



YUMM! BOWLS 8

Deluxe Toppings

Deluxe Toppings on all Yumm! Bowls®: Sliced Avocado, Diced Tomato, Cilantro, Black Olives, Cheddar Cheese, Sour Cream

Original

Organic Brown Rice, Yumm! Sauce®, Organic Black Beans, Fresh Mild Red Salsa, Deluxe Toppings

AVAILABLE OPTIONS

Small: \$9.00

Medium: \$10.50

Large: \$12.00

Jazzy®

Thai Jasmine Rice, Yumm! Sauce®, Organic Red Beans, Fresh Mild Red Salsa, Deluxe Toppings

AVAILABLE OPTIONS

Small: \$9.00

Medium: \$10.50

Large: \$12.00

Hot 'n' Jazzy® (Spicy!)

Thai Jasmine Rice, Yumm! Sauce®, Organic Red Beans, Jalapeño Sesame Salsa, Deluxe Toppings

AVAILABLE OPTIONS

Small: \$9.00

Medium: \$10.50

Large: \$12.00

Smoky (Mild heat)

Organic Brown Rice, Yumm! Sauce®, Our own Chipotle Chili, Fresh Mild Red Salsa, Deluxe Toppings

AVAILABLE OPTIONS

Small: \$9.00

Medium: \$10.50

Large: \$12.00

Chilean Zucchini™

Organic Brown Rice, Yumm! Sauce®, Our own Chilean Zucchini™ Stew, Fresh Mild Red Salsa, Deluxe Toppings

AVAILABLE OPTIONS

Small: \$9.00

Medium: \$10.50

Large: \$12.00

Edamame

Organic Brown Rice, Yumm! Sauce® Organic Edamame, Nori, Deluxe Toppings

AVAILABLE OPTIONS

Small: \$9.00

Medium: \$10.50

Large: \$12.00

Yumm! Baby® (No beans about it!)

Thai Jasmine Rice, Yumm! Sauce®, Extra Avocado, Deluxe Toppings

AVAILABLE OPTIONS

Small: \$9.00

Medium: \$10.50

Large: \$12.00

WHAT'S A YUMM! BOWL? 1

What's a Yumm! Bowl?

Our famous Original has: Organic Brown Rice, Yumm! Sauce®, Organic Black Beans, Cheddar Cheese, Fresh Mild Red Salsa, Black Olives, Tomato, Avocado, Sour Cream, Cilantro. Sub Cauliflower Rice for \$1.50

YUMM! BOWL® ADD-ONS 11

Sub Cauli Rice	\$1.50
Small (96 cal) Medium (121 cal) Large (145 cal)	
All-Natural Chicken	\$2.50
Southwest (98 cal) or Original (80 cal)	
Organic Tofu	\$2.50
Southwest (160 cal) or Original (93 cal)	
Organic Tempeh	\$2.50
Add Soup	\$2.50
Nori	\$1.00
roasted, salted seaweed	
Pepitas	\$1.00
roasted, salted pumpkin seeds	
Slivered Almonds	\$1.00
blanched, unsalted	
Café Yumm!® Crispy Noodles	\$1.00
Jalapeño Sesame Salsa	\$1.00
Substitute Organic Nonfat Yogurt for Sour Cream	
(39 cal)	

MORE WAYS TO YUMM! 4

Yumm! Wrap® (You'll Need a Fork.)	\$13.00
Large Yumm! Bowl® of your choice Folded into a grilled, open-face tortilla with melted cheddar	
Yumm! Wrappit® (A Hand-Held Meal!)	\$12.00
Medium Yumm! Bowl® of your choice Rolled up tight in a warm tortilla	
Yumm! 'n' Greens®	\$12.00
Small Yumm! Bowl® of your choice Served on a bed of organic field greens and crowned with tortilla chips	
Yumm! Bento®	
Organic Brown Rice or Thai Jasmine Rice. Served with our creamy ginger Asian Cole Slaw, a Skewer, and a side of Yumm! Sauce®	
AVAILABLE OPTIONS	
BBQ Organic Tofu: \$12.00	
Teriyaki Organic Tempeh: \$12.00	
Teriyaki All-Natural Chicken: \$13.00	

SALAD 3

AvoCrunch Salad™	\$11.00
Organic Field Greens, Tomato, Carrots, Red Cabbage, Crispy Noodles (Gluten Free), Sliced Avocado, Slivered Almonds, Cilantro, Sweet Ginger Miso Dressing	

Southwest Salad	AVAILABLE OPTIONS
Organic Field Greens, Black Beans, Diced Tomato, Sliced Avocado, Diced Onion, Pepitas, Cilantro. Served with fresh mild red salsa and choice of dressing (+90 - 150 cal)	All-Natural Chicken:
	\$12.50
	Organic Tofu: \$12.50

Side Salad	\$5.50
Organic Field Greens, Tomato, Red Cabbage, Carrots, Red Onion. Choice of Dressing (+90 - 150 cal)	

SALAD ADD-ONS 5

Sliced Avocado	\$1.00
Cheddar Cheese	\$1.00
All-Natural Chicken	\$2.50
Southwest (98 cal) or Original (80 cal)	
Organic Tofu	\$2.50
Southwest (160 cal) or Original (93 cal)	
Organic Tempeh	\$2.50

SOUP 1

House Soups	AVAILABLE OPTIONS
Served with baguette roll and butter	Cup: \$7.00
	Bowl: \$9.00

SOUP ADD-ONS 4

Diced Red Onion	\$0.50
Cheddar Cheese	\$1.00
Deluxe Toppings	\$3.00
Avocado, Tomato, Cilantro, Olives, Cheddar Cheese, and Sour Cream	
Sour Cream or Organic Nonfat Yogurt	\$1.00
(46 7 cal)	

GRILLED ITEMS 3

Southwest Wrap™	AVAILABLE OPTIONS
Cheddar Cheese, Avocado, Tomato, Fresh Mild Red Salsa, Cilantro, Folded into a grilled, open-face tortilla with melted cheddar	All-Natural Chicken:
	\$13.00
	Organic Tofu: \$12.00

Deluxe Quesadilla	\$11.00
White or Whole Wheat Tortilla, Cheddar Cheese, Diced Tomatoes, Olives, Sliced Avocado, Cilantro. Served with fresh mild red salsa and sour cream on the side. (883 863 cal)	

Cheese Quesadilla	\$7.50
White or Whole Wheat Tortilla Served with fresh mild salsa and sour cream on the side. (790 770 cal)	

YUMM! KIDS™ 5

Original Kid Yumm! Bowl®	\$4.50
Organic Brown Rice, Organic Black Beans, Yumm! Sauce®, Cheddar Cheese. Served in a bigger bowl to help kids avoid the "Oops!"	

AvoKiddo™ Yumm! Bowl®	\$4.50
Thai Jasmine Rice, Yumm! Sauce®, Cheddar Cheese, Fresh Sliced Avocado. Served in a bigger bowl to help kids avoid the "Oops!"	

Organic Rice & Beans	\$3.50
Organic Brown Rice, Organic Black Beans, Beautiful, Delicious, Nourishing™. Served in a bigger bowl to help kids avoid the "Oops!"	

Teriyaki Chicken & Rice	\$6.50
Teriyaki All-Natural Chicken, Thai Jasmine Rice, Teriyaki Sauce. Served in a bigger bowl to help kids avoid the "Oops!"	

Kid Quesadilla	\$5.50
White or Whole Wheat Tortilla, Cheddar Cheese. Unlike Cheese Quesadilla, does not include salsa and sour cream	

ADD-ONS FOR YUMM! KIDS 6

All-Natural Chicken	\$2.50
----------------------------	---------------

Organic Tofu, Original	\$2.50
-------------------------------	---------------

Fresh Avocado Slices	\$1.00
-----------------------------	---------------

Shredded Cheddar	\$1.00
-------------------------	---------------

Diced Tomato	\$1.00
---------------------	---------------

Black Olives	\$1.00
---------------------	---------------

SKEWERS 3

Teriyaki Tempeh	\$4.50
Organic Tempeh	

BBQ Tofu	\$4.50
Organic Tofu	

Teriyaki Chicken	\$5.00
All-Natural Chicken	

COOKIES 4

Chocolate Chip Cookie	\$3.50
Organic whole wheat flour	
Ginger Spice Cookie	\$3.50
Vegan and wheat-free	
Oatmeal Raisin Cookie	\$3.50
Organic oat flour	
Chocolate-Dipped Cookie	
Add \$0.50 (+78 cal)	

DRINKS 5

Café Yumm!® Organic Coffee	\$3.00
(0 cal)	
Organic Herbal Teas	\$3.00
(0 cal)	
Freshly Brewed Iced Tea	\$2.50
(0 cal)	
Fresh Strawberry Lemonade	\$3.00
Bottled Beverages, Beer, and Wine	
See display case. Beer and wine may not be available at all locations	

FOUNTAIN DRINKS 6

Pepsi	
Dr. Pepper	
Starry Lemon Lime	
Mug Root Beer	
Diet Pepsi	
Diet Dr. Pepper	

YUMM! CASSEROLES™ 7

Original	AVAILABLE OPTIONS
Organic brown rice, organic black beans, fresh mild red salsa, Original Yumm! Sauce®, Deluxe Toppings.	Large: \$85.00
	Small: \$50.00
Jazzy	AVAILABLE OPTIONS
Thai jasmine rice, organic red beans, fresh mild red salsa, Original Yumm! Sauce®, Deluxe Toppings.	Large: \$85.00
	Small: \$50.00

Hot 'n' Jazzy® (Spicy!)	AVAILABLE OPTIONS
Thai jasmine rice, organic red beans, Jalapeño Sesame Salsa, Original Yumm! Sauce®, Deluxe Toppings.	Large: \$85.00
	Small: \$50.00
Yumm! Baby® (No beans about it!)	AVAILABLE OPTIONS
Thai jasmine rice, extra avocado, Original Yumm! Sauce®, Deluxe Toppings.	Large: \$85.00
	Small: \$50.00
Smoky (Mild heat)	AVAILABLE OPTIONS
Organic brown rice, our own Chipotle Chili, fresh mild red salsa, Original Yumm! Sauce®, Deluxe Toppings.	Large: \$85.00
	Small: \$50.00
Edamame	AVAILABLE OPTIONS
Organic brown rice, green soybeans (Non-GMO), Original Yumm! Sauce®, Deluxe Toppings. Topped with nori.	Large: \$85.00
	Small: \$50.00
Chilean Zucchini™	AVAILABLE OPTIONS
Organic brown rice, our zucchini-corn-tomato stew, fresh mild red salsa, Original Yumm! Sauce®, Deluxe Toppings.	Large: \$85.00
	Small: \$50.00

PLATTERS 3

BBQ Tofu Platter	\$40.00
Organic tofu glazed with BBQ sauce. Choose a platter of skewers or bite-size pieces. Serves 10 - 12 as a side dish.	
Teriyaki Tempeh Platter	\$40.00
Organic tempeh glazed with teriyaki sauce. Choose skewers or bite-size pieces. Serves 10 - 12 as a side dish.	
Teriyaki Chicken Platter	\$40.00
All Natural chicken glazed with teriyaki sauce. Sliced chicken serves 10 - 12 as a side dish.	

BEVERAGES 8

Organic Juices
Smoothies
Sodas
Kombucha
Fresh Strawberry Lemonade
Freshly Brewed Ice Tea
Café Yumm! Organic Coffee
Numi® Herbal Teas

CAFÉ YUMM!® ORIGINAL COOKIES 3

Chocolate Chip

Oatmeal Raisin

Ginger Spice