

TAPAs.

OKRA SPEARS w/ red chile sauce	6.95
FRIED PLANTAINS w/ tamarind catsup	3.95
GRILLED LOCAL FIELD GREENS (farmers' choice)	3.5
SALSA SAMPLER (chef's choice of 3 salsas w/ many chips)	8.5
MASALA FRIES (a mix of potatoes, cilantro, spices) w/ lime crema	5.95
YELLOW BRANCH TAMAL w/ artisanal cheese, onions+peppers, salsa	6.5
BLT ROLLS avocado almond salsa & Split Creek goat cheese grilled w/BL&T	9.25
STUFFED AVOCADO filled w/ pico de gallo & Split Creek feta	6.75
SAMOSAS w/ mango chutney, tamarind	8.25 (single w/ tamarind: 3)
FRIED TOFU w/ peanut sauce & crispy carrots	7.5

SALADS.

*You May Add Protein to Any Salad: Bacon or Tofu (\$2), chicken (\$3) or shrimp (\$4)

GARDEN BOWL: Small 4.25 Regular 7.95

locally grown organic heirloom mix of lettuces, fresh seasonal veggies and your choice of our organic, house-made dressings:

dressings: LEMON TAHINI ^{GF} GINGER SESAME OIL&VINEGAR ^{GF}
SPICY ROASTED GARLIC GORGONZOLA ^{GF} THAI PEANUT LIME CREMA ^{GF}

GREAT BIG FANCY SALADS: Add tofu (\$2), chicken (\$3) or shrimp (\$4) \$10.95

SCHEHERAZADE: lemon tahini, tomato, cucumber, onion, papadum, Split Creek feta

MARIPOSA: almonds, veggies, avocado & roasted garlic gorgonzola dressing

COWGIRL: bacon, lime crema, carrots, pico de gallo, corn tortilla crisps

SESAME: mango, carrots, bell peppers, red cabbage, ginger-sesame dressing

GADO-GADO: peanuts, scallions, grilled veggies, greens, peanut dressing

LOCAL & ORGANIC FOOD...

Most of the food at Guadalupe is made with ingredients that are Organic, Fair-Trade, Local &/or Natural. We do this for a number of interconnected reasons: to show respect for global farming communities, to protect their water supply & workers' health, to minimize our food production's environmental impact, to support our local farming community, to treat the animals in our food supply with dignity & to offer this choice to the dining public in our community.

Our grains, legumes, spices & house-made baked goods are all organically produced. Dairy & meats are from humanely treated livestock, are organic &/or free of added hormones, and are often local as well! We strive to serve responsibly-sourced seafood & often feature local trout. During the growing season, we obtain the majority of our produce locally from tiny & small independent farms (year-round we source local produce whenever it is available). Butter, cream & most of our cheeses are always locally sourced, and we serve local free-range farm eggs & free-range chicken year 'round. Everything we serve is prepared from scratch using wholesome, natural & mostly organic ingredients.

♥ THANK YOU VERY MUCH FOR EATING @ GUADALUPE ♥



PLATES *AVAILABLE EVENINGS

We're Happy to Substitute our Organic Tofu (\$2 less) for most of the options below.

MANGO PORK TACOS

Humanely-raised Berkshire pork, slow roasted & infused w/ cloves, ginger & sweet mango; served w/ grilled local greens, fried okra spears & coconut rice. 15.95

JERK CHICKEN

Springer Mountain chicken breast simmered w/ Caribbean spice, honey, habañeros & thyme; served over beans+brown rice with our mellow avocado-almond salsa & a Backwoods whole wheat roll. 13.95

RED CURRY SHRIMP

tiger shrimp, peppers, mushrooms & carrots simmered in organic coconut milk w/ ginger & garlic, finished w/ basil & cilantro; served over coconut rice. 15.95

BLACKENED PLANTAIN

a ripe plantain split lengthwise and grilled, then stuffed with scotch bonnet salsa, organic tofu, gorgonzola & veggies; served over beans & fresh local greens. 13.95

PEANUT CHICKEN

organic wheat udon noodles and seasonal veggies stir-fried in a citrus&spice infused peanut sauce with spring onions & crispy peanuts. 15.95

BUFFALO BURGER

8 oz. locally raised Carolina Bison, organic Backwoods Bakery whole wheat bun, LTO; chips & salsa of your choice. 10.95 (Sub fries, plantains, okra or a small salad for \$2, or add mushrooms, bacon, cheeses, jalapeños, etc for \$TAQUERIA)

ADOBO PORK TOSTADA

Humanely-raised pork in a tangy, spicy, roasted tomato-cumin sauce; served w/ beans+brown rice, Dark Cove goat cheese & salty-sweet grilled plantains. 14.95

PHOENIX ROLLS

chicken, bacon & spiced mango in a white wine reduction, rolled with Split Creek feta in a flour tortilla and finished on the grill; served w/ sautéed local field greens. 15.95

CURRIED GOAT

slow-roasted Dark Cove goat in a rich coconut curry sauce w/ chilies & tomato; served over an organic yellow corn tamal w/ fiery scotch bonnet salsa, Split Creek Feta & organic sofrito beans. 18.95

✦ if you have a **food allergy**, please inform your server so we can ensure your safety! ✦

\$2 split plate ✦ 20% gratuity may be added to large (6+) parties

✦ reservations are recommended & deeply appreciated for parties of 6 or more ✦

✦ Please see www.guadalupecafe.com for details about catering, wholesale cakes, take out platters for parties & other events, and more information about the Cafe & our partners ✦

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TAQUERIA

TACO organic beans & cheese, baby greens & pico de gallo 3.5 (EA)

QUESADILLA flour tortilla, mild monterey jack-cheddar blend, pico & chips. 7.5

BURRITO organic beans, coconut rice & cheese, pico de gallo & chips 7.5

NACHOS chips, organic beans & cheese, pico de gallo. 7.5

<i>add toppings!</i>		50¢	\$1	\$2	\$3	\$4
tomato	plantains	extra cheese	curried potatoes	grilled chicken	peppery shrimp	
red onion	peppers	grilled greens	spiced bacon	Dark Cove goat cheese		
jalapeño	mushrooms	gorgonzola	slow-roast pork	Split Creek feta		
cucumber	cilantro	avocado	baked tofu			
garlic	scallions	red peppers	Split Creek fromage blanc			
			Yellow Branch pepper cheese			

Spice up your protein with a sauce: choose **JERK** or **ADOBO** \$1

SALSAS

PICO DE GALLO (FRESH. MILD CHOPPED-TOMATO SALSA) 2

CHIPOTLE LIME SALSA (A LITTLE BITE, A LITTLE BIT SMOKY) 2

SCOTCH BONNET SALSA (FIREY HOT, WITH ROASTED TOMATOES & MARJORAM) 3.5

AVOCADO ALMOND (OUR GUACAMOLE, WITH TOASTED SESAME & LIME) 4.25

MANGO CHUTNEY (W/ RED BELL PEPPER, CILANTRO & LEMON) 3.5

TORTILLA/ CHIPS/ BACKWOODS WW ROLL 1

ORGANIC BLACK+PINTO BEANS 3

PAPADUM 1

SOUR CREAM 1

ORGANIC RICE: COCONUT or BROWN 3

ROGA HABA HOMEMADE HOT SAUCE 75¢

SIDES

SWEETS

We prepare all of our desserts in-house using the finest organic ingredients: local dairy, organic & fair-trade sugar, cocoa, chocolate and spices, organic flour, local farm eggs, local honey, local fruit in season. Desserts are available wholesale as well! (72 hours' notice is needed; please order with Jen directly). CHOICES INCLUDE: Local Fruit & Berry Cobblers (in season), Mexican Chocolate Cake, Goat's Milk Flan w/ Almond Brittle, Tres Leches with Local Fruit & Cream, Vegan Coconut Macaroon Cake, Gingerbread w/ Ganache & Cream, Cheesecakes, Lime Tart w/ Lavender-Almond Crust, & our [Vegan, Gluten-Free] Dark Chocolate-Coconut Milk Pudding.

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SUNDAY BRUNCH

WE SERVE SUNDAY BRUNCH 10:30-2ISH

SPECIAL DRINKS

BUBACZ'S FRESH OJ SMALL \$3.5 LARGE \$4.95
MIMOSA (Spanish cava w/ fresh oj over ice) \$7 * alcohol is illegal 'til noon on Sundays.
HIBISCUS BELLINI (cava w/ hibiscus & lime) \$7 * alcohol is illegal 'til noon on Sundays.

BRUNCH MENU

We regret that we cannot offer substitutions on the brunch menu. Please ask your server about omissions & other options for special diets.

VEGGIE SCRAMBLE \$7.95

Seasonal herbs & vegetables scrambled with 2 local farm eggs, w/ a biscuit.

HUEVOS RANCHEROS \$8.95

Scrambled eggs, beans, sweet potato hash, chipotle lime salsa, organic flour tortilla & your choice of: local sausage, NC ham, bacon, or organic tofu.

BIG FARM BREAKFAST \$9.95

2 eggs (any way) served with a house biscuit, cheese grits or potato hash & your choice of: local sausage, NC natural ham, Eden Farm bacon, tofu or greens.

ORGANIC PANCAKES (STACK) \$7.95 (OR JUST ONE \$2.5)

Served w/ whipped cream & house made organic syrup.

FRUITY PANCAKES or CHOCOLATE CHIP PANCAKES \$9.5 (OR JUST ONE \$2.95)

BREAKFAST BURRITOS: (w/ chipotle lime salsa & chips) \$10.95

#1 potato hash, spicy local sausage, Yellow Branch cheese, beans & eggs.

#2 grilled greens, Split Creek goat cheese grits, mushrooms, beans & eggs.

#3 bacon, scotch bonnet salsa, gorgonzola cheese grits, beans & eggs.

#4 spicy local sausage, curried potatoes, extra cheese, beans & eggs.

BENEDICT \$11.95

A house-made scallion biscuit topped w/ 2 poached farm eggs, all-natural NC country ham, salty-sweet plantains, grilled local field greens & our house made- from-scratch lemon-cilantro hollandaise.

VEGGIE BENNY \$11.95

2 poached farm eggs, grilled tofu, fresh local baby greens, avocado almond salsa & lemon-cilantro hollandaise served on our organic house-made biscuit.

SHRIMP & GRITS \$15.95

Shrimp & local spicy sausage sautéed with local veggies, chipotle lime salsa & finished with local cream; served over local organic stone-ground grits with Yellow Branch farmstead cheese & shoyu-sauteed local field greens.

GINGERY BBQ PORK SANDWICH \$13.95

Our thoroughly inauthentic take on barbeque: saucy, tangy pulled pork heaped upon a toasty sweet wheat Backwoods Bakery bun w/ okra fries & potato hash.

SIDES

(\$3.5) BACON * LOCAL SAUSAGE * NATURAL NC SALT-CURED HAM * EGG & CHEESE BISCUIT
(\$2.5) POTATO HASH * STONE-GROUND CHEESE GRITS * EGG ALONE (SUBSEQUENT EGGS \$1ea)
(\$1) BACKWOODS WW ROLL * SCALLION BISCUIT * TORTILLA * CHIPS * WHIPPED CREAM
(50¢) BUTTER, LOCAL JAMS & JELLIES