

# guadalupe

cafe



*farm to table tropical fusion*

serving **BRUNCH,**

**LUNCH & DINNER** 6 days a WEEK:

tuesday-thursday 11:30-9

friday 11:30-9:30

saturday 11-9:30

sunday 11-9

(closed on mondays)

☎ (828) 586-9877

www.guadalupecafe.com  
606 west main street  
downtown sylva  
nc 28779

## TO-GO MENU

## starters

available anytime!

**Okra Spears** w/ red chile sauce 7

**Fried Plantains** w/ tamarind catsup 4

**Lightly Grilled Local Greens** 3.5

**Fried Tofu Bites** w/ peanut sauce 7.5

**Tamal** w/ Yellow Branch pepper cheese, onions, peppers & chipotle lime salsa 6.5

**Samosas** w/ mango chutney, tamarind & fresh greens (or a single w/ tamarind 3) 8.25

**BLT Rolls** grilled up in a tortilla w/Dark Cove goat cheese & avocado almond salsa 10

**Stuffed Avocado** over local salad mix, stuffed w/ pico de gallo & Split Creek feta 6.75

**Masala Mix Fries** w/ lime crema 6.5

## salads

available anytime!

**GARDEN BOWLS:** *small*4.5, *medium*7.5, *large*11

locally grown, organic salad mix & veggies, and your choice of our organic, housemade dressings:

GINGER SESAME, OIL&VINEGAR, THAI PEANUT, LIME CREMA,  
SPICY ROASTED GARLIC GORGONZOLA, TAHINI

Things you might wish to add: bacon or tofu, chicken, shrimp, avocado, feta, gorgonzola or yellow branch pepper curd...

**GREAT BIG FANCY SALADS (11):**

**SCHEHERAZADE** tomato, local feta, red onions, cucumber, papadum & tahini

**MARIPOSA** almonds, veggies, avocado & spicy roasted garlic gorgonzola

**COWGIRL** w/ bacon, carrots, yellow branch aged pepper curd, pico, lime crema, crispy corn strips

**SESAME** w/ carrots, peppers, red cabbage, ginger-sesame & mango

**GADO-GADO** a mix of peanuts, scallions, lightly grilled veggies & our citrusy lemongrass peanut

## plates

available after 5pm

(Sub Organic Tofu for \$2 less)

**MANGO PORK TACOS** slow roasted berkshire pork infused w/ cloves, ginger & sweet mango; served w/ grilled local field greens, fried okra spears & coconut rice. 16.5

**CURRIED GOAT** slow-roasted Dark Cove goat in a rich coconut curry sauce w/ chilies & tomato; w/ organic tamal, fiery scotch bonnet salsa, Split Creek feta & beans. 18.5

**PEANUT CHICKEN** w/ organic wheat udon noodles & seasonal veggies stir-fried in a rich citrusy peanut sauce with spring onions. 16

**BLACKENED PLANTAIN** a ripe plantain split lengthwise and grilled, then stuffed with scotch bonnet salsa, tofu, gorgonzola & veggies; over beans & greens. 14

**RED CURRY SHRIMP** sustainably farmed shrimp simmered in organic coconut milk w/ ginger & garlic, mushrooms, peppers & carrots, finished w/ basil & cilantro; served over coconut rice with papadum. 16

**ADOBO PORK TOSTADA** free-range pork in a tangy, spicy, roasted tomato-cumin sauce; served w/ beans & brown rice, Dark Cove goat cheese & plantains. 15

**PHOENIX ROLLS** chicken, bacon, roasted garlic oil & spiced mango, rolled with Split Creek feta in a flour tortilla and finished on the grill; served w/ stir-fry of local greens & veg. 16.5

**BISON BURGER** ½ LB Carolina Bison burger on an organic NC wheat Backwoods bun w/ LTO; served w/ chips & salsa. (Sub fries, plantains, okra or a small salad, or add mushrooms, bacon, cheese, etc for \$TAQUERIA) 12

**JERK CHICKEN** Springer Mountain chicken breast simmered w/ Caribbean spice, honey, habañeros & thyme; served over beans+brown rice with avocado-almond salsa & a Backwoods whole-wheat roll. 14

please note there is a 50cent charge per to-go item to offset the cost of disposables; to-go orders of 5 or more meals will include an automatic 10% gratuity charge.

# taqueria

(these items come with pico de gallo)

**Taco** crispy corn shell, beans & cheese (3.5 ea)

**Quesadilla** flour tortilla w/cheddar-jack (7.5)

**Burrito** organic beans, coconut rice, cheese rolled in a flour tortilla 7.5

**Nachos** hand-fried tortilla chips topped w/ organic beans & cheese 7.5

**Beans+Rice** your choice coconut rice or brown basmati topped w/ beans (5.5, no pico)

*...add toppings!*

50¢

tomato cucumber  
plantain peppers  
cilantro jalapeño  
onion mushrooms

\$1

extra cheese  
grilled greens  
sliced avocado  
gorgonzola  
adobo or jerk sauce

\$2

curry potatoes  
baked organic tofu  
pulled pork  
spiced bacon  
Yellow Branch pepper curd

\$3

Dark Cove goat cheese  
Split Creek goat feta  
free-range chicken

\$4

sautéed shrimp  
grilled goat

# salsas

(these come with corn tortilla chips)

\*pico de gallo 2.5

\*chipotle lime 2.5

\*mango chutney 3.75

\*avocado almond salsa 4.25

\*scotch bonnet salsa (hot!!) 3.5

\*salsa sampler plate (3 w/ lots of chips) 8.75

# lunch

(we open at 11:30 weekdays)

these items are available 11:30-5 weekdays:

**SOUP & SALAD:** (cup4, bowl 5.25, soup&salad 9)

**GINGER NOODLE BOWL:** sesame stir-fried veggies, udon noodles & crispy papadum 8.5

**BISON BURGER** ½ LB Carolina Bison, WW bun w/ LTO; served w/ chips & salsa. (Sub fries, plantains, okra or a small salad for \$2, or add mushrooms, bacon, cheese, etc @ taqueria\$) 12

**CURRY BOWL:** coconut milk curry w/ local kale & veg, brown rice & papadum 8.5 (add protein @ taqueria\$)

**BBQ PORK:** smoky red chile-ginger-tomato BBQ pork w/ okra spears & masala fries 14

@ lunchtime we also serve starters & salads, as well as the full taqueria menu of tacos, burritos, nachos, beans&rice bowls. Dinner items, too- if available!

# brunch

(Saturday & Sunday @ 11am-230ish)

\*fresh-squeezed orange juice

\*tribal grounds coffee & espresso drinks

\*yummy cava mimosas, cocktails & such

**HORMONE-FREE BACON \* LOCAL FARM EGGS MADE**

**TO ORDER \* LOCAL SAUSAGE \* HUEVOS RANCHEROS**

**\* SWEET POTATO HASH \* LOCAL STONE-GROUND**

**GRITS \* HOMEMADE BISCUITS \* PANCAKES (PLAIN, CHOCOLATE CHIP OR FRUIT-FILLED)**

**SHRIMP&GRITS \* BBQ PORK \* BISON BURGER**

# just for kids

**BEANS+RICE** (baby or kid-size)

**KID'S BURRITO, NACHOS, QUESADILLA**

**MIX & MATCH** (choose 3)

chicken rice avocado carrots bread plantains tofu  
cheese fries beans tom&cuc noodles fruit

# sweets

(We bake daily & gladly accept orders for special events with 72 hrs' notice.)

All desserts are prepared in-house using local farm eggs, organic/fair trade dairy, cocoa, flours, sugar & spice. Some choices:

fruit & berry cobblers \* mexican chocolate cake \* tres leches with local berries & cream \* carrot cake \* [vegan, gluten-free] chocolate coconut pudding \* mango lassis \* coconut cake \* flan \* lavender lime almond tart \* gingerbread bundt \* german chocolate cake \* various cheesecakes (lemon ginger, berry-topped, peppermint ganache, mocha caramel, triple citrus, pumpkin spice, mango vanilla bean...)



# fresh local food

♥We obtain all available produce, meat, dairy & other ingredients from WNC independent farms; we bake with & serve only local farm eggs.

♥All dairy, poultry & meats are humanely raised, organic &/or free of dodgy stuff like artificial flavors & growth hormones. Shrimp & other seafood are sustainably sourced when available.

♥Our food is hand-made with wholesome, natural, mostly organic ingredients (& love) We thank you for letting us feed you!

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