

Tada!

Alternative Menu

Choices that are Healthier, Vegetarian, or Vegan

SAVE TIME - CALL - 310.586.7419, ORDER ONLINE - TADACAFE.NET OR
FAX 310.315.1188 YOUR ORDER ----- 1814 Berkeley Ave., Santa Monica, CA 90404

Omelet

Sunshine Omelet... \$7.00

Egg Whites, Spinach, Red Peppers, Onion, Feta, & Avocado, with Potatoes on the side.

Breakfast Sandwiches

Croissant & Bagels

(Bagel Choices: Plain, Onion, Sesame, Honey Wheat, Asiago, Cinnamon Raisin, + Everything)

The Curb... \$5.00

Scooped out Wheat Bagel with Egg Whites, Turkey Bacon, Avocado, & Hot Sauce.

Bagel or Croissant Breakfast Sandwich

Egg Whites, & Cheese... \$3.75

With Veggies... add \$.50

With Veggie Bacon, or Veggie Sausage... add \$1.00

Breakfast Burritos

Tribeca Burrito... \$6.00

Egg Whites, Grated Potato, Mozzarella, Feta, Provolone, Onion, Tomato & Basil.

Rewire Burrito... \$6.00

Egg Whites, Chicken, Red Bell Pepper, Spinach, Muenster & Salsa.

GRAMMY® Burrito... \$6.00

Egg Whites, Veggie Sausage, Green Onions, Feta, Bell Pepper, hint of Garlic, Lemon Pepper & Salsa.

Breakfast Wraps

(Wrap Choices: Whole Wheat, Tomato Basil, Spinach, Flour)

New York Omelet Wrap... \$6.50

Egg Whites, Spinach, Red Peppers, Onion, Mozzarella, Avocado & Salsa.

Lunch Burritos

The Sedona Burrito..... \$6.50

Tofu, Spinach, Mushrooms, Zucchini, Grilled Onions & Salsa.

The Santa Fe Burrito..... \$6.50

Potatoes, Onions, Bell Peppers, Broccoli, Brown Rice, Mushrooms & Salsa.

Jake Shake Burrito..... \$6.50

Grilled Veggies, Grilled & Chopped Veggie Patty, Rice, Beans, Cheese & Salsa.

Mt Olympus Burrito... \$7.00

Falafel, Cucumber, Tomato, Black Olives, Feta, Hummus & Tzatziki Sauce.

Lunch Wraps

(Wrap Choices: Whole Wheat, Tomato Basil, Spinach, Flour)

Caprese Wrap... \$6.75

Spring Mix, Tomatoes, Fresh Mozzarella, Basil with Balsamic Dressing on the side.

The Nile Wrap... \$6.75

Yellow Squash, Zucchini, Onions, Red Bell Pepper, Basil, Walnuts, Egyptian Herbs & Vegetarian Cilantro Sauce.

Grilled Tofu Avocado Wrap... \$6.75

Spring Mix, Grilled Tofu, Avocado, Tomatoes with a Sesame Vinaigrette sauce.

Greek Wrap... \$6.75

Spring Mix, Feta Cheese, Tomatoes, Black Olives, Red Onions, Yellow Squash, Cucumbers, Garlic & Balsamic sauce.

V-BLT Wrap..... \$6.75 add Avocado... \$7.75

Veggie Bacon, Lettuce, Tomato & Vegetarian Mayo.

Blueberries, Grilled Tofu & Pecans Wrap.... \$8.00

Spring Mix, Goat Cheese, Blueberries, Cucumber, Tomato, Candied Pecans, Grilled Tofu with a Sesame sauce.

Thai Salad Wrap \$8.00

Pineapple, Cucumber, Peanuts, Red Bell Pepper, Basil, Green Onion, Grilled Tofu on a Spring Mix Bed with Thai Dressing.

**Note: All Egg items \$1.00 more
12:00 – 2:00 p.m.*

* Last update 11/22/10

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Salads

Anya Salad.... \$7.25

Spring Mix, Tomato, Cucumber, Avocado, Onion, Sprouts, Sunflower Seeds, with Ginger-Miso Dressing on the side.

Caprese Salad..... \$7.25

Spring Mix, Tomatoes, Fresh Mozzarella, and Basil, with Balsamic Dressing on the side.

Caesar..... \$5.50

Romaine Lettuce, Croutons, Parmesan Cheese, with Caesar Dressing on the side.

The Grecian..... \$8.50

Tossed greens, cucumbers, black olives, and red onions, with crumbled feta and an authentically Greek dressing on the side.

The Singer.... \$8.50

Spring Mix, Grilled Chicken, Feta, Carrots, Cucumber, Tomatoes, Hard Boiled Eggs, **TOSSED** with a Balsamic Dressing.

Grilled Tofu with Avocado Salad..... \$8.50

Spring Mix, Grilled Tofu, Avocado, Tomatoes, with a Sesame Vinaigrette on the side.

Grilled Tofu with Blueberries & Pecans..... \$9.00

Spring Mix, Goat Cheese, Blueberries, Cucumber, Tomato, Candied Pecans, and Grilled Tofu, with a Sesame Dressing on the side.

Thai Salad.... \$8.00 with **Grilled Tofu....** \$9.00

Pineapple, Cucumber, Peanuts, Red Bell Pepper, Basil, Green Onion, on a Spring Mix Bed with a Thai Dressing on the side.

Uber Salad.... \$9.00

Spring Mix, Pear, Dried Cranberries, Blue Cheese Crumbles, Avocado, Green Onion, Candied Pecans with a Red Wine Mustard Vinaigrette Dressing.

Seared Ahi Tuna Salad.... \$9.50

Mixed Greens, Seared Ahi Tuna, Avocado, Tomatoes, with a Wasabi Vinaigrette Dressing on the side.

Panini

Veggie & Artichoke Panini..... \$8.00

Veggies, Artichokes, Ranch Sauce & Veggie Bacon on a Panini Grilled Roll.

Sandwiches

Tomato & Mozzarella ... \$3.50 or \$6.75

Tomato, Fresh Mozzarella, Spring Mix on a Sourdough Baguette.

V-BLT..... \$6.75

Veggie Bacon, Lettuce, Tomato, & Vegenaise on Toasted Whole Wheat Bread.

The Elvis... \$6.75

Peanut Butter, Banana, Veggie Bacon, on Toasted Wheat Bread.

Burgers

Burgers..... \$6.75

Veggie patty with lettuce, tomato, onion, and pickle, on a Toasted Sesame Bun.

Veggie Santa Monica Studio Burger..... \$8.75

Veggie patty with lettuce, tomato, onion, pickle, avocado, veggie bacon, & cheese, on a Toasted Sesame Bun.

Patty Melt... \$7.00

Veggie patty with grilled onions, & swiss cheese on grilled sourdough.

Pasta

Pasta Frisco..... \$5.50

Fettuccini Noodles in an Olive Oil, Basil, and Garlic sauce.

Pasta Pisa.... \$6.00

Papardelle Pasta in a mildly spicy tomato sauce with garlic, basil, and veggie bacon.

Favorites

Bean & Cheese Burrito... \$4.50

Panini Style Quesadilla ... \$5.50... Add Veggies \$7.50

Tofu Teriyaki Bowl... \$7.50... Add Brown Rice for \$5.50

Falafel Baked; Hummus & Tzatziki... \$7.00

Falafel wrapped in a tortilla with lettuce, tomato, hummus & tzatziki

*last update 4/18/11