

Breakfast

served until 11am

TOAST

- two slices of housemade gluten-free toast served with non-dairy butter & jam 4
- with spinach, avocado, tomato chutney & jalapeño cashew cheese 7

VANILLA COCONUT WAFFLE

topped with seasonal fruit, shredded coconut & granola, served with maple syrup 9 - add vanilla cashew cream for 1.5

GLORY PARFAIT

vanilla cashew cream, granola & fresh fruit 6.75 (available in our deli case)

GRANOLA

housemade with gluten free oats, toasted walnuts, coconut, pepitas, sunflower seeds, hemp seeds & dried cranberries. Served with fresh fruit & choice of milk 7 - sub coconut yoghurt for milk 3 - add goji berries for 1.5

CLASSIC OATMEAL (made to order)

gluten free oats, dried figs & currants, brazil nuts, fresh fruit, vanilla, cinnamon, maple syrup and choice of milk 7 - add goji berries for 1.5

PRIDE OF PORTLAND

16oz Manifesta green juice served alongside a bowl of brown rice with avocado, scallions, olive oil & choice of sauce 9.5 (please no juice substitutions)

DAVIS SCRAMBLE

sesame tempeh, chickpeas, red bell pepper, kale, carrots, avocado, scallions & toasted sunflower seeds with maple-mustard sauce, served with brown rice or quinoa 10

CHILI SCRAMBLE

smokey tempeh, chipotle black bean chili, dark greens, spinach, avocado, pepitas, scallions, cilantro & jalapeño cashew cheese, rice or quinoa 10

Drinks

TOWNSHENDS HOT TEAS

16oz pot (see tea menu for descriptions) 3

HOT GINGER TEA

freshly grated 2.5

HARLOW CHAI

served hot or iced, with coconut milk & honey 4

DIRTY CHAI

our signature chai spiced up with a shot of cold-press coffee, served hot or iced, with coconut milk & honey 5

PRASAD AMERICANO

a double shot of cold-processed, organic Trailhead coffee added to hot water for a clean and acid-free elixir 2.5

PRASAD LATTE

a double shot of cold-processed, organic Trailhead coffee steamed with walnut milk, served hot or iced 3.5 add housemade vanilla syrup for .5

TURMERIC LATTE

turmeric, local honey & vanilla steamed with coconut milk & topped with *bee pollen 5

MATCHA LATTE

Mizuba green tea matcha steamed with walnut or coconut milk & vanilla syrup, served hot or iced 4

COCONUT CIDER

fresh apple and ginger juice, steamed with our house spice blend & coconut milk 6.5

HOT CHOCOLATE

bittersweet chocolate steamed with coconut or housemade walnut milk & agave 4

MOONDROP MOCHA

cold-processed coffee steamed with coconut or housemate walnut milk, bittersweet chocolate & agave 5

RED VELVET COCOA

bittersweet chocolate steamed with with beet juice, coconut milk & agave 5

MACA STEAMER

vanilla-agave syrup, cinnamon & maca steamed with coconut or housemade walnut milk 4.5 add coffee for 1

WELLNESS TODDY

with fresh lemon, ginger juice, local honey, cayenne & echinacea, served hot or iced 3.5

TURMERIC TODDY

with fresh lemon, ginger, turmeric & honey, served hot or iced 4

SUPER GREENS LEMONADE

house made honey lemonade with cucumber, spinach, kale and chlorophyll 6

Soups & Greens

available starting at 9am

DAILY SOUP

cup 5.5 / bowl 7

CHIPOTLE BLACK BEAN CHILI

cup 5 / bowl 6.5 topped with jalapeño cashew cheese, green chili sauce & fresh cilantro

✳ for all soups choose your side...

quinoa, rice, salad, steamed greens or jalapeño cornbread

BLISS SALAD

currants, golden raisins, walnuts, quinoa, beets, carrots & mixed greens with lemon ginger dressing 9 - add goji berries for 1.5

HARVEST SALAD

shredded kale, mixed greens, sesame tempeh, rice, chickpeas, carrots, beets, toasted pepitas, sesame seeds & sesame miso dressing 9.5 - add avocado for 1.5

DURANGO SALAD

spinach & mixed greens, seasoned walnut crumbles, yam "rice", avocado, sun-dried tomatoes, red bell peppers, cilantro, scallions & creamy avocado ranch -optional addition of hot sauce 10.5

SHIVA SALAD

rice noodles tossed in curry peanut sauce with sesame tempeh, spinach, broccoli, carrots, red bell pepper, pickled beets, crushed peanuts, cilantro, scallions & mint 10.5

UTOPIAN DREAM PASTA

shredded green papaya, carrots, shredded kale, scallions & broccoli tossed in almond butter pad thai sauce, topped with sliced almonds, mint, cilantro & sesame seeds 11

URBAN BOWL

mixed greens with olive oil, steamed kale, cabbage-apple kimchi, sea vegetables, avocado, carrots, scallions, hemp, sesame & toasted sunflower seeds with choice of sauce 9.5 -add brown rice for 1 -add quinoa for 1.5

Warmth

SAUCE CHOICES:

lemon ginger, garlic tahini, green chili, curry peanut, jalapeño cashew cheese, sesame miso, avocado ranch

MIGHTY BOWL

brown rice or quinoa, steamed greens, beans & choice of sauce

~ We believe everyone deserves a warm, healthy, organic meal ~
Prasad offers the Mighty Bowl on a sliding scale of \$2 - \$7

DRAGON BOWL

brown rice or quinoa, beans, steamed greens, avocado, sea vegetables, cabbage-apple kimchi, scallions, hemp & sesame seeds with choice of sauce 10

CHIPOTLE CHILI BOWL

brown rice or quinoa, chipotle black bean chili, steamed greens, avocado, scallions, cilantro, green chili sauce & jalapeño cashew cheese 9.5

LITTLEST DRAGON BOWL (12 and under only)

brown rice or quinoa, beans, avocado & choice of sauce 6

sides

brown rice 3

quinoa 4

steamed greens 2.5

beans 2.5

jalapeño cornbread 3

smokey tempeh - served hot 4

sesame tempeh - served chilled 4

SAUCES: lemon ginger, garlic tahini, green chili, sesame miso, curry peanut, jalapeño cashew cheese, avocado ranch 1

Fresh Juice 16ounce

ADDITIONS - 1.5 each

liquid chlorophyll, Vitamineral Green, spirulina

- BUNNY JUICE** carrots **4.5**
- BUNNY SLY** carrot ginger **5**
- MORNING STAR** carrot apple **5.5**
- BLESSINGS** apple lemon ginger **5.5**
- BRUT** carrot beet spinach **6**
- SHANTI** apple mint celery cucumber **6**
- FINICKY MUSE** apple beet celery **6**
- MELODY** kale cucumber spinach apple lemon ginger **6**
- STARMAN** red bell pepper, pineapple cucumber carrot ginger turmeric **7**
- RISING** carrot beet apple ginger **6**
- BEAULAH LAND** grapefruit apple celery mint **6**
- RUBY** grapefruit carrot beet ginger **6**
- HERBTONIC** apple basil cilantro cucumber spinach ginger **6.5**
- TRI-DOSHIC** red bell pepper, carrot beet celery ginger apple cilantro **7**
- VIPER** cucumber jalapeño cilantro pineapple spinach lime **7**
- MANIFESTA** celery cucumber spinach parsley **7**
- THE RITA** celery cucumber spinach kale parsley mint lime **7.5**
- WITCHDOCTOR** apple, cucumber, lemon, ginger, wheatgrass & echinacea over ice **7**
- WELLNESS SHOT** ginger juice, lemon, cayenne and echinacea served with an apple slice 2oz **3.5**
- WHEATGRASS** 1oz **3** / 2oz **5** served with an apple slice
- GINGER SHOT** 1oz **3** served with an apple slice

Smoothies

**choose housemade walnut milk ★
or organic rice milk**

- ADDITIONS - 1.5 each**
maca, coconut oil, spirulina, bee pollen, chia seeds, cacao nibs, goji berries, echinacea, peanut butter, almond butter, Vitamineral Green, Epic Protein, turmeric powder, coconut yoghurt*
- \$1 each - kale, spinach or hemp seeds** **(bee pollen may cause an allergic reaction to those with a bee allergy)*
- DARLING** strawberry, banana **5**
- LUCY BLUE** blueberry, banana **5**
- PINK FLAMANGO** strawberry, mango, banana **6**
- BELLE** almond butter, banana, date **6**
- RETROSPECTION** almond butter, cacao nibs, mint, banana **6.5**
- STUMBLEBEE** peanut butter, cacao nibs, cocoa powder, coffee, banana **6.5**
- WALLFLOWER** Vitamineral Green, pineapple, marionberry, mango, banana **6**
- TEMPEST** mango, spinach, coconut oil, avocado, date, cayenne **8**
- EMERALED EYES** banana, coconut yoghurt, cacao nibs, coconut oil, mint, spinach, almond butter, hemp seeds **8.5**
- WARRIOR** strawberry, avocado, maca, date, vanilla, hemp seeds **7.5**
- BLACKBERRY KISS** marionberry, banana, ginger, mint, coconut oil, coconut milk **7.5**
- SUPER BERRY** strawberry, marionberry, banana, goji, hemp seeds, Epic Protein **8**
- SHAMAN** celery-cucumber-lime juice, avocado, jalapeno, spinach, cilantro **8**
- GRASSHOPPER** apple-ginger juice, spinach, parsley, spirulina, chia, ice **7.5**
- REVIVAL** apple-lemon-ginger juice, spinach, blueberries, spirulina **8**
- GILT** carrot juice, coconut milk, mango, pineapple, turmeric, ginger, bee pollen* **8**

Prasad
eat. inspire. unite.

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facebook: Prasad Cafe / twitter: prasadcuisine
instagram: @prasadcafe #prasadcafe

Monday thru Friday : 7:30 am to 8 pm
Saturday and Sunday : 9 am to 8 pm

Please call ahead for to-go orders.

We are happy to accommodate to-go orders for groups as large as 12 people.

10% gratuity will be added to all orders over \$75.

The menu is 100% gluten-free.

In case of food allergies please ask to see our ingredient book. We prepare our dishes with great care and attention but cannot guarantee that any food has not come in contact with an allergen.