



928 South State St., Lockport, IL 815/838-4626
 Mon-Thu 11AM.-6:30PM. Fri-Sat 11AM. – 7:30PM
 Sunday – available for private events

Welcome to The Vegan Café, owned and operated by Healthy Sins, Inc. We make it our mission to advocate living foods for better health and wellness. Our menu features a variety of plant and nut based selections. Our products are raw, organic, gluten free, dairy free, and non-GMO. We use the highest quality organic and locally grown produce. It is our goal to provide you with a memorable and unique dining experience, sure to tantalize your taste buds. It is our honor and privilege to serve you. ENJOY!

Many thanks, Marguerite and Staff

Appetizers

Guacamole and Corn Chips \$10.95
 Corn & flax tortilla chips served with fresh guacamole.

Nachos *Fan Fave* *Signature Dish* \$12.95 Half/\$17.95 Full
 Taco meat, guacamole, salsa, & onions, topped with nacho cheese & sour cream. Served with corn- flax chips.

Elotes Nachos *Fan Favorite!* \$12.95 Half/\$17.95 Full
 Guacamole, pico de gallo, corn, chipotle crema, nacho cheese, and topped with seed-based cotija cheese, pieces of carrot bacon, a sprinkle of chili powder and a squeeze of lime. (Add Taco meat \$2.00)

Flatbread Bites or Cucumber Rounds \$9.95
 Served with a variety of toppings (taco meat, sloppy joe, cashew cheese, eggless egg salad, marinara, & pumpkin seed cheese.

Pizza Bites *Fan Favorite!* \$12.95
 Sunflower/almond pizza crust bites topped with cashew cheese, marinara, mushrooms & fresh basil.

Garlic Parmesan Bites *Fan Favorite!* \$12.95
 Italian flatbread bites topped with cashew cheese, creamy garlic Alfredo, and a generous amount of parmesan

Deviled Eggs \$9.95
 Eggless egg salad served atop cucumber slices and finished with paprika.

Thai Spring Rolls \$11.95
 Collard leaf wraps stuffed with pumpkin seed cheese, pad Thai sauce, cucumber, bell pepper, cabbage & carrots. Served with sweet ginger dipping sauce

Guacamole Boats *Fan Favorite!* \$11.95
 Bell Pepper Boats stuffed with guacamole, pico de gallo, and topped with nacho cheese. (Add taco meat \$2) (Add sour cream \$0.50)

Sample Platter (serves 2-4)(Dine-in only) \$32.95
 Three courses of appetizers.
 First course: Nachos.
 Second course: Pastas (Marinara, Alfredo, Pad Thai, Harvest)
 Third Course: Bites (Pizza, Thai Pizza, Garlic Parmesan bites, deviled eggs, Tex Mex flatbread, sloppy Joe)

Soup and Salad

cup/meal

French Onion Soup \$5.95/14.95

Savory miso broth with caramelized onions, scallions, and flatbread croutons., topped with a light sprinkle of parmesan. *To make a meal, add our signature side salads!*

side/ full

Taco Salad *Fan Favorite!* \$7.95 / 15.95

Taco meat, pico de gallo and guacamole served over a bed of spring greens, topped with sour cream & nacho cheese. Served with corn and flax chips

Ginger Salad \$7.95 / 15.95

Spring greens and spinach topped with red bell pepper, celery, carrot, cucumber and green onion, finished with a spicy garlic ginger dressing and sesame seeds.

Cobb Salad \$8.95/15.95

Mixed greens, tomato, cucumber, bell pepper, corn, avocado, green onion, carrot bacon and eggless egg. Topped with pumpkin and sunflower seeds and served with ranch dressing

Signature Side Salads \$5.95 / 9.95

Choose from fruit salad with vanilla drizzle or tossed salad with garlic ginger dressing or ranch.

Pasta

Creamy Alfredo *Fan Favorite!* \$16.95

Served over spiral cut zucchini noodles and topped with marinated mushrooms, chopped green onion, and parmesan.

Spaghetti \$15.95

Zucchini noodles topped with a rich sun-dried tomato marinara, sprinkled with Parmesan cheese and served with Italian flatbread.

Pasta with Vodka Sauce \$16.95

A creamy tomato sauce over spiral cut zucchini noodles. Topped with chopped green onion, red pepper, basil strips and parmesan.

Pasta with meat sauce \$17.95

Zucchini noodles topped with a zesty walnut-based meat sauce, parmesan, and served with Italian flatbread.

Pad Thai *Fan Favorite!* \$17.95

A delicious almond based variation of the classic Asian favorite. Served over zucchini noodles with carrots, cabbage, cucumber, green onion, chopped almonds and sesame.

Harvest Pasta \$17.95

Zucchini noodles topped with a sweet and savory almond butter curry sauce, with cabbage, carrots, apples, green onion, and chopped almonds

Southwestern Mac & Cheese \$17.95

Zucchini Noodles topped w/ jalapeno cheese, green onion, carrot bacon, crumbled corn chips, salsa, a drizzle of sour cream and a sprinkling of cotija cheese.

Open-Face Sandwiches & Wraps

Loaded Burger \$17.95

An open face burger layered with cashew cheese, caramelized onions, marinated mushrooms, carrot bacon, lettuce and tomato.

Pizza Burger \$15.95

Our classic burger topped with marinara, basil, marinated mushrooms, and Parmesan cheese.

Fiesta Burger \$17.95

Open face burger served with cashew cheese and greens on a flatbread, topped with guacamole, pico de gallo, sour cream, nacho cheese, green onions & corn chip pieces

Sloppy Joe \$16.95

Walnut and sundried tomato based meat, with a hint of sweetness, served open face on flatbread, and topped with green onion and red pepper.

Cheesy Flatbreads \$16.95

A cashew , garlic and vegetable puree blended with flax seed to make our savory flatbreads. Served with cashew cheese (Topped with parmesan and red pepper) or pumpkin seed cheese. (Topped with cabbage, carrots, and sesame)

Eggless Egg Salad Flatbread \$16.95

A vibrant yellow cashew cream salad with celery, scallions, and diced red pepper. Served open face on a flatbread. Topped with chopped red pepper, cucumber, green onion and a sprinkle of paprika.

Tex-Mex Flatbread *Fan Favorite!* \$16.95

Taco meat, guacamole, pico de gallo , with drizzles of sour cream and nacho cheese, topped with scallions and served open face on a flatbread

Steak Burrito *Fan Favorite!* \$17.95

Marinated Portobello mushroom slices, fresh guacamole, cashew sour cream, and caramelized onions wrapped in a corn/flax tortilla. Served w/ salsa.

El Burrito Loco *Fan Favorite!* \$16.95

Taco meat, guacamole, and sour cream, wrapped in a corn/flax tortilla. Garnished with a side of salsa.

Supreme Burrito *Fan Favorite!* \$18.95

Taco meat, lettuce, pico de gallo, guacamole, sour cream & nacho cheese inside a corn/flax tortilla

Southwestern Cheesesteak *Fan Favorite!* \$17.95

Strips of our walnut-based burger meat, caramelized onions, marinated bell peppers, and smokey nacho cheese inside a corn and flax wrap.

Garden Wrap \$17.95

Burger strips, lettuce, tomato, onion, cabbage, carrots, bell pepper, cucumber, avocado and chipotle mayo inside a corn and flax wrap

Pizza

Sunflower & Almond based crust

Classic Pizza *Fan Favorite!* \$15.95
Cashew cheese, marinara, mushrooms, tomato, parmesan and basil

Supreme Pizza *Fan Favorite!* \$17.95
Cashew cheese, marinara sauce, mushrooms, sausage, caramelized onions, marinated red pepper, parmesan and basil.

Thai Pizza *Fan & Chef's Favorite!* \$17.95
Pumpkin seed cheese, pad Thai sauce, mushrooms, red cabbage, carrots, green onion, cucumber and sesame.

Pizza Bianca \$17.95
Cashew cheese, Alfredo sauce, mushrooms, sundried tomato, green onion, parmesan, and basil

BLT Pizza *Fan Favorite!* \$17.95
Cashew cheese, Alfredo sauce, lettuce, fresh tomato, carrot bacon, and parmesan

Loaded Burger Pizza *Fan Favorite!* \$18.95
Cashew cheese, Marinara, burger pieces, marinated mushrooms, caramelized onions, carrot bacon, and parmesan

Sausage Pizza \$16.95
Cashew cheese, marinara, sausage, parmesan & basil

Taco Pizza *Fan Favorite!* \$17.95
Cashew cheese, taco meat, pico de gallo, greens, drizzle of sour cream and nacho cheese, corn chip pieces & green onion

Meat Lover's Pizza \$18.95
Cashew cheese, marinara, burger pieces, sausage, Portobello mushrooms, carrot bacon, caramelized onions, parmesan and basil

Steak 'n Egg Pizza \$17.95
Cashew cheese, eggless egg, Portobello mushroom "steak", caramelized onions, paprika, green onion

California Pizza *Fan Favorite!* \$18.95
Cashew cheese, Alfredo sauce, corn, avocado, bell pepper, sun dried tomato, green onion, carrot bacon, light parmesan and a drizzle of ranch

Sushi Pizza 18.95
Pumpkin seed cheese, Thai sauce, marinated mushrooms, cabbage, carrots, green onion, cucumber, avocado, nori sprinkles, and black & white sesame

Cheese Lover's Pizza \$15.95
Cashew cheese, marinara, generous topping of parmesan and basil

Margherita Pizza \$16.95

Marinara sauce with dollops of cashew cheese, fresh tomato, basil strips, parmesan and a drizzle of olive oil

Pesto Fresca Pizza \$17.95
Cashew cheese, marinara, pesto, fresh tomatoes, basil strips and parmesan

Veggie Lover's Pizza \$16.95
Cashew cheese, marinara, marinated mushrooms, raw onion, bell pepper, fresh tomato, zucchini, parmesan & basil

Italian Specialties

Lasagna \$15.95
Thinly sliced zucchini with Italian cashew cheese, marinara sauce, and pesto, topped with tomatoes, basil ribbons and Parmesan cheese.

Meat Lasagna *Fan Favorite!* \$17.95
Thinly sliced zucchini with Italian cashew cheese, zesty walnut-based meat sauce, and pesto, topped with tomatoes, basil ribbons and Parmesan cheese.

White Lasagna \$17.95
Strips of zucchini noodles layered with cashew cheese, and garlic alfredo sauce, topped with a dollop of basil pesto, marinated mushrooms, sun-dried tomatoes, parmesan and strips of fresh basil.

Ravioli \$17.95
Jicama noodles filled with cashew cheese, and your choice of marinara, Alfredo, vodka, or pesto cream sauce, and topped with mushrooms, sundried tomatoes, basil and parmesan.

On The Lighter Side

Cucumber Boat \$13.95
Your choice of filling topped in a cucumber boat. (Eggless egg salad, Taco meat, Sloppy Joe, Marinara, Pumpkin seed or Cashew cheese)

Collard Green Leaf Wraps

Thai Style (\$14.95) *Fan Favorite!*: Pumpkin seed cheese, cucumber, red pepper, cabbage, carrots and mushroom. Sweet ginger dipping sauce.

Italian Style: (\$15.95) Cashew Cheese, sun-dried tomato, zucchini, red pepper, and mushroom. Creamy garlic Alfredo dipping sauce.

Lunch special (\$10-\$13)

Served Monday-Friday from 11 a.m. to 2 p.m.
Includes a half order of any menu item (not including appetizers) plus your choice of one signature side salad and a brownie bite.

Children's Menu

Any meal (age 10 and under) \$8.95
Child-sized serving of any menu item (not including appetizers). Choice of one side salad.

Desserts

Vanilla Macaroons (4) \$5
Chewy cookies made of coconut, almond, agave, dates and vanilla

Chocolate Macaroons (4) \$5
Chewy cookies made of coconut, cacao, agave, and dates

Chocolate Brownie \$6
Made from pecans, dates, cacao and vanilla

Almond Butter Pie **Fan Favorite!** \$8/slice
Creamy blend of almond butter and banana over a brownie crust and topped with chocolate ganache and chopped almonds

Apple Pie (periodically) \$8/slice
Sliced apples with a cinnamon date sauce over pecan crust

Turtles (3) \$6
Caramel candies topped with chocolate ganache and pecans

Turtle Brownie **Fan Favorite!** \$8
Brownie topped with caramel, chocolate ganache and pecans

Sample Platter (serves 2-4) (Dine-in only)
\$28.95
Includes almond butter pie bites, vanilla and chocolate macaroon, bite sized turtle, brownie bite, turtle brownie bite, caramel

apple dip and sample of our current dessert special.

WARNING: *95% of what we prepare contains or comes in contact with nuts. Though we strive to provide a safe environment for those with allergies, we cannot 100% guarantee cross contamination will not occur.

*In rare instances, a nut shell may be found. We will not be responsible for dental charges.

*Our prices reflect the fluctuating organic market and may be subject to change without notice

Please advise your server of any food allergies, and ask us about our special allergen-free menus.

Having a PARTY? Ask about our catering services! We offer both raw vegan and traditional options for all of your needs!