



Lotus Vegan

Tel: (818) 760-8088 Fax: (818) 505-8988

Tue - Sun 11:00 am - 3:30 pm

4:30 pm - 10:00 pm

www.lotusveganla.com

ORGANICALLY DELICIOUS ✓ NO MSG ✓ NO WHITE SUGAR ✓ ORGANIC INGREDIENTS

Breakfast

Enjoy the most important meal of the day anytime here at Lotus Vegan.

Burrito

All Burrito served with salsa. Choice of wheat or flour tortilla. Come with fries or side salad.

- BURRITO #1** 10
Tofu scramble, bacon bites, spinach, cheese, (no casein)
- BURRITO #2** 10
Tofu scramble, cheese (no casein), spinach, brown rice.
- BURRITO #3** 10
Lentil loaf, spinach, seitan (wheat meat), cheese, (no casein)
- BURRITO #4** 10
Tofu scramble, spinach, sweet potatoes, cheese, (no casein)

Pancake

All pancakes made with whole wheat flour and served with maple syrup and vegan butter. Extra maple syrup add \$1

- PANCAKE** 6
2 whole wheat pancakes
- TROPICAL PANCAKE** 8
2 whole wheat pancakes cooked with Blueberry and banana.
- CHICKEN & PANCAKE** 11
Breaded deep fried chicken served with 2 pancakes.
- COWBOY STEAK & PANCAKE** 11
Chicken grilled in garlic-cilantro sauce. Served with 2 pancakes.
- PANCAKE BREAKFAST [COWGIRL]** 11
2 pancakes served with tofu scramble topped with soy bacon bits. Make it tropical add \$3
- CHOCOLATE CHIP PANCAKE** 8

Hash Brown

- CITY HASH BROWN POTATOES** 6
Shredded grilled potatoes.
- COUNTRY HASH BROWN POTATOES** 10
Shredded grilled potatoes along side tofu scrambles.

Wrap

All wrap served with Tahini sauce on the side. INSIDE: lettuce, salsa, tomatoes & avocado. Choice of wheat or flour tortilla. Come with fries or side salad.

- CHICKEN WRAP** 10
Deep fried soy chicken.
- FISH WRAP** 10
Deep fried or grilled soy fish
- PEPPER STEAK WRAP** 10
Grilled soy beef in sweet jalapeno sauce
- SEITAN WRAP** 10
Grilled seitan with garlic cilantro sauce
- LENTIL WRAP** 10
- FAJITAWRAP** 10
Sautéed onions, eggplant, red bell peppers, zucchini, lettuce, tomatoes, soy chicken and crumble tofu.
- RAW VEGGIE WRAP** 10
cucumber, carrots, onions, tomato, avocado, zucchini, mushrooms, veganaise spread on tortilla.
- COWBOY WRAP** 10
Grilled soy chicken cooked with garlic cilantro sauce.
- QUINOA WRAP** 10
Seasoned quinoa, garbanzo beans, carrots, red onions.
- BBQ BEEF WRAP** 8
Slow cooked soy beef in house sauce

Burger

All burgers served on whole wheat bun with veganaise lettuce and tomato. Come with fries or side salad. vegan cheese or avocado add \$1

- CHICKEN BURGER** 8
Breaded deep fried soy chicken.
- SEITAN BURGER** 8
Grilled wheat protein with garlic cilantro sauce
- COWBOY BURGER** 8
Grilled soy patty cooked with garlic cilantro sauce
- CHICKEN SATAY BURGER** 8
Grilled soy patty glazed with satay sauce
- PEPPER STEAK BURGER** 8
Soy beef grilled with sweet jalapeno sauce.
- BBQ BEEF BURGER** 8
Slow cooked soy beef in house sauce

- FISH BURGER** 8
Deep fried or grilled soy fish.
- LENTIL BURGER** 8
Mixture of boiled lentil beans, brown rice, cilantro, onions and bell peppers. (Add Grilled Mushroom \$1)
- GRILLED VEGGIE BURGER (NOT A PATTY)** 8
Sautéed zucchini, eggplant, red bell peppers, mushroom and onions.
- TOFU SCRAMBLE BURGER** 8
Tofu mixed with onions, bell peppers, curry powder, cilantro and seasoning. (Add Grilled Mushroom \$1)

Appetizer

- DUMPLING** 8
Fried or steamed stuffed with mixed vegetables, Served with sweet soy sauce.
- FRIED TOFU** 8
Deep fried tofu, served with ground peanuts in sweet and sour sauce.
- VEGGIE NUGGETS** 8
(Deep fried) Served with sweet and sour sauce.
- VEGGIE DRUMSTICKS** 9
(Deep fried) Served with sweet and sour sauce.
- FRIED LEMON SHRIMPS** 8
- BBQ SKEWERS (TOFU OR CHICKEN)** 9
Grilled with BBQ sauce.
- CRISPY CHICKEN** 8
Breaded deep fried soy chicken served with sweet and sour sauce.
- HOT WINGS** 11
- COWBOY STEAK** 8
Grilled soy chicken with garlic cilantro sauce
- FRESH ROLLS** 7
Romaine lettuce, basil leaves, cucumber, carrots, rice vermicelli wrapped in rice paper and served with house peanut sauce. (Add any vegan protein \$2.00)
- SPRING ROLLS** 6
Deep fried spring rolls stuffed with cabbage, green beans, carrots, mushroom, onions, glass noodles served with sweet and sour sauce.
- GRILLED POTATOES** 6
Grilled potatoes cooked with chef's sauce.
- GRILLED SWEET POTATOES** 8
- TOFU SATAY** 9
Tofu on skewer served with peanut sauce and cucumber salad.
- CHICKEN SATAY** 9
Soy chicken on skewer served with peanut sauce and cucumber salad.
- QUESADILLA** 7
Wheat or flour tortilla served with salsa. (Add any vegan protein \$2.00)
- EDAMAME STEAMED 4 GARLIC SEASONING** 6
- LETTUCE WRAPPETIZER** 11
Tofu, shitake mushrooms, pine nuts. Served with butter lettuce on side.
- MUSHROOM PORTABELLO SATAY** 9
(Grilled) served with peanut sauce and cucumber salad.

Salad

Gluten free upon request

- SEAWEED SALAD** 6
- CHICKEN SALAD** 10
Romaine lettuce, tomatoes red onions, cucumber tossed in spicy lime dressing
- EGGPLANT SALAD** 10
Thin sliced grilled eggplant, vegan shrimp, red onions, celery, bell-peppers, carrots tossed in spicy lime dressing topped with cashew nuts.
- SEAFOOD SALAD** 12
Grilled soy fish and shrimp tossed in lime dressing.
- NAKED SHRIMPS** 12
Grilled shrimps, cucumbers, red onions, green onion, cilantro and mint leaves tossed in lime dressing and chill paste on a bed of cabbage and romaine lettuce.
- NAMTOK** 11
Grilled chicken seasoned with rice powder, mint leaves, cilantro green onions & red onions tossed in lime dressing on top of greens.
- LARB** 11
Grilled crumbled tofu seasoned with rice powder, herbs, cilantro mint leaves, dried chilli tossed in lime dressing.
- SILVER NOODLE SALAD** 11
Steamed glass noodles with red onions, green onions, tomatoes, and vegan shrimp tossed in lime dressing.
- PAPAYA SALAD** 10
Shredded green papaya, green beans, tomatoes, carrots and fresh garlic in lime dressing topped with peanuts.
- MIXED MUSHROOMS LARB** 11
Mixed mushrooms diced mintleaves, rice powder, cilantro, green onions, red onions tossed in lime dressing on top of romaine lettuce.
- HIGH PROTEIN SALAD** 11
Romaine lettuce, spring mixed, garbanzo, edamame, raw sliced almonds, raw pumpkin seeds, avocado, tomatoes, red onions and choice of dressing.
- GARDEN SALAD** 11
Romaine lettuce, carrots, tomatoes, cucumber, onions, avocado, shredded beets and sunflower seeds, choice of dressing.
- STEAMED VEGGIES SALAD** 11
Steamed broccoli, carrots, zucchini, cabbages, mixed with raw red onions, green onions, cucumbers in lime dressing
- PUMKIN OR AVOCADO SALAD** 12
Tomatoes, sugar peas and carrots tossed in lime dressing
- QUINOA AND SWEET BEET SALAD** 12
Romaine lettuce, spring mix, apple, raisin, garbanzo beans, onions, cranberry, Served with Tahini dressing.
- QUINOA SALAD** 12
Celery, kale, tomatoes, red onions, cucumber mixed in lime dressing.
- MIXED MUSHROOMS SALAD** 11
Mixed mushrooms, celery, cucumber, tomatoes, red onions, green onions, tossed in lime dressing.
- FRESH FRUIT SALAD** 12
Strawberries, apple, grapes, tomatoes, avocado mixed in lime dressing.

POPULAR ITEM GF = GLUTEN FREE GA = GLUTEN FREE AVAILABLE
= SPICY LEVEL MILD MEDIUM SPICY VERY SPICY EXTREME SPICY

Please inform your server if you have any food allergies or special dietary restrictions

Noodle Soup

Gluten free upon request.

- TOM YUM NOODLE** 🌶️ 11
with crispy chicken, beansprouts, spinach, bok choy and green onions. (Substitute zucchini noodle add \$2)
- THAI STYLE NOODLE SOUP** 🌶️ 11
with beansprouts, spinach, bok choy and green onions. Choice of protein. (\$2 extra for vegan shrimp.) (Substitute zucchini noodle add \$2)
- THAI STYLE DRIED NOODLE SOUP** 🌶️ 11
with beansprouts, spinach, bok choy and green onions. Choice of protein. (\$2 extra for vegan shrimp.)

Soup

SMALL / LARGE

- GF MISO SOUP** Tofu and seaweed in soy bean broth. 4 / 5
- GA VEGETABLE SOUP** (Add protein \$2) 6 / 8
Broccoli, cauliflower, peas, carrots, cabbage, onions, zucchini and celery.
- GA GLASS NOODLE SOUP** 7 / 9
With tofu, shiitake mushrooms, broccoli, cauliflower, peas, carrots, cabbage, onions, zucchini and celery.
- GA TOM YUM** 🌶️ A savory sour broth with lemon grass, kaffir lime leaves, fresh chili, lime juice and mushrooms. 8 / 10
CHICKEN OR VEGETABLE OR TOFU SHRIMP 9 / 11
SEAFOOD (LARGE SIZE ONLY) 12
- GA TOM KHA** 🌶️ Coconut lime broth with galanga, fresh chili, mushrooms. 8 / 10
CHICKEN OR VEGETABLE OR TOFU SHRIMP 9 / 11
SEAFOOD (LARGE SIZE ONLY) 12

Curry

Choice of protein: organic tofu, soy chicken, mushrooms, cashew, soy fish, seitan, soy beef (soy shrimp \$2) not served with rice (First side of rice \$1 additional regular price)

- GF PINEAPPLE CURRY** 🌶️ 10
Coconut cream, red bell peppers, tomatoes, pineapple and sweet basil.
- GF SHITAKE CURRY** 🌶️ 10
Coconut cream, eggplant, broccoli, shiitake mushrooms, green beans, red bell peppers and sweet basil.
- GF THAI RED CURRY** 🌶️ 10
Coconut cream, eggplant, broccoli, red bell peppers, green bean and sweet basil.
- GF THAI YELLOW CURRY** 🌶️ 10
Coconut cream, carrots, potatoes, peas and onions.
- GF THAI GREEN CURRY** 🌶️ 10
Coconut cream, eggplant, broccoli, red bell peppers, green beans and sweet basil.
- GF PANANG CURRY** 🌶️ 10
Coconut cream, green beans, zucchini, red bell peppers, peas and carrots.
- GF PUMPKIN CURRY** 🌶️ 11
Coconut cream, red bell peppers, basil and pumpkin.
- GF JUNGLE CURRY** 🌶️ (No coconut cream) 11
Green beans, broccoli, pumpkin, red bell peppers, basil in curry sauce
- DUMPLING CURRY** 🌶️ 11
Steamed or fried dumpling with peas, carrots, red bell pepper and basil in curry sauce. (No Protein)

A La Carte

Choice of protein: tofu, soy chicken, soy beef, soy fish, seitan or vegetable (soy shrimp \$2 added) Cashews, peanuts or mushrooms not served with rice (First side of rice \$1 additional regular price)

- GA STIR FRIED VEGETABLES** 11
Broccoli, cabbage, kale, red bell peppers, garlic, bok choy, celery, onions, zucchini, carrots, snow peas, bean sprouts in light brown sauce.
- GA SPICY EGGPLANT** 🌶️ 11
Fresh basil leaves, sauteed eggplant with fresh chilli, garlic with onions and bell peppers, celery and carrots.
- GA BROCCOLI** 11
Sauteed broccoli, garlic, carrots in light brown sauce.
- GA GARLIC PEPPER** 11
Sauteed garlic sauce. Served with steamed carrot and broccoli.
- GA CASHEW NUTS** 11
Sauteed roasted cashew nuts, onion, bell peppers, carrots, green onion, celery and water chestnut.
- GA KUNG PAO** 11
Sauteed onions, bell pepper, carrot and dried chilis, green onion, celery, water chestnut topped with peanut.
- ORANGE CHICKEN** 11
Breaded deep fried chicken glazed with fresh orange sauce. (Served with rice)(Soy chicken protein)
- GA SPICY BASIL LEAVE PUMPKIN** 🌶️ 11
Sauteed pumpkin, zucchini, onion, fresh chilies, red bell peppers and basil leaves.
- CHINESE BROCCOLI** 11
Sauteed in light brown sauce
- OR PRA SAM ROD** 🌶️ 13
(THREE FLAVORED FISH)
Breaded deep fried vegan fish topped with tangy sweet chi sauce with red bell peppers, onion and pineapple. (Fish protein)
- New GA STIR FRIED ASPARAGUS** 13
With garlic, red bell peppers and onions, sauteed in light brown sauce.
- New GA KALE, BROCCOLI & SNOW PEAS** 13
With garlic and your choice of protein.
- New ORANGE BROCCOLI OR CAULIFLOWER** 11
Breaded deep fried, glazed with fresh orange sauce. (No Protein, Served with rice)
- New GA STIR-FRIED MIXED MUSHROOMS** 11
Mixed mushrooms stir-fried in light brown sauce with garlic, onions, green onions and bell peppers. (Add Protein \$2)

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🌶️ = SPICY LEVEL
🌶️ MILD
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🌶️ SPICY
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🌶️ EXTREME SPICY

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Noodle & Rice

Choice of protein: organic tofu, soy chicken, soy fish, seitan, soy beef, (Soy shrimp \$2) Cashews, peanuts or mushrooms.

- GA PADTHAI** 11
Thin rice noodles stir fried with bean sprouts, green onions garnished with ground peanuts and shredded carrots.
- GA CHOW MEIN** 11
Flat rice noodles or chow mein noodle with broccoli, celery, onions, bean sprouts, cauliflower, cabbage, garlic and carrots.
- GA PAD SEE EW** 11
Flat rice noodles with broccoli, Chinese broccoli, garlic and bean sprouts.
- GA SPICY BASIL NOODLE** 🌶️ 11
Spicy pan fried flat rice noodles with tomatoes, onions, red bell peppers, bean sprouts, basil leaves, garlic and fresh chili.
- GA PAD WOON SEN** 11
Glass bean noodle sauteed with carrot, tomato, onion, cabbage, garlic bean sprout and celery.
- GA THAI FRIED RICE** 11
Brown rice stir fried with peas, kale, carrots, garlic, onions and tomatoes. (Add quinoa \$2)
- GA SPICY FRIED RICE** 🌶️ 11
Brown rice stir fried with bell peppers, basil leaves, onions and fresh Thai chili. (Add quinoa \$2)
- GA VEGETABLE FRIED RICE** 11
With broccoli, cauliflower, cabbage, carrots, garlic (With protein add \$2)
- GA COMBINATION FRIED RICE** 12
Fried rice with peas, carrots, onions, chicken, beef and shrimp. (Add quinoa \$2)
- GA PINEAPPLE FRIED RICE** 12
Fried rice with pineapples, raisins, cashew nuts, onions, peas, carrots, tomatoes and tamaric powder. (Add quinoa \$2)
- KUNG PAO SPAGHETTI** 🌶️ 13
Pumpkin, celery, tomatoes, red onions, bell peppers, carrots, basil, Served with your choice of protein (vegan shrimp add \$2)
- New GARLIC SPAGHETTI** 13
Asparagus, onions, bell peppers, mushrooms, spinach.
- New SPAGHETTI BASIL** 🌶️ 13
Bell peppers, celery, tomatoes, onions, beansprouts, basil and garlic.

Side Order

- FRENCH FRIES 4
- STEAMED VEGGIES 7
- STEAMED BROCCOLI 8
- SOY FISH (GRILLED OR FRIED) 8
- LENTIL LOAF 8
- TOFU SCRAMBLE 8
- BROWN RICE 3
- STICKY RICE 3
- FRIED BROWN RICE 4
- QUINOA 5
- HALF BROWN RICE & QUINOA 4
- STEAMED ORGANIC TOFU 7
- STEAMED NOODLE 4
- EXTRA DRESSING AND SAUCE 2

Beverages

- THAI ICED TEA (NO ICE ADD \$0.50) 3
- THAI ICED COFFEE (NO ICE ADD \$0.50) 3.50
- REGULAR ICED TEA (FREE REFILLS) 3
- ICED GREEN TEA (NO REFILLS) 4
- ORANGE JUICE (BOTTLED) 3
- PASSION FRUIT DRINK 6.50
- LEMONADE (1 REFILLS) 4
- YOUNG COCONUT (REAL COCONUT) 5
- COCONUT JUICE (CAN) 4
- COCONUT PALM JUICE (BOTTLED) 3
- FRUIT SMOOTHIE (PICK 2) 4.50
(Banana, Pineapple, Papaya, Strawberry, Mango, Blueberry)
- HOT HERB TEA 3
(Green, Jasmine, Black, Peppermint, Lemon Ginger, Orange Spice, Chamomile)
- HOT COFFEE 3
- SODA (Coke, Diet Coke, Sprite, Pepsi, 7-up) 2
- KOMBUCHA (BOTTLED) 5
- MARTINELLI APPLE JUICE 2
- VITAMIN WATER 3
- PERRIER 2
- BOTTLED WATER 1.50
- SNAPPLE 3
- FRESH JUICE
- COLD AWAY - GINGER, ORANGE, APPLE 6
- GOOD HEART - BEET, CUCUMBER, CELERY 6
- THE CURE - ORANGE, CUCUMBER, CARROT 6
- THE HULK - KALE, APPLE, CELERY, CUCUMBER 6

Desserts

- FRIED BANANA ROLLS 7
Topped with chocolate sauce.
- GF STICKY RICE WITH MANGO** 9
- FRIED BANANA WITH ICE CREAM 9
- DEEP FRIED OREOS 8
Served with vegan chocolate sauce.
- GF COCONUT ICE CREAM** 4.50
Served with vegan chocolate sauce and crushed peanut on top.
- GF RAW VEGAN CHEESE CAKE**
- PLAIN, MANGO, STRAWBERRY 6
- BLUEBERRY, AVOCADO, RASPBERRY 7
- VEGAN CAKE (COCONUT OR CHOCOLATE CAKE) 5
- GLUTEN FREE CAKE (ALMOND FLOUR CHOCOLATE CAKE) 6
- PEANUT BUTTER PIE 5
- BAKED CHEESE CAKE (PLAIN, CHOCOLATE CHIP OR PUMPKIN) 5
- VEGAN COOKIES 3
- GLUTEN FREE COOKIES (ALMOND OR GABANZO FLOUR) 4
- MUFFIN (BANANA) 6