

## HUGO'S IS CONSCIOUSLY DELICIOUS

Founder Terry Kaplan's vision for Hugo's was "a kitchen producing original, wonderful foods found nowhere else." There are myriad details that contribute to making Hugo's original and wonderful - and consciously delicious. Here are just a few:

### OUR INGREDIENTS

We take a lot of pride in making it ourselves, so that our flavors and recipes are unique to Hugo's. Just as bio-diversity is crucial in our environment, so too is it important in our diets. We have a big menu. Over 70 items plus Specials before we get to Create A Plates, where you can be your own chef minus the actual cooking. We search for over 600 ingredients to make close to 400 recipes. We choose cheese without animal rennet, organic sugar that hasn't been processed with bone char, and Telichery black peppercorns from India to go in our pepper grinders.

### OUR PROCESS

Every menu item has a story. Half of the work is done in the prep kitchen, the other half "on the line" where our cooks finish your orders "a la minute", or to the minute, just for you with (almost) any modifications you may require. Some dishes may contain a half dozen recipes or more. For instance our Cauliflower Pakora appetizer has a vegan, gluten-free red lentil batter seasoned with our house blend of organic Ayurvedic spices, and cooked in hexane-free, non-gmo oil. It's served with our roasted garlic and jalapeno oil-free dressing, and house-made pickled jalapenos and vegetables. Those who aren't vegan or gluten-free enjoy it equally.

We have old and new menu items, some from when we first expanded from Hugo's Fine Meats to Hugo's Restaurant. Other creations that started as Specials became classics over time. We are constantly trying to dazzle your palate while at the same time preparing our dishes in the healthiest ways possible. We've created thousands of original dishes using inventive techniques while at the same time sticking to our philosophy of "stealthy healthy".

### OUR DIETARY FOCUS

We try to make the best, balanced choices each and every day from what's on the market, just as you do for your own families. Our focus is on clean foods that everyone can enjoy together including dishes that are Vegetarian, Vegan, or Gluten-free. We screen every ingredient that comes in for allergens such as nuts, seeds, dairy, soy and added oils (not natural fats such as in meat or nuts). We have an Allergy Alert System in place for you, however, there is always a chance of mistakes and cross contamination. Although we buy mostly single-ingredient foods, some finished foods, like capers or veganise, occasionally change an ingredient and we will not have been informed about the change. (Please see "Our Limitations" below.)

### OUR LIMITATIONS

Not all requests can be accommodated in the moment. Our kitchen has limitations, primarily size and storage. Please understand some limitations allow us to keep the kitchen running smoothly and quickly in order to serve you as you would want to be served, in a timely manner. In addition, our staff may not have all the answers you seek. We may need to track down information.

If you have serious allergies, please take the time to read through our published Allergen information with an honest assessment of how your reaction is triggered. For example, some people cannot tolerate raw garlic but can tolerate it when cooked. Your assessment will help us help you to determine how or if a dish can be modified to suit you. Considering the thousands of people we serve each week, we make very few mistakes, but we do not want to put you at risk. If you are dangerously allergic to any items, our staff can't assure your wellbeing. You would be safer at a facility that is 100% guaranteed free from your allergens.

Currently our menu only addresses common allergens. We are not able to address all allergies. Ingredients such as garlic, onions, black pepper, tomatoes, celery root, etc., are commonly used in our kitchen. Our facility also contains soy, dairy, wheat and nuts - but no peanuts. For those with food sensitivities, we strive to be transparent about ingredients in our dishes. Please be aware, however, that our facility is not free of allergens and some contact may occur.

For allergy information and ingredients, go to [www.hugosrestaurant.com](http://www.hugosrestaurant.com). For more detailed information about our ingredient choices go to [www.hugos.us](http://www.hugos.us).

**10% PACKING FEE ON TAKE OUT ORDERS OVER \$100**  
Prices & Menu Items Subject To Change

070617WS

BREAKFAST • LUNCH • DINNER

FOR OUR LOCATION IN  
WEST HOLLYWOOD & STUDIO CITY

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TERRY KAPLAN

# BEVERAGES

## COFFEES

<b>HOUSE COFFEE</b> 3.50	<b>CAPPUCCINO</b> 4.25
<b>DECAF COFFEE</b> 3.50	<b>CAFFE MOCHA</b> 4.25
<b>ESPRESSO</b> 3.00	<b>CAFFE LATTE</b> 4.25

## CHAI & TEA LATTES

### HOUSE CHAI LATTE

Ayurvedic spices with rooibos, raw cane sugar and steamed milk of choice. Caffeine free. 4.25

### BLACK TEA CHAI LATTE

House Chai, black tea, raw cane sugar & steamed milk of choice. 4.25

### MATCHA LATTE

Matcha green tea steamed with rice milk. 4.75

### ROOIBOS AFRICANA LATTE

With cornflower, blue mallow, vanilla and steamed milk of choice. 4.25

### RED HOT LATTE

Fresh ground sweet and spicy Saigon Cinnamon with steamed milk of choice. 4.25

### VEDIC LATTE

Turmeric, ginger, cardamom and hint of nutmeg and long pepper. Choice of steamed milk. Calming and a great digestive aid 4.25

## BLENDED JUICE DRINKS

### YOGI SMOOTHIE

Mango-Apple-Ginger-Toasted Almonds-Soy Milk-Yogi Chai-Ice 6.25

### GREEN JUICE

Banana-Orange-Liquid Chlorophyll-Rice Bran Syrup-Extra Virgin Olive Oil 6.25

## LEMONADES

<b>OLD FASHIONED</b> 4.00	<b>SPINACH</b> 5.00
<b>GREEN TEA</b> 5.00	<b>GINGER</b> 5.00
<b>STRAWBERRY</b> 5.00	

## MORE REFRESHMENTS

### SOFT DRINKS 3.50

Coke • Diet Coke • Root Beer • Sprite

### FRESH-BREWED ICED TEA 4.00

**MILK** medium 4.00 / large 5.00  
Whole, Non-Fat, Soy, Rice or Almond

### ORANGE OR GRAPEFRUIT JUICE

medium 5.00 / large 6.00

**VOSS WATER** STILL-800ml Glass Bottle 6.50

**VOSS WATER** SPARKLING-800ml Glass Bottle 6.50

## TEAS

### HUGO'S GREEN TEA

Various small batches we've selected as delicious, "every day" green tea. 4.00

### DRAGON PEARLS WITH JASMINE

Perfectly balanced green tea and jasmine. 4.00

### HERBAL GREEN MULBERRY

Toasty and sweet with a berry-like finish. No caffeine. 4.25

### BEN SHAN

Bold, mineral-y, gardenia, caramel, grapefruit, very alive! 4.25

### HUGO'S BREAKFAST TEA

Smooth, mellow and rich. Great with or without milk. 3.75

### EARL GREY

Organic black tea with citrus and floral Bergamot flavorings. 3.50

### HONEY ORCHID

Black tea with hints of cocoa, dried flowers, honey and peach 4.00

### IMPERIAL PU ERH

Deep forest, earthy, grilled porcini, savory. 4.25

## HERBAL TEAS

**DANDELION VANILLA** Wonderful coffee substitute, toasty and sweet. 3.50

**GINGER TURMERIC** with a dash of orange, lemon peel & licorice. Digestive-aiding health tonic. 3.50

**THREE MINT** Peppermint, spearmint & fieldmint. 3.50

**BIODYNAMIC CHAMOMILE** Soothing & relaxing. 3.50

**TULSI (HOLY BASIL)** Delicious, calming and restorative. 3.50



## CATERED MEALS FOR THE MULTITUDES

### AT HOME, OFFICE OR FOR SPECIAL EVENTS

Our diverse, stealthy-healthy menu makes it easy for you to entertain at home or offer your office staff delicious family-style dining.

Many of our popular dishes are available for order and pick up with vegan, vegetarian or gluten-free options. You'll feel good that you've provided whole-food dining for the well-being of your guests. Your family, friends and colleagues will reap the benefits of your good taste and forward thinking. Call your favorite location and order by 3pm for next day pick up.

## BREAKFAST SUGGESTIONS

Chilaquiles  
Build Your Own Scramble

Breakfast Burritos  
Almond Energy Pancakes

## LUNCH SUGGESTIONS

Sandwich Wrap Platters  
Specialty Salads

Four Cheese Mac and Cheese  
Gourmet Lunchboxes

## DINNER SUGGESTIONS

Orange Mustard Chicken  
Turkey Meatloaf

Tikka Masala with Veggie Patties  
Salmon in a with Basil Pesto Sauce

Ask about our house-made desserts

For large groups, special meals, or when you just need an extra hand, our Catering Coordinator can provide service and support, from the initial planning process to your final bite. Write us at [catering@hugosrestaurant.com](mailto:catering@hugosrestaurant.com) or call 323-692-0800 ext 101.

See all catering choices at [hugosrestaurant.com/catering](https://hugosrestaurant.com/catering)



# PASTA

Fusilli and Spaghetti are vegan, organic and made fresh at Hugo's. Gluten-free penne pasta is made from 100% organic red lentils. May be substituted for a \$3 charge.

## PROTEIN ADDITIONS

NATURAL CHICKEN +4.25   GRILLED ORGANIC TOFU +4.25   TURKEY SAUSAGE +4.25   BACON +3.25

### ★ SPAGHETTI WITH TURKEY OR VEGGIE MEATBALLS (v) (vt) (gf) n

Choice of turkey meatballs prepared with Shelton's free-range ground turkey, vegetables, cheese and spices or veggie balls made from our "New American" vegetable-seed mixture. Tossed with marinara sauce blended with diced tomatoes and artichoke hearts. 16.75

### VEGAN MAC AND CHEESE v vt (gf) n

House-made fusilli pasta with garlic, sliced mushrooms and sweet peas in a creamy cashew and sunflower seed cheese sauce. Topped with crispy onions and served with steamed vegetable medley. 14.50

### FOUR CHEESE MAC AND CHEESE vt (gf)

House-made fusilli pasta in a rich, creamy sauce of cheddar, mozzarella, gorgonzola and parmesan. Served with steamed vegetable medley. 14.50

### ★ PASTA VICTOR (v) (vt) (gf)

A classic Hugo's dish with spaghetti, grilled chicken breast, garlic, sun dried tomato, corn, chili flakes, cilantro, parmesan cheese and a slightly spicy chipotle-cream sauce. 16.75  
*Vegan Victor subs vegan cream sauce<sup>n</sup> and tofu.*

### CARBONARA (v) (vt) (gf)

Prosciutto, bacon and garlic sautéed crisp. Deglazed with white wine and finished with scallions, cream, Italian parsley and parmesan cheese. 16.25  
*Vegan Carbonara subs vegan cream sauce<sup>n</sup>, mushrooms & veggie bacon.*

## CREATE-A-PASTA \$14.50 + Additional items

Since your pasta order is unique, expect our chefs to interpret your orders uniquely. Parmesan upon request.

## PICK A PASTA

HUGO'S HOUSE MADE SPAGHETTI  
HUGO'S HOUSE MADE FUSILLI  
GLUTEN-FREE PENNE ADD \$3

## CHOOSE A SAUCE CHOICE OF 1. Vegan, vegetarian & gluten-free unless otherwise noted.

PESTO n  
MARINARA (MADE WITH ORGANIC TOMATOES)  
TOMATO CHIPOTLE  
GARLIC, OIL AND MIXED HERBS  
VEGAN CASHEW CREAM n  
PARMESAN GARLIC CREAM vt gf

## CHOOSE 3 INGREDIENTS ADD UP TO 3 FROM THIS LIST

### EXTRA CHOICES \$1 EACH

ASPARAGUS	CORN	SUN DRIED TOMATO
ARTICHOKE	SAUTÉED MUSHROOMS	CHOPPED TOMATO
BASIL	OLIVES	ZUCCHINI
BROCCOLI	ONIONS	CHEDDAR CHEESE
CAULIFLOWER	GREEN PEPPERS	GOAT CHEESE
CARROTS	RED PEPPERS	GORGONZOLA CHEESE
CHILI FLAKES	PEAS	MOZZARELLA CHEESE
ORTEGA CHILIES	SCALLIONS	VEGAN MOZZARELLA
DICED JALAPENO	SNOW PEAS	
CILANTRO	SPINACH	

## ⊕ ADD CHOPPED PROTEINS

BACON 3.25 gf	TURKEY SAUSAGE 4.25 gf	VEGGIE BALLS (2) 4.00 v vt gf n
VEG BACON 3.25 v vt gf	NATURAL CHICKEN 4.25 gf	TURKEY BALLS (2) 4.00 gf n
TURKEY BACON 3.25 gf	TURKEY BREAST 4.50 gf	CONTAINS CHEESE
PORK LOIN 4.25 gf	GRILLED TOFU 4.25 v vt gf	

# STARTERS

## SOUP OF THE DAY v vt gf CUP 5.75 / BOWL 7.50

All soups are dairy and oil-free.

Monday - Tortilla, Tomato & Black Bean

Tuesday - Spinach Zucchini & Sweet Corn

Wednesday - Coconut<sup>n</sup> Curry Red Lentil

Thursday - Hearty Dahl with leafy greens

Friday - Corn Chowder

Saturday - Roasted Vegetable

Sunday - Potato Leek

## TOMATO BASIL BISQUE v vt gf CUP 5.75 / BOWL 7.50

Our wonderful interpretation of a classic. Tomatoes, tofu, rice milk, basil, onion & garlic. Topped with fresh basil.

## GINSENG CHICKEN SOUP gf CUP 5.75 / BOWL 7.50

Ginseng-ginger broth, chicken, shiitake mushrooms, spinach, celery, onions, garlic and cilantro.

### ★ ASIAN SPRING ROLLS v vt gf

Vietnamese-style spring rolls filled with snow peas, carrots, cucumbers, avocado, kelp noodles, and fresh herbs with a mild sesame-chili dipping sauce. 8.75

### ARTICHOKE DIP v vt gf n

Diced artichokes, chopped spinach, onion, garlic and seasonings sautéed in olive oil then added to a creamy sauce of tofu, vegan mozzarella, rice milk, potato, veganaise and white wine. Served with crispy organic corn tortilla chips. 8.25

### CAULIFLOWER PAKORA v vt gf

Indian-spiced cauliflower coated with red lentil batter and Ayurvedic seasoning, deep-fried to perfection. Served with roasted jalapeno garlic dressing and pickled jalapeno-vegetables on the side. 8.25

### VEGAN MAC AND CHEESE v vt (gf) n

House-made fusilli pasta with garlic, sliced mushrooms and sweet peas in a creamy cashew and sunflower seed cheese sauce. Topped with crispy onions. 8.75

### ★ FOUR CHEESE MAC AND CHEESE vt (gf)

House-made fusilli pasta in a rich, creamy sauce of cheddar, mozzarella, gorgonzola and parmesan. 8.75

### LOS NACHOS v vt gf

Corn tortilla chips over tomato-chipotle black beans. Topped with Chef Nabor's zesty nacho sauce. Accented with pico de gallo, diced green chilies, avocado and chopped cilantro. 8.25

MODIFICATIONS MAY BE SUBJECT TO CHARGE.

FOR MORE ABOUT OUR INGREDIENTS,  
PLEASE ASK FOR THE ALLERGEN LIST.

## ALWAYS PREPARED

**v**  
VEGAN

**vt**  
VEGETARIAN

**gf**  
GLUTEN-FREE

**n**  
NUTS

**★**  
FAVORITE

## CAN BE PREPARED

**(v)**  
VEGAN

**(vt)**  
VEGETARIAN

**(gf)**  
GLUTEN-FREE

# BREAKFAST

Toast upon request: White, Wheat or English Muffin.

We use organic veg-fed eggs. Exchange organic tofu for eggs no charge.

Eggs cooked in butter. Olive oil upon request.

Substitute egg whites - \$2.00 Wrap your breakfast in a burrito - \$1.50

## SERVED ALL DAY

### CHILAQUILES (v) (vt) gf

Eggs scrambled with corn tortillas, turkey sausage, slightly spicy roasted tomato chipotle sauce & onions. Served with side of sour cream and choice of potatoes, turmeric rice<sup>n</sup>, or fruit. 14.50

### ★ BREAKFAST SALAD (v) vt gf n

Turmeric rice<sup>n</sup> scrambled with egg whites, almonds, currants, spinach, mixed mushrooms, ginger, garlic, and organic tamari sauce on organic mixed lettuce tossed with balsamic vinaigrette. 14.00

### DESAYUNO FUERTE (v) vt gf

Two poached eggs over potato pancakes with sautéed spinach, garlic, onions, tomato and shredded parmesan cheese. 14.50

### ★ PROTEIN SCRAMBLE gf

Egg whites scrambled with diced grilled chicken breast, mixed mushrooms, asparagus, broccoli, fresh herbs, garlic and onion. Served with potatoes, turmeric rice<sup>n</sup>, or fruit. 14.50

### STICKY BUNS v vt gf n

Two warm and crispy sticky buns, glazed with organic vanilla sugar icing. Topped with caramelized pecan sauce. 9.25

### PAPA'S EGGS gf

Eggs scrambled with bacon, turkey sausage, scallions, garlic and parsley. Served with potatoes, turmeric rice<sup>n</sup>, or fruit. 13.50

### PASTA PAPA (gf)

Fresh pasta scrambled with eggs, garlic, parsley, parmesan cheese, Hugo's special seasoning plus bacon, turkey sausage & scallions. 14.50

### ★ PASTA MAMA (v) vt (gf)

Fresh pasta scrambled with eggs, garlic, parsley, parmesan cheese and Hugo's special seasoning. 13.50

### ★ CHIPOTLE SCRAMBLE (vt) gf

Eggs scrambled with diced grilled chicken breast, peppers, onions, scallions, mozzarella cheese, cheddar cheese and slightly spicy honey-chipotle sauce over corn tortillas, topped with sour cream. Served with potatoes, turmeric rice<sup>n</sup>, or fruit. 14.50

### HERBED OMELETTE (v) vt gf

Egg whites and herbs with roasted peppers, mushrooms, spinach and tomato. Served with potatoes, turmeric rice<sup>n</sup>, or fruit. 13.50

### BYO OMELETTE OR SCRAMBLE (v) (vt) gf

Build your own, any way you like it. Served with potatoes, turmeric rice<sup>n</sup>, or fruit. More than 4 items add \$1 per item. 14.00

Pork or Turkey Bacon  
Veggie Bacon  
Turkey Sausage  
Cheddar

Mozzarella  
Goat Cheese  
Cashew Cheese  
Pico de Gallo

Avocado  
Broccoli  
Garlic  
Jalapenos

Mushrooms  
Onions  
Green Peppers  
Red Peppers

Scallions  
Spinach  
Tomato

## ON THE SIDE

TWO EGGS, ANY STYLE vt gf	\$6.00	HOUSE-SMOKED PORK LOIN gf	\$5.50	BLACK BEAN CAKES v vt gf	\$5.50
PORK BACON gf	\$5.50	HOUSE-MADE VEGGIE BACON v vt gf	\$5.50	POTATO PANCAKES v vt gf	\$5.00
TURKEY BACON gf	\$5.50	TURKEY SAUSAGE PATTIES gf	\$6.00	ROASTED POTATOES v vt gf	\$5.00

### ALWAYS PREPARED

### CAN BE PREPARED

**v** VEGAN **vt** VEGETARIAN **gf** GLUTEN-FREE

**n** NUTS

★ FAVORITE

(v) VEGAN

(vt) VEGETARIAN

(gf) GLUTEN-FREE

# CREATE -A- PLATE

With the 5-choice option there are millions of possibilities. It goes without saying that you may never see the exact meal twice. Enjoy the creative process. It is **your** creation.

CHOOSE 3 - \$14.50 CHOOSE 4 - \$16.50 CHOOSE 5 - \$18.50

# CREATE -A- BOWL

## CREATE-A-PLATE SIDES

Vegan, vegetarian & gluten-free unless otherwise noted

### CREATIONS

SAUTÉED LEAFY GREENS  
ZUCCHINI, CORN & ROASTED RED PEPPERS  
SAUTÉED MIXED MUSHROOMS & ONIONS  
ROASTED YAMS AND SWEET POTATOES  
MUNG BEANS & ORGANIC SORGHUM  
SPANISH SORGHUM  
BROCCOLINI AND GARLIC  
GREEN BEANS AND GARLIC  
GREEN TAMALES<sup>n</sup>  
GARLIC SPINACH  
BLACK BEAN CAKES  
FRIED PLANTAINS  
ORGANIC GOLDEN QUINOA  
COOKED BEETS

### TRADITIONS

MASHED POTATOES  
ROASTED ROSEMARY POTATOES  
VEGETABLE MEDLEY  
TOMATO CHIPOTLE BLACK BEANS  
ORGANIC BROWN RICE  
ORGANIC TURMERIC BASMATI RICE<sup>n</sup>  
ORGANIC SORGHUM  
HOUSE SALAD  
CAESAR SALAD (v) vt (gf) n  
CUP OF SOUP

## ADD A SAUCE SELECT ONE NO CHARGE PER PLATE

Vegan, vegetarian & gluten-free unless otherwise noted

MUSHROOM HERB GRAVY  
MARINARA (MADE WITH ORGANIC TOMATOES)  
ROASTED TOMATO CHIPOTLE  
CILANTRO-MINT CHUTNEY  
TIKKA MASALA v vt gf n  
CHIMICHURRI  
HONEY CHIPOTLE vt gf  
NACHO SAUCE

TOMATILLO  
PICO DE GALLO  
BBQ SAUCE  
ROASTED GARLIC-RED PEPPER HUMMUS  
ANY SALAD DRESSING

## ⊕ ADD A PROTEIN

Additional charge applies

NEW AMERICAN VEGGIE PATTY 7.25 v vt gf n  
ORGANIC GRILLED TOFU 6.00 v vt gf  
ANGUS BEEF PATTY 7.50 gf  
TURKEY BURGER PATTY 7.25 gf  
SLICED TURKEY 6.75 gf  
TURKEY LOAF 7.25 gf n  
CONTAINS CHEESE

HOUSE-SMOKED PORK LOIN 5.50 gf  
NATURAL CHICKEN 5OZ 6.00 gf  
ORGANIC CHICKEN 8OZ 13.00 gf  
HANGING TENDERLOIN STEAK (5OZ) 9.50 gf  
VEGGIE BALLS (2) 4.00 (4) 8.00 v vt gf n  
TURKEYBALLS (2) 4.00 (4) 8.00 gf n  
CONTAINS CHEESE

### ALWAYS PREPARED

**v** VEGAN **vt** VEGETARIAN **gf** GLUTEN-FREE

**n** NUTS

★ FAVORITE

(v) VEGAN

(vt) VEGETARIAN

(gf) GLUTEN-FREE

### CAN BE PREPARED

# ENTREES

## ★ VERY GREEN CASSEROLE (v) vt gf n

Broccoli, spinach, asparagus, zucchini, with garlic and fresh herbs in a tomato-basil pesto sauce. Topped with a veggie patty and melted goat and mozzarella cheeses. Served with organic mixed lettuce. 16.50

## ★ GREEN TAMALE PLATE (v) vt gf n

Two spinach-infused sweet corn tamales covered with tomatillo sauce, mozzarella or Parmela cashew cheese<sup>n</sup> and pico de gallo. Served with tomato chipotle black beans and turmeric basmati rice. 14.50

## TIKKA MASALA PLATE (v) (vt) gf n

Choice of our new American veggie patties<sup>n</sup>, grilled organic tofu or chicken breast. Covered with a slightly spicy Indian inspired sauce of tomato, onions and spices. Garnished with chopped cilantro. Served with turmeric rice<sup>n</sup>, steamed broccoli and cilantro-mint chutney. 15.75

## SHEPHERD'S PIE (v) (vt) gf

Herbed mushroom sauce with assorted mixed vegetables and a choice of chicken breast, turkey, burger patty or organic tofu. Covered with mashed potatoes and a crisp Parmesan cheese crust. Served with organic mixed lettuce. 14.50

## ★ ASIAN STIR FRY (v) (vt) gf

Choice of sautéed chicken breast or grilled organic tofu, snow peas, tomatoes, broccolini, mushrooms, jicama, scallions, cilantro and a sesame-chili sauce Served with organic brown rice. 16.50

## CHICKEN CARCIOFI (vt) gf

Seasoned chicken breast sautéed in olive oil with artichoke hearts, spinach, cherry tomatoes, garlic, Kalamata olives, chili flakes, lemon juice, white wine and butter. Served with organic brown rice. 17.25

## ORANGE MUSTARD CHICKEN (vt) gf

Breast of chicken sautéed with orange juice, Pommery Dijon mustard, honey and garlic. Served with organic brown rice and vegetable medley. 17.25

## TURKEY MEATLOAF (v) (vt) gf n

Shelton's free-range turkey prepared with sun dried tomato, pine nuts, egg, cheese and fresh herbs. Served with mashed potatoes, vegetable medley and mushroom herb gravy. 16.25

## CHIMICHURRI STEAK gf

A 10 oz steak from Thunder Ridge cut off a hanging tenderloin, grilled to maintain the juices and flavor. Topped with grilled onions and a side of Chimichurri (cold, slightly spicy made with parsley, herbs and garlic) sauce. Served with mashed potatoes and steamed broccoli. 26.00

## MARKET FRESH FISH

Ask your server about our daily offering. Served lightly seasoned with salt and pepper and sauteed in olive oil. Choose two sides and a sauce from our Create-A-Plate offerings below. We are committed to serving only the most sustainable fish in accordance with the Monterey Bay Seafood Watch. Market Price.

# SERVED UNTIL 4PM

## ★ GO GREEN FRITTATA (v) vt gf

This wonderful breakfast full of protein, minerals, and iron will keep you going. Made with egg whites, organic leafy greens, spinach puree, broccolini, zucchini, asparagus, quinoa, garlic, extra virgin olive oil. Topped with julienned snow peas and an apple-mango-mint sauce. Served with potatoes, turmeric rice<sup>n</sup>, or fruit. 14.50

## EGGS BENEDICT (vt) (gf)

Poached eggs on toasted English muffins or gluten-free flat bread with house-smoked Pork Loin and Hollandaise sauce. Served with potatoes, turmeric rice<sup>n</sup>, or fruit. 14.50

## HUEVOS RANCHEROS (v) vt gf n

Eggs (or organic tofu) on warm corn tortillas. Covered in slightly spicy roasted tomato chipotle sauce, avocado, melted mozzarella or Parmela cashew cheese<sup>n</sup> and cilantro. Served with black beans and turmeric rice. 14.00

## ★ GREEN TAMALES AND EGGS (v) vt gf n

Spinach-infused corn tamales on a pool of tomatillo salsa with two eggs any style, topped with a mix of avocado, pico de gallo, black beans and roasted jalapeno sauce. Garnished with crispy tortilla strips, sour cream and cilantro. Served with potatoes, turmeric rice<sup>n</sup>, or fruit. 14.50

## ★ ALMOND ENERGY PANCAKES v vt gf n

Prepared with nuts, seeds, quinoa, shredded coconut, puffed rice, dried cherries, cranberries and organic maple syrup. Garnished with fresh strawberry slices. Served with spiced organic cane syrup. 13.50

## BLUEBERRY PANCAKES v vt gf

Infused with organic blueberries and citrus zest with a dusting of organic powdered sugar. Served with blueberry syrup. 13.50

## CHOCOLATE CHIP PANCAKES v vt gf

Chocolate chips inside and out. Dusted with powdered sugar and served with chocolate syrup. 13.50

## BUTTERMILK PANCAKES vt

Made with organic whole wheat flour. Garnished with sliced bananas, currants, butter and organic maple syrup. 11.50

## CINNAMON SWIRL FRENCH TOAST v vt gf

Chef Nabor has created a delicious cinnamon swirl bread. Thick slices are dipped in organic rice milk batter with a hint of vanilla and griddle cooked, crispy on the outside, gooey in the middle. Served with organic maple syrup and garnished with black currants and orange segments. 13.50

## GOOD MORNING ENERGY CEREAL (v) vt gf n

A crispy cereal with mixed nuts<sup>n</sup> and seeds, puffed rice, dried cherries and cranberries, cinnamon and organic maple syrup. With milk of your choice or yogurt. 11.00

## FRESH FRUIT SALAD v vt gf 9.00

## EGGS ANY STYLE (vt) gf

Served with potatoes, turmeric rice<sup>n</sup>, or fruit. 10.50

*Add a Pancake or Swirl for \$2 extra*

With choice of Bacon or Turkey Sausage 14.00

With Turkey or Veggie Patty 15.75

With 5oz Hanging Tenderloin Steak 18.00

With Natural Chicken Breast 15.00

With Beef Patty 16.00

**FOR MORE ABOUT OUR INGREDIENTS,  
PLEASE ASK FOR THE ALLERGEN LIST.**

# SANDWICHES & WRAPS

## WITH A CHOICE OF

FRENCH FRIES, POTATO CHIPS, MIXED GREENS, HOUSE SALAD, CAESAR SALAD<sup>n</sup>, CUP OF SOUP, FRUIT CUP, ROASTED POTATOES, MASHED POTATOES, BROWN RICE, TURMERIC RICE<sup>n</sup>, TOMATO CHIPOTLE BLACK BEANS, ORGANIC SORGHUM, VEGETABLE MEDLEY, BROCCOLI, ZUCCHINI OR SLICED TOMATO.

## SERVED ON A CHOICE OF

MULTI-GRAIN WHEAT BREAD<sup>vt</sup>, COUNTRY WHITE BREAD<sup>v vt</sup>, SOFT RUSTIC BUN<sup>v vt</sup>, WHOLE WHEAT CIABATTA<sup>v vt</sup>, WHOLE WHEAT TORTILLA<sup>v vt</sup>, SPINACH TORTILLA<sup>v vt</sup>. HAVE YOUR SANDWICH ON OUR GLUTEN-FREE FLAT BREAD<sup>v vt gf</sup> OR GLUTEN-FREE RYE BREAD<sup>v vt gf</sup> + \$1

### ★ MUNG BEAN & SORGHUM QUESADILLA (v) vt n

A traditional Ayurvedic recipe served in a spinach tortilla with mung beans & sorghum, basil pesto, mozzarella cheese and goat cheese. Garnished with red bell peppers and basil on top. 13.25

### AVOCADO-HUMMUS WRAP v vt

Spinach tortilla wrapped around avocado, tomato, cucumber, roasted garlic-red pepper hummus and snow peas with a drizzle of sesame-ginger dressing. 14.00

### THE CLUB (v) (vt) (gf)

Choice of grilled chicken breast, grilled organic tofu, turkey breast or house-smoked pork loin. Choice of regular bacon, turkey bacon or house-made veggie bacon. Also comes with guacamole, tomato, lettuce and vegan black pepper mayo. Served on country white bread. 14.75

### ★ CUBAN SANDWICH (vt) (gf)

Grilled chicken breast or organic tofu with slightly spicy honey-chipotle sauce, fried plantains, goat cheese, organic mixed lettuce, a splash of balsamic dressing, tomato & grilled red onions. Served on multi-grain wheat bread. 14.75

### TRES TACOS (v) (vt) (gf)

Choice of grilled chicken breast, steak, organic tofu or mixed vegetables sautéed with organic black beans, corn, Pico de Gallo and slightly spicy roasted tomato chipotle sauce. Served on GMO-free corn tortillas spread with guacamole and filled with shredded lettuce or wrapped in your choice of an organic spinach or whole wheat tortilla as a burrito. 14.75

### ★ REUBEN SANDWICH v vt gf n

Hugo's gluten-free rye bread is brushed with olive oil and garlic and toasted over the flat griddle, then layered with house-made vegan salami, Russian dressing, sauerkraut and melted Parmela cashew cheese<sup>n</sup>. Served with a side of mixed greens. 14.50

## HUGO'S BURGERS (v) (vt) (gf)

### ANGUS NATURAL BEEF, FREE RANGE TURKEY OR NEW AMERICAN VEGGIE BURGER 15.00

SERVED WITH LETTUCE, TOMATO, SANTA FE VEGANAISE & A SIDE CHOICE

#### SERVED ON A CHOICE OF

MULTI-GRAIN WHEAT BREAD vt  
COUNTRY WHITE BREAD v vt  
SOFT RUSTIC BUN v vt  
WHOLE WHEAT CIABATTA v vt  
WHOLE WHEAT TORTILLA v vt  
SPINACH TORTILLA v vt

#### HOUSE-MADE GLUTEN-FREE

FLAT BREAD v vt gf +\$1  
RYE BREAD v vt gf +\$1

#### BEEF BURGER IS:

Hormone and antibiotic-free from Painted Hills Ranch.

#### TURKEY BURGER IS:

Shelton's free-range from Northern California blended with onions and herbs.

#### NEW AMERICAN VEGGIE BURGER<sup>n</sup> IS:

Organic sprouted mung beans, organic brown rice, assorted fresh vegetables, mushrooms, pumpkin & sunflower seeds, pesto, herbs & spices.

## SALADS All our salad greens are organic.

### ★ THE POWER OF GREEN SALAD v vt gf

Chopped spinach, organic leafy greens, broccoli, green beans, asparagus, dried cherries and avocado. Topped with toasted sunflower seeds and served with a sherry vinaigrette. 15.75

### MEXICAN SALAD (v) (vt) gf

Diced grilled chicken breast or herb-marinated organic grilled tofu, romaine lettuce, black beans, avocado, olives, pico de gallo and parmesan cheese tossed in a Caesar dressing. 15.75

### SESAME SALAD (v) (vt) gf n

Sliced, grilled sesame marinated chicken breast or herb-marinated organic grilled tofu served on organic mixed lettuce with almonds, orange slices, snow peas and jicama with a sesame-ginger dressing. 15.75

### QUINOA BEET SALAD (v) vt gf n

Sweet cooked beets, carrots, scallions, and organic mixed lettuce tossed with dried cherries, walnuts and gorgonzola cheese in a sherry vinaigrette. small 10.50 / large 14.50

### HOUSE SALAD v vt gf

Organic mixed lettuce with carrots, tomato, julienned snow peas and balsamic vinaigrette dressing. small 6.25 / large 10.50

### CAESAR SALAD (v) vt (gf) n

Chopped romaine cut and tossed with garlic-herb croutons and parmesan cheese. small 6.25 / large 10.50

### BYO SALAD (v) vt (gf)

Build your own, any way you like it. Choose from organic mixed baby greens, organic romaine, or organic spinach. Select your dressing and up to 4 more items. Extra choices \$1 each. 13.50

Avocado	Croutons	Gorgonzola	Onions	Snow Peas
Broccoli	Cucumber	Mozzarella	Parmesan	Tomato
Carrots	Goat Cheese	Mushrooms	Roast Potato	Yams & Sweet Potatoes

## DRESSINGS, ADDITIONS & EXTRAS

#### DRESSINGS v vt gf oil-free\*

BALSAMIC VINAIGRETTE  
SHERRY VINAIGRETTE  
SESAME-GINGER  
CAESAR

RUSSIAN RANCH  
SESAME-CHILI\*  
ROASTED GARLIC-JALAPEÑO\*

#### PROTEIN ADDITIONS

NATURAL CHICKEN +4.25  
GRILLED ORGANIC TOFU +4.25  
TENDERLOIN STEAK 5OZ +9.50

#### EXTRAS

WRAP +1.50  
CHOP +1.00  
SPLIT +1.00

### ALWAYS PREPARED

**v** VEGAN  
**vt** VEGETARIAN  
**gf** GLUTEN-FREE

**n** NUTS

★ FAVORITE

### CAN BE PREPARED

**(v)** VEGAN  
**(vt)** VEGETARIAN  
**(gf)** GLUTEN-FREE

## CHOOSE UP TO 3 BURGER TOPPINGS

CHEDDAR CHEESE vt gf  
MOZZARELLA CHEESE vt gf  
GOAT CHEESE vt gf  
GORGONZOLA CHEESE vt gf  
PARMELA CASHEW CHEESE v vt gf n  
JALAPENO PICKLED VEGGIES v vt gf  
DILL PICKLES v vt gf  
FRIED PLANTAINS v vt gf  
GUACAMOLE v vt gf  
AVOCADO v vt gf  
ORTEGA CHILE v vt gf  
JALAPENOS v vt gf

GRILLED ONIONS v vt gf  
CRISPY ONIONS v vt gf  
SAUTEED MUSHROOMS v vt gf  
TURKEY OR PORK BACON gf  
VEGGIE BACON v vt gf  
RED PEPPER HUMMUS v vt gf  
SAUERKRAUT v vt gf  
NACHO SAUCE v vt gf  
BBQ SAUCE v vt gf  
RANCH DRESSING v vt gf  
MARINARA SAUCE v vt gf  
PICO DE GALLO v vt gf