starters

ORGANIC KALE APPLE SALAD | 8

organic kale, quinoa, apples, roasted almonds, orange segments, parmesan cheese and cherry lemon vinaigrette

JALAPEÑO SHRIMP CEVICHE | 8

with avocado, hearts of palm, fresh jalapeños, fresh salsa, green onion, cucumber and lemon lime vinaigrette. served with broken sea lime tostaditas

GUACAMOLE AND CHIPS | 6

fresh made guacamole, warmed tortilla chips with sea salt and lime

"CHILE ROJO" SHORT RIB TACOS | 8

three small soft tacos with all natural prime short ribs in a red smoky tomatillo sauce, chopped onion and cilantro, lime and guacamole

salads

CHICKEN MANGO AND AVOCADO SALAD | 13.95

grilled herb chicken breast, sliced mango, jicama, avocado, roasted almonds, thin sliced red onion, mint, flax seeds, chia seeds, organic greens and mango chutney vinaigrette

POACHED SALMON KALE SALAD | 16.95

citrus wine poached salmon served with our organic kale salad. organic kale, quinoa, apples, roasted almonds, orange segments, parmesan cheese, and cherry lemon vinaigrette

CHOPPED BBQ CHICKEN SALAD | 13.95

bbq chopped chicken breast on chopped romaine, red lola lettuce, green onion, cherry tomatoes, fresh corn, mozzarella, avocado, black beans and buttermilk ranch dressing

SKIRT STEAK AVOCADO SALAD | 15.95

all natural prime grilled skirt steak, cherry tomatoes, avocado, tortilla strips, jicama, ranchero cheese, grilled onions, organic greens and cilantro lime vinaigrette

juicy burgers

served with choice of french fries, sweet potato fries or organic green salad

AMERICAN CHEESE BURGER | 13.95

all natural American Waygu beef, Tillamook aged cheddar, house burger sauce, chopped romaine, grilled red onion and overnight roasted tomatoes on a brioche bun

JALAPEÑO TURKEY BURGER | 13.95

our own turkey burger made with melted Tillamook cheddar, butter lettuce, grilled onions, tomatoes, jalapeños, avocado and chipotle sauce on a wheat bun

comfort dinners

PAN SEARED CHICKEN BREAST WITH WHITE BEAN RAGU | 16.95

all natural pan seared chicken breast with kale white bean ragout, salsa verde crouton salad and natural chicken jus

STRIPED SEA BASS WITH SHALLOT WINE SAUCE | 18.95

grilled striped sea bass with shallot white wine sauce. served with sautéed organic quinoa and spinach with poblano corn succotash

SOUTH WEST TURKEY MEATLOAF | 16.95

made with Shelton's all natural ground turkey and served with chipotle sauce, golden yukon mashed potatoes and sautéed organic spinach

SKIRT STEAK | 19.95

natural 8 oz. prime skirt steak with chimichurri sauce. served with golden yukon mashed potatoes and sautéed organic spinach

BRAISED SHORT RIBS IN "CHILE ROJO" | 17.95

all natural short ribs braised in a smoky tomatillo sauce. served with golden yukon mashed potatoes and poblano corn succotash

SPICY CHICKEN SOFT TACOS | 12.95

two soft corn tortillas filled with shredded chicken breast simmered in a chipotle tomato sauce, chopped lettuce, mozzarella cheese, fresh salsa and guacamole. served with organic black beans and organic brown rice

SHRIMP CHIPOTLE SOFT TACOS | 15.95

two soft corn tortillas filled with sauteed shrimp, smoky chipotle peppers, onions, peppers, mozzarella, chopped green and red cabbage, lemon yogurt sauce and fresh salsa. served with organic black beans and organic brown rice

GRILLED FISH SOFT TACOS | 15.95

two soft corn tortillas filled with grilled blackened white fish and salmon, mozzarella, chopped red and green cabbage, lemon yogurt sauce and fresh salsa. served with organic black beans and organic brown rice

"EL GRANDE" STEAK BURRITO | 15.95

all natural filet mignon tips, mozzarella cheese, organic brown spanish rice, organic black beans and chopped romaine wrapped in a wheat tortilla topped with tomatillo sauce, guacamole and ranchero cheese

and bowls...

SALMON TERIYAKI BOWL I 17.95

pan seared teriyaki salmon on a bed of thin sliced vegetables with light teriyaki sauce and organic fennel quinoa

ORGANIC VEGETABLE BOWL | 14.95

sautéed seasonal vegetables, choice of free range chicken breast, organic tofu or filet mignon tips with salsa, sundried tomatoes, garlic and extra virgin olive oil over brown rice or organic quinoa, garnished with avocado

BALANCE BOWL | 13.95

organic scrambled egg whites with spinach, asparagus, mushrooms, zucchini, roasted tomato sauce on top of organic brown rice and guacamole. choice of free range chicken breast or organic tofu

organic when available * local * sustainable farms

fresh squeezed vegetable juices

GREEN JUICE | 6.95

fresh kale, spinach, parsley, celery and green apple

SUPER DETOX | 6.95

beets, ginger, carrots, green apple, lime juice, chia seeds and cayenne pepper

CLEANSER | 6.95

pineapple, cucumber, cilantro, jalapeño and lime

PURE GREEN | 6.95

fresh kale, spinach, parsley, romaine, celery, cucumber and lime juice

ALKALIZER | 6.95

double kale, green apple, ginger and lime juice

ORANGE JUICE | 4.95

fresh squeezed

all natural super food smoothies

GREEN POWER | 6.95

fresh kale, spinach, dates, hemp protein, maca and almond milk

PERFECT DATE | 6.95

california dates, all natural almond butter, banana, hemp protein and almond milk

BERRIES AND BANANA | 6.95

blueberries, strawberries, banana and fresh squeezed orange juice

ACAI (SMOOTHIE) | 6.95

acai berries, strawberries, blueberries, banana and almond milk

ALMOND BUTTER CUP | 7.25

almond milk, all natural almond butter, chocolate isopure whey protein and banana

PITAYA | 6.95

organic raw super fruit (dragon fruit). banana, strawberries, dates & almond milk

homemade beverages

made daily for your enjoyment

LEMONADE | 3.75

our fresh squeezed lemonade with mint and agave nectar

REFRESHING GREEN LEMONADE | 3.95

our fresh squeezed lemonade with spinach and mint

WATERMELON LEMONADE | 3.95

our fresh squeezed lemonade with watermelon and rosemary

POWERFUL CHIA LEMONADE | 3.95

our fresh squeezed lemonade with chia seeds

BLACK ICED TEA | 3.50

HOMEMADE PEACH ICED TEA | 3.95

peaches, lemon and mint

ARNOLD PALMER | 3.75

our iced tea mixed with our fresh squeezed lemonade

BOTTLED SODA | 2.95

mexican coke & diet coke

organic artisan coffees and teas

Weaver's fair trade and certified organic hand roasted artisan coffee. made with organic milk or almond milk.

ESPRESSO | 2.25 dbl 2.75

CAPPUCCINO | 4.25

CAFE LATTE | 4.25

CHAI LATTE (pirates chai all matcha) | 4.95

ICED HONEY COCONUT LATTE | 4.95

organic espresso, organic honey, 100% coconut water & homemade almond milk

COLD BREW COFFEE | 3.95

our organic fair trade hand roasted beans, soaked in filtered water overnight

MEXICAN CAFE MOKKA | 4.95

HOT MEXICAN CHOCOLATE | 3.95

ORGANIC WEAVER'S COFFEE | 2.75

ORGANIC WEAVER'S DECAF COFFEE | 2.75

ARTISAN HOT TEA | 3.75

Weaver's hand blended artisan loose leaf teas

BLACK: breakfast blend, earl grey, mango black

CHAI: masala chai

HERBAL: chamomile blossom, peppermint, rooibos mandarin,

lemon ginger

GREEN: pomegranate green, dragonwell green, jade pearl jasmine

A BIG THANK YOU TO OUR WONDERFUL CUSTOMERS

Cafe Vida was established in 2002 based on the simple concept of creating a restaurant with recipes high in nutritional balance + a healthy dose of flavor. Since then our recipes and menus have continued to evolve in keeping with the nutritional trends and lifestyles of our health conscious customers. We are proud to serve food with quality and health in mind. Our menus have been created just for you...Enjoy!