

FRESH PRESSED JUICES

Price varies

Kratos

Spinach, cucumber, pear, apple, ginger, lemon

Shockwave

Beets, cucumber, orange, turmeric, ginger

Mary Jane

Kale, spinach, cucumber, celery, apple, lemon, hemp protein

Grimlock

Pineapple, pear, apple, celery, cucumber, spinach, lemon

Athos

Kale, spinach, apple, celery, cucumber, orange, ginger, lemon

Darth Vader

Kale, cucumber, celery, lemon

Cherno Alpha

Kale, apple, pineapple, ginger, lemon

Hydra

Cucumber, pear, mint, lime, sole

SOLE is pure Himalayan Pink Crystal Salt mixed in water. It contains 84+ minerals in the same proportion which are found in human cells, supporting alkaline balance and cell metabolism.

Sole may be added to any juice free of charge.

Shots

E3live
Wheatgrass

Turmeric
Lemon Ginger

Boosts \$1.00

Vitality Hemp protein, maca
Antioxidant Hawthorne, beet, acai
Immunity Camu, matcha, echinacea
Energy Hemp, wheatgrass, spirulina
Just Protein Hemp or Whey

SMOOTHIES

Price varies

Strawberry Oatmeal

Almond milk, strawberry, banana, granola, maple syrup, vanilla

Chocolate "Milkshake"

Cashews, cocoa, banana, dates, kale

B.B.K.

Almond milk, blueberry, beet, banana, kale, ginger

Peanut Butter Cup

Almond milk, peanut butter, cocoa, banana, maple syrup

The Hulk

Almond milk, spinach, maple syrup, chia, ginger, lemon, pear, mint

Orange Creamsicle

Almond milk, orange juice, banana, vanilla, maple syrup

Bahama Mama

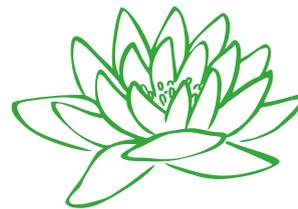
Almond milk, banana, pineapple, strawberry, coconut oil

Bluenananna Berry

Almond milk, banana, blueberry, strawberry, chia, dates

Green Julius

House-squeezed orange juice, banana, kale, vanilla



KIDS

PB & J \$4.50

Strawberry jam, peanut butter, 7-grain

Grilled Cheese \$3.50

Cheddar, provolone, 7-grain [grilled]
Add vegan ham: \$2.50

Nutella and Banana \$3.50

Nutella, banana, 7-grain

OUR MISSION

Green Lotus Café is a place where vegans, vegetarians and meat eaters can all have fresh, flavorful and healthy lunches made in an open kitchen environment.

We like to think of ourselves as a "middle of the road" joint. You can find anything from homemade RAW breads to vegan brioche Belgium waffles. Something for the diehards and something for the newcomers.

We make as much of our products as possible, like our seitan, fresh breads, almond milk, hummus, and dressings. We even grow our own wheatgrass and alfalfa sprouts! And we are adding more homemade products on a regular basis.

We hope you enjoy new foods as much as we do and we look forward to introducing them to you!



A Taste of Health

349 Main Street
Hyannis, MA

Call us for Pickup
508.775.1067

Skip the line and order Online!
GreenLotusCafe.com

Search for the Green Lotus Café app on



Prices and availability are subject to change.

Green Lotus Café offers a homemade plant-based cuisine and yet we cannot guarantee that guests with food or beverage allergies may not be exposed through cross contamination. If you have a food or beverage allergy (particularly to nuts, seeds or gluten) we therefore recommend that you not dine with us.

As such, please understand that Green Lotus Café cannot be responsible for any injury, loss or damage claimed by any guest with a food or beverage allergy who consumes our food or beverages, regardless of the circumstances.

SANDWICHES

Our 7-grain bread is made at the Café every morning

Malibu \$6.54
Avocado, red onion, tomato, sprouts, white cheddar, chipotle mayonnaise, 7-grain

Classic E.L.T. \$7.94
Crunchy house-made eggplant bacon, avocado, lettuce, tomato, mayonnaise, toasted 7-grain

Buffalo Bomb \$8.88
Buffalo soy curls, lettuce, tomato, bleu cheese dressing, toasted 7-grain

MAUI \$7.94
Smokey coconut bacon, pineapple, avocado, tomato, lettuce, sprouts, chipotle mayo, 7-grain

Kickstarter \$8.88
Homemade seitan, melted white cheddar, horseradish, avocado, red onion, sprouts, chipotle mayonnaise, spinach wrap

Portabella Cheesesteak \$7.94
Portabella mushrooms, green bell pepper, sweet onion, shaved garlic, worcestershire sauce, melted provolone, spinach wrap [grilled]

Veggie Reuben \$8.88
Homemade seitan, sauerkraut, thousand, island dressing, Swiss, 7-grain [grilled]

BREAD SUBSTITUTIONS

Gluten-Free: \$1.00

SOUPS

Fresh vegan/gluten-free soups made daily at the Café

All soups come with either oyster crackers or our house-baked 7 grain. Gluten-Free bread: Add 50¢

Small.....\$4.99 Medium.....\$5.99
Large.....\$6.99 Quart.....\$12.99

WANT IT VEGAN?

We have a variety of vegan cheeses & dressings to accommodate you. Just ask!

ENTREES

Choose between a Half Size Salad, Full Size Salad, or Spinach Wrap

Atomic Garden Veggie
half: \$4.99 full: \$8.94 wrap: \$7.94
Lettuce, tomato, avocado, cucumber, red onion, sprouts, coconut bacon, pesto, balsamic vinaigrette

Sand Trap
half: \$4.99 full: \$8.47 wrap: \$7.47
Homemade roasted red pepper hummus, munster, lettuce, shredded carrot, avocado, roasted red pepper, sprouts

Sweet Onion Teriyaki
half: \$5.99 full: \$9.88 wrap: \$8.88
Teriyaki soy curls, cucumber, red onion, black olives, tomato, avocado, lettuce

North Park
half: \$4.99 full: \$8.47 wrap: \$7.47
Homemade roasted red pepper hummus, baby spinach, red onion, artichoke hearts, roasted red pepper, tomato, avocado, chipotle mayo, feta.

Add seitan for a boost of plant-based protein.

Greek Avocado
half: \$4.99 full: \$8.94 wrap: \$7.94
Arugula, avocado, roasted red pepper, cucumber, red onion, Greek olives, feta, pesto, balsamic vinaigrette

Buffalo Caesar
half: \$5.99 full: \$9.88 wrap: \$8.88
Lettuce, croutons, cucumber, shredded carrot, parmesan cheese, Caesar dressing, buffalo soy curls

WHAT ARE SOY CURLS?

They're an all-natural, heart healthy meat alternative that are made from the whole soybean and are high in protein!

WHAT IS SEITAN, YOU ASK?

Seitan is a high-protein meat substitute made from cooking wheat gluten - 22 grams to be exact!

JUST SALADS

Winter Kale Salad half: \$4.99 full: \$7.90
Massaged kale, craisins, walnuts, feta, meyers lemon vinaigrette. Can be made on a wrap.

Garden Salad half \$3.99 full: \$6.95
Romaine Lettuce, tomato, red onion and cucumber

DRESSINGS

Bleu Cheese • Vegan Bleu Cheese
1,000 Island • Vegan 1,000 Island
Meyers Lemon Vinaigrette • Balsamic Vinaigrette

BREAKFAST

*Monday - Friday until 11am • Saturday & Sunday until Noon
Soy Curl Chorizo in place of eggs available upon request*

Main Street Burrito \$6.92
Scrambled egg patties, roasted red pepper, avocado, red onion, lettuce, tomato, sprouts, chipotle mayonnaise, spinach wrap

Morning Sunrise \$6.31
Scrambled egg patties, avocado, red onion, lettuce, tomato, sprouts, dijonnaise, toasted 7-grain

Greek Burrito \$6.92
Scrambled egg patties, avocado, red onion, Greek olives, feta, fresh spinach, dijonnaise, spinach wrap

Ocean Street Panini \$7.94
Buffalo soy curls, scrambled egg patty, roasted red pepper, avocado, red onion, tomato, cheddar, chipotle mayonnaise, spinach wrap

Quick and Simple \$4.02
Scrambled egg patty, cheddar cheese, red onion, tomato, dijonnaise, spelt English muffin

WAFFLES

Old School \$5.92
Butter, maple syrup, powdered sugar

HOMEMADE GRANOLA

Cape Cod Cranberry \$4.67
Dried cranberries, oats, sunflower seeds, pecans, walnuts, almonds, cinnamon, honey

EXTRAS

Artichoke Hearts.....\$1.00 Cheese.....\$1.00
Avocado.....\$1.00 Hummus.....\$1.00
Coconut Bacon.....\$1.00 Homemade Seitan.....\$2.50
Walnut Pesto.....\$1.00 Teriyaki Soy Curls.....\$2.50
Greek Olives.....\$1.00 Buffalo Soy Curls.....\$2.50
Eggplant Bacon.....\$2.00

Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs or unpasteurized milk may increase your risk of foodborne illness.

Before placing your order, please inform your server if a person in your party has a food allergy.

ESPRESSO & COFFEE

	SMALL	LARGE	ICED (sm • lg)
Drip Coffee.....	\$1.64	\$1.97	-
Espresso.....	\$1.50	\$2.25	-
Americano.....	\$1.50	\$2.25	\$2.49 • \$2.99
Hammerhead.....	\$3.25	\$4.10	\$3.99 • \$5.25
Macchiato Italiano.....	\$1.65	\$2.45	-
Latte.....	\$2.85	\$3.65	\$2.85 • \$3.65
Cold Brew Coffee.....	-	-	\$2.49 • \$2.99
California Latte.....	\$3.35	\$4.15	\$3.85 • \$4.65
Mocha.....	\$3.35	\$4.15	\$3.85 • \$4.65

Additional: Almond Milk, Flavored Syrup

TEAS & THINGS

	SMALL	LARGE	ICED (sm • lg)
Iced Tea.....	-	-	\$2.49 • \$2.99
Hot Tea.....	\$1.64	\$1.97	-
Matcha Green Tea.....	-	-	\$2.49 • \$2.99
London Fog.....	\$2.85	\$3.65	-
Chai Tea Latte.....	\$3.35	\$4.15	\$3.85 • \$4.65
Hot Chocolate.....	\$1.64	\$1.97	\$2.49 • \$2.99

Additional: Almond Milk, Flavored Syrup

TEAS

Earl Grey
Breakfast
Rooibos
Yerba Mate
Sancha

Oolong
Kukicha
Gunpowder
Spiced Black Chai
Decaf Earl Grey

HERBALS (Caffeine Free)

Peppermint
Passion Plum
Invigorating
Soothing • Calming
Relaxing • Ginger

FLAVORED SYRUPS

Vanilla
Salted Caramel
Chocolate

Irish Cream
Hazelnut
Sugar Free Vanilla

BUBBLE TEA \$3.74

Milk Tea Boba

MILKS	FLAVORS	
• Whole	Peach	Chocolate
• Fat Free	Raspberry	Frozen Coffee
• Soy Milk	Strawberry	Lavender
• Almond Milk (+50¢)	Thai Tea	Mango
	Taro	Mocha