



**Order ahead at:**  
[cafeyumm.com/CascadePark](http://cafeyumm.com/CascadePark)  
 305 SE Chkalov Dr, Vancouver  
 360-891-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.

\$10.95 (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!

\$9.95 (646-1053 cal.)  
 Medium Yumm! Bowl® of your choice  
 Rolled up tight in a warm tortilla.



### Yumm! 'n' Greens®

\$9.95 (403-658 cal.)  
 Small Yumm! Bowl® of your choice  
 Served on a bed of organic field greens  
 and crowned with tortilla chips.



### Yumm! Bento®

\$10.45 BBQ Organic Tofu (984 cal.)  
 \$10.45 Teriyaki Organic Tempeh (1085 cal.)  
 \$10.45 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®



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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, Mist Twst, 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.*

# Sides

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



Tempeh, Tofu, and  
Chicken

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

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

# 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 (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.)

**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!**