

SUNDAY BRUNCH 10AM – 3PM

BRUNCH PLATES

Served with choice of hash browns or fresh fruit

RFD BENEDICT

Savory herbed tofu, sautéed spinach, tomatoes and corn hollandaise on sourdough bread with tempeh bacon 13.95

SEA CAKE BENEDICT

RFD Benedict on top of our savory Sea Cake with balsamic tossed salad greens 14.95

THE WEEKENDER

Scrambled tofu, our cashew cheese and tempeh bacon with a half order French toast -or- two pancakes 14.25

BREAKFAST BURRITO

Almost the entire kitchen sink topped with Ranchero sauce, our cashew cheese, guacamole and pico de gallo 13.75

SCRAMBLES

Made with fresh tofu, scrambled w/ onions and peppers, served w/ toast & choice of hash browns or fresh fruit

NO-HUEVOS RANCHEROS

Corn tortillas topped with scrambled tofu, Ranchero sauce, avocado w/ black beans and pico de gallo 10.95

AVA B 'N' CHEEZ SCRAMBLE

Just like it sounds, with sun-dried tomatoes scrambled in 12.95

SAUSAGE SCRAMBLE

Add chipotle seitan sausage and our melted cashew cheese 12.95

BUILD YOUR OWN SCRAMBLE 8.75

ADD ANY ITEM BELOW 1.25

Black Beans • Sun-dried Tomatoes
Fresh Tomatoes • Pico de Gallo • Spinach
Onions • Red Peppers • Ranchero Sauce

ADD ONS FOR YOUR SCRAMBLE

Avocado 1.95 Guacamole 1.95
Melted Cashew Cheese 1.75
Tempeh Bacon 1.75
Chipotle Seitan Sausage 1.95

OFF THE GRIDDLE

Served with vegan buttery spread and pure maple syrup

PANCAKES STACK OF 3 8.95

Gluten and wheat free, made with almond flour w/ blueberries or bananas 1.50

BIG 'OL WAFFLE

Gluten and wheat free made with almond flour topped w/ soywhip & fresh berries 8.95

FRENCH TOAST

Rustic bread soaked in vanilla soy flaxseed batter 9.95

PLATTERS

Served with choice of hash browns or fresh fruit and tempeh bacon

Pancake or Waffle Platter 12.95

French Toast Platter 13.95

BREAKFAST BASICS

FRUIT PLATE

Comprised of fresh seasonal fruits 7.95

RFD GRANOLA

with bananas and berries 6.95

AÇAÍ GRANOLA BOWL

Sambazon açai berry, granola, bananas, berries and drizzled agave nectar 8.95

CREAMY OATMEAL

Cooked to order – quick oats and quinoa with bananas & berries 6.95

THE CALIFORNIAN

Granola or oatmeal, scone or muffin, one hot tea or coffee beverage 10.95

THE CONTINENTAL

Scone or muffin, fruit, one hot tea or coffee beverage 7.95

HOUSE BAKED GOODS

Wheat-free Muffin 3.25
Cinnamon Bun 3.75
Scone 3.75

OUR FOOD

Our food is balanced according to Eastern health philosophies and heart-healthy Western nutrition recommendations and is made from fresh vegetables, fruits, whole grains, plant-proteins and high-quality natural condiments. Farmers using certified organic farming methods grow nearly all of our produce and ingredients.

Our food is made fresh in our restaurant and bakery kitchens, by hand, with skill, good energy and love. Except for a few items, we do not buy pre-made food products. The few items purchased from outside suppliers are made from high-quality organic ingredients in a “hands on” kitchen environment.

Our food is free of: animal products (flesh, dairy, eggs, butter, cholesterol, saturated fats), preservatives, pesticides, artificial sweeteners, food dyes, trans-fats, soy-isolates and genetically modified organism (GMOs).

Our water is softened, passed through charcoal filters and then purified through a triple reverse osmosis filter. We add back a balanced mix of minerals producing healthy, pleasant tasting water used in our food and beverages and served to you for drinking.

While we do offer gluten-free and nut-free dishes, our kitchens are not gluten or nut-free environments. Please inform your server if you have any food allergies as not all ingredients are listed on the menu. Our servers are well educated about the ingredients we use and will navigate you through our menu.

INFORMATION

OPEN SEVEN DAYS A WEEK

Hours: 11:30AM – 10PM

Sunday Brunch: 10AM – 3PM

ONLINE ORDERING

Order your take-out online @ realfood.com

DELIVERY

Delivery is available from both SaMo and WeHo locations.

MONDAY – FRIDAY

Lunch 11:30AM – 2PM

Dinner 5PM – 9PM

SATURDAY – SUNDAY

Dinner only 5PM – 9PM

Delivery in Pasadena coming soon.

CATERING

From party platters to full service catering, view our catering menu online @ realfood.com

We accept cash, American Express, Visa, MasterCard and RFD Gift Cards.

Prices are subject to change without notice. 05/12

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TAKE OUT MENU



Real Food Daily

ORGANIC VEGAN CUISINE



Give the gift of health with an RFD gift card

Cookbooks and gift card are available for sale at RFD.

RFD - Santa Monica

514 Santa Monica Blvd.
(between 5th & 6th)
Santa Monica, CA 90401
Phone: 310.451.7544

RFD - West Hollywood

414 N. La Cienega Blvd.
(between Beverly & Melrose)
Los Angeles, CA 90048
Phone: 310.289.9910

RFD - Pasadena

899 E. Del Mar Blvd
(at the corner of Lake Ave.)
Pasadena, CA 91106
Phone: 626.844.8900

order online at realfood.com

STARTERS & SMALL PLATES

LENTIL-WALNUT PATÉ

Unique and unusual with tofu sour cream, crudités & wheat free crackers 10.25

HUMMUS AND PITA

House made chickpea dip made with sundried tomatoes 10.25

NOT-CHOS

Our version of this beloved dish, good as a snack or a meal 11.75 W/ TACO MIX ADD 2.75

SEA CAKE

Savory vegetable and sea croquette with pesto & sweet chili aioli 8.95

WABI SABI ROLLS

Light and refreshing spring rolls with wasabi dipping sauce 8.95

BLT TARTINE

Open-faced sandwich on toasted sourdough with balsamic tossed salad greens 9.95

NORI MAKI

Vegetable sushi with tamari dipping sauce, pickled ginger and wasabi
5 PIECES 6.95 10 PIECES 10.95

SOUPS, BREADS & SPREADS

Country Vegetable Miso • Soup of The Day CUP 3.95 BOWL 5.25

Corn-Grain Bread or Hemp Bread 2.25

Spreads Tahini Miso • Carrot Cumin 1.95 Bread 'n' Spread 3.75

SALADS

YIN YANG

Crunchy cabbages, vegetables and edamame tossed in a velvety peanut dressing 12.75

COLD SOBA

Add buckwheat noodles to our Yin Yang salad 12.95

FARM CHOP

Seasonal vegetables, avocado, salad greens, your choice of dressing 12.75

BBQ TOFU CHOP

Add barbeque tofu and shredded cashew cheese to our Farm Chop 14.75

MEXICALI CHOP

Pinto beans, crunchy vegetables, avocado and lime-cilantro dressing 13.75

HOUSE

Salad greens and lettuces, carrots & beets with choice of dressing 7.95

CAESAR

Our spin on this traditional salad with wheat-free blue corn croutons 8.25

ADD ONS For Your Salad 2.75

Blackened Tempeh • Tempeh Bacon

Marinated Tofu • Grilled Tofu

Shelled Edamame

Avocado 1.95

Wheat-Free Blue Corn Croutons 1.25

Shredded Cashew Cheese SM 1.75 LG 3.50

DRESSINGS & SAUCES

All dressings and sauces are made fresh on the premises 1.50

DRESSINGS House • Caesar • Balsamic • Living Citrus • Ranch • Lime Cilantro • Wasabi

SAUCES Peanut • Ranchero • Herb Tomato • Hickory BBQ • Golden Gravy

SPECIALS

We create specials inspired by global cuisines using fresh, seasonal, locally grown and certified organic produce and products. We offer monthly and weekly specials and daily soups.

MAIN COURSES

TV DINNER

Tempeh vegetable loaf with mashed potatoes, gravy and daily vegetables 13.95

SALISBURY SEITAN

Southern-style wheat meat cutlets with mash pots, gravy and Caesar salad 13.25

STIR IT UP

Julienne vegetables lightly sautéed with ginger garlic sauce over your choice of brown rice, soba noodles or daily greens 12.95

FETTUCINI ALFREDO

Toss in sautéed broccoli and red peppers, served with toasted garlic bread 12.95

TAC-O' THE TOWN

Two corn tortillas filled with our seasoned taco mix served w/ all the fixins 14.25

SUPREME BURRITO *WET OR DRY*

Rice, beans, bacon and cheese & more 12.95 WITH TACO MIX ADD 2.75

EL BANDITO ROJO

Gluten-free corn enchiladas, seasoned tempeh and salsa roja with rice, beans & guacamole 13.95

PIZZA YOU CAN EAT-ZA

Gluten and yeast free corn meal crust topped with two vegan cheeses w/ garlicky greens & white beans 14.25

SANDWICHES & WRAPS

Served with tossed house or Caesar salad. For an additional charge of 2.50 salad may be substituted with one item from the basic vegetable or grain list.

RFD BURGER

Tempeh vegetable patty, sautéed onions, lettuce, tomato with homemade ketchup on rustic roll 10.75

BURGER WITH THE WORKS

RFD burger plus avocado, tempeh bacon and our melted cashew cheese 14.75

TOTAL REUBEN

Marinated tempeh, our tofu cheese, sauerkraut, thousand island dressing on rye 11.75

THE CLUB *TRIPLE DECKER OR IN A WRAP*

Crispy seitan, tempeh bacon, avocado with a smear of veganise on sourdough or let us wrap it 13.75

SPICY BLT WRAP

Just like it sounds deliciously rolled in a spinach wrap 10.75

GRILLED VEGGIE WRAP

Your choice of grilled tofu or portabella mushroom with seasonal squashes and sun-dried tomato pesto 11.75

CAESAR WRAP

Blackened tempeh and avocado tossed with our Caesar salad 10.75

LIVING WRAP

Collard green wrap with red pepper sunflower spread, cukes, guacamole and salad greens w/ living citrus dressing 10.75

ADD ONS for your Sandwich or Wrap

Tempeh Bacon 2.75

Tofu Cheese Spread 2.75

Avocado 1.95

Plain or Jalapeno Cashew Cheese

SM 1.75 LG 3.50

REAL FOOD

Based on the principles of macrobiotics, the 'Real Food Meal' is a balanced selection of foods representing the five elements of Eastern health philosophy. To maintain the integrity of the plate, please only one substitution.

REAL FOOD MEAL

Brown rice, beans, daily greens, land and sea vegetables, pressed salad & one dressing or sauce 14.95

REAL FOOD BARGAIN

The Real Food Meal with a cup of miso or soup of the day, slice of corn grain bread and spread 16.95

BASICS

BASIC TWO 7.95 • BASIC THREE 9.95 • BASIC FOUR 11.95 • BASIC FIVE 13.95

Choose a dressing or sauce. The first one is on us, after that there is an additional charge. Choose from one to five of the following items to create your own dish.

VEGGIES 4.25

VEG OF THE DAY

DAILY GREENS

GARLICKY GREENS

SEA VEGETABLES

PRESSED SALAD

POTATO SALAD

MASHED POTATOES W/ GRAVY

HOUSE OR CAESAR SALAD

BEANS & GRAINS 4.00

BROWN RICE

MILLET & QUINOA

SPECIALITY GRAIN

SPANISH RICE

SOBA NOODLES

BEANS OF THEDAY

BLACK BEANS

PLANT PROTEINS 4.75

TEMPEH

Reuben • Blackened • Enchilada Mix

TOFU

Marinated • Grilled • BBQ

SEITAN

Salisbury • Club • Taco Mix

FRESH JUICES & BEVERAGES

FRESHLY MADE JUICES 6.95

VERDE - all things green or sweet green with apple

RED HEAD - beet, carrot, celery, apple

MUTT JUICE - a little of everything

POWER C - carrot, celery, OJ

SIMPLE CARROT

WHOLE APPLE

100 % ORANGE JUICE

ginger root or lemon boost 50¢

HOMEMADE LEMONADE 5.95

Plain • Ginger • Kale 'n' Cuke • Arnold Palmer

AGAVE SWEETENED SODA 3.95

Root Beer • Cola • Ginger Ale • Lemon Lime

BOTTLED DRINKS 5.95

Synergy Kombucha

Still or Sparkling Mineral Water (750 ml)

ICED TEAS 3.95

Açai Berry • Kukicha

HOT TEAS 3.95

House tea: Kukicha

Breakfast Black • Jasmine Green

Turkish Spice Mint • Sweet Desert Delight

ESPRESSO 2.75

LATTES 4.95

Caffe • Chai • Yerba Maté • Teccino

SMOOTHIES 6.95

CHOCO BERRY

Strawberries, banana, raw cacao, berry juice, agave nectar

TROPICAL

Mango, pineapple, banana, coconut h2o

ANTIOXIDANT

Açai berry bar, mixed berries, banana, berry juice

POWER GREEN 7.95

Berries, banana, macro greens, raw almonds, flax seeds, coconut h2o

TEMPTING MILK SHAKES 6.95

SOY & GLUTEN-FREE

CHOCOLATE

Chocolate fudge hemp ice cream, hemp milk

VANILLA

Vanilla hemp ice cream, hemp milk

STRAWBERRY

Add strawberries to the vanilla shake

ADD-ONS 1.25

Macro Greens • hemp protein • raw cacao