicken

YUMM! Kids™

Original Kid Yumm! Bowl® $4.50
(436 cal.) Organic Brown Rice · Organic Black Beans · Yumm! Sauce® · Cheddar Cheese

AvoKiddo™ Yumm! Bowl® $4.50
(443 cal.) Thai Jasmine Rice · Yumm! Sauce®
Cheddar Cheese · Fresh Sliced Avocado

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

Organic Rice & Beans $3.50 *(338 cal.)*
Organic Brown Rice · Organic Black Beans
Beautiful, Delicious, Nourishing.™

Teriyaki Chicken & Rice
$6.50 *(411 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.)*

Dietary requests are always welcome!

Kid Quesadilla $5.50 *(588 cal.)*
White or Whole Wheat Tortilla · Cheddar Cheese
Unlike Cheese Quesadilla, does not include salsa and sour cream.

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