

SUSHI A LA CARTE

Our sushi is prepared with organic, heirloom varietal whole-grain brown rice from Koda Farms

Garden Hand Roll \$2.75
avocado, cucumber, daikon sprouts, carrot, braised tofu, umeboshi paste with fresh shiso leaf

Shiitake-Avocado Roll 2 ea \$2.75
sweet soy-glazed shiitake, avocado & cucumber

Spicy Tuna Roll 2 ea \$2.95
chopped tuna, seven-spiced soy-mayo, cucumber & avocado

Fresh Salmon Cucumber Roll 2 ea \$2.95
grilled salmon, avocado & cucumber

Spicy Shrimp Avocado Roll 2 ea \$2.95
chopped organic shrimp, seven spiced soy-mayo, cucumber & avocado

Inari Sushi \$2.25 (veg) | \$2.50 (seafood)
organic brown sushi rice stuffed inside a seasoned tofu pouch and garnished with a selection of tasty toppings
choice of: *Tuna Tataki, Braised Shiitake, or Cucumber-Gari*

COLD BEVERAGES

M Café Water \$2.00

San Pellegrino \$3.95

Carafe of
M Café Iced Tea \$3.95
iced minty green tea, barley tea, or organic black tea

Organic
Orange Juice \$4.50 / \$5.25

M Lemonade \$3.95 / \$7.75

M Crafted Lemonades \$4.50

Izze's Natural Soda \$3.75

Soy, Rice
or Almond Milk \$2.75

M Café Iced Mocha \$5.25

Fresh Squeezed Fruit
& Vegetable Juices available

HOT BEVERAGES

Organic Coffee \$2.95 / \$3.50
regular or decaf

Organic
Espresso \$2.95 / \$3.50
regular or decaf

Soy Latte or
Cappuccino \$4.50 / \$5.25
regular or decaf

Chai or
Chai Latte \$4.50 / \$5.25

Loose Leaf Teas \$3.95
green, black or herbal

Kukicha \$4.25
roasted twig tea

Dark Roast Maté
or Maté Latte \$4.50 / \$5.25
a stimulating coffee substitute

BREAKFAST

Breakfast Burrito \$5.00
scrambled organic tofu, black beans, brown rice, fresh kale and soy cheddar wrapped in a gluten-free brown rice tortilla with a side of spicy chipotle sauce

Scrambled Tofu \$9.25
tempeh bacon, sweet potato hash and grilled country bread

Blueberry Multigrain Pancakes \$9.25
buckwheat, spelt & oat pancakes with organic maple syrup & soy butter sprinkled with powdered coconut
with tempeh bacon \$10.75

Vegan Benedict \$10.25
grilled whole-grain baguette, steamed kale, tomato, tempeh bacon with soy hollandaise

Breakfast Enchilada \$10.25
scrambled tofu, tempeh bacon, avocado, chili beans and soy mozzarella

Scottish Smoked Salmon Benedict \$11.25
grilled whole-grain baguette, smoked salmon and steamed kale with soy hollandaise

MMMMMMMM CAFÉ (PATISSERIE)

M Café's Secret: No eggs, dairy or refined cane sugar. Everything is prepared with organic, whole food ingredients and natural grain sweeteners. Shhhhh, don't tell...

Breakfast Cakes & Pastries
muffins, scones, pound cakes

Cakes and Pies
please ask for today's selections

M Café Specialty Desserts
strawberry shortcake, tiramisu, fruit tart and more!

EatMe "Macro" Cookies

Babycakes Desserts Available *babycakes*

Whole Cakes Available
please order 24 hours in advance



Our mission is to serve nutritionally, environmentally and energetically balanced food that tastes great and stays true to the principles of Contemporary Macrobiotics.

Our chefs prepare each item fresh daily using the finest natural and organic ingredients, without any refined sugars, eggs, dairy, red meat, or poultry.

CATERING, DELIVERY & CURBSIDE PICK-UP AVAILABLE

MELROSE
7119 Melrose Avenue
Hollywood, CA 90046
tel: 323.525.0588
fax: 323.525.0310

BEVERLY HILLS
9433 Brighton Way
Beverly Hills, CA, 90210
tel: 310.858.8459
fax: 310.858.8942

mcafedechaya.com



We proudly brew LAMILL's coffees and teas

MELROSE | BEVERLY HILLS

prices & menu subject to change

SOUPS

Our delicious seasonal soups are prepared fresh daily

Organic Miso Soup sm \$3.95 | lg \$6.50
tofu, shiitake, wakame & scallion

Soup of the Season sm \$3.95 | lg \$6.50
please ask about today's selection

M FRIES

with choice of housemade Macro Ketchup or Spicy Yuzu Mayo

Thin-Cut Organic Fries side \$3.95 | full \$5.95
shiso, nori & sea salt

Sweet Potato Fries side \$3.95 | full \$5.95
chili, sea salt & lime

SANDWICHES & WRAPS

with choice of one signature deli salad

Dilled Tofu Salad Sandwich or Wrap* \$8.95
with sliced tomato and mixed baby greens on your choice of sourdough, multigrain or whole wheat lavash

Madras Tempeh Wrap* \$9.95
masala-baked tempeh, brown basmati rice, toasted almonds, raisins, frizzled onions & crisp vegetables with curried soy yogurt dressing in a whole wheat lavash

Albacore Tuna Salad Sandwich or Wrap* \$10.95
with romaine lettuce, sliced tomato and red onion on your choice of multigrain, sourdough or wrapped in a whole wheat lavash

Wild Salmon & Asparagus Wrap* \$10.95
wild salmon salad, fresh asparagus, wild arugula and lemon vinaigrette wrapped in a whole wheat lavash

Hummus & Falafel Wrap* \$10.95
roasted garlic hummus, mixed grain falafel, carrots, radish, cucumber, red onion, sprouts, lettuce & tahini-soy yogurt dressing in a whole wheat lavash

The California Club \$11.95
a triple-decker of savory tempeh "bacon", lettuce, tomato, avocado, carrots, sprouts & soy-mayo on your choice of house-baked toasted sourdough or multi-grain & seed bread

Seasonal Panini & Sandwich Specials* \$9.75
please ask about today's selection

*Soup and ½ wrap OR soup and panino combo also available

BURGERS & HOT SANDWICHES

with choice of one signature deli salad

The Big Macro \$10.45
whole grain brown rice & vegetable burger, special sauce, lettuce, soy mozzarella, tomato, pickles, onion, and sprouts on a house-baked whole wheat bun

Grilled Tuna Burger \$14.25
glazed with teriyaki sauce & garnished with sliced avocado, pickled red onions, daikon sprouts, spicy yuzu mayo, fresh shiso leaf and served on a house-baked whole wheat bun

Carolina-Style BBQ Seitan Sandwich \$11.95
thinly sliced grilled seitan basted with our own zesty barbeque sauce and piled high on a house-baked whole wheat bun with grilled onions, pickles and creamy cole slaw

COMBOS

Big Macro Combo \$14.25
the Big Macro & small fries or mixed greens with glass of iced minty green tea or lemonade

Soup & 2 Deli Salad Combo \$11.45
a small cup of seasonal or miso soup with a selection of two signature deli salads

Half Sandwich & Soup Combo* \$7.95
soup and ½ wrap OR soup and panino combo also available

½ Pint Hummus & Lavash \$6.95

ENTRÉE SALADS

The M Chopped \$11.95
hearts of romaine & mixed greens, avocado, cucumber, chickpeas, herb-baked tofu, scallions, umeboshi pickled radishes, carrots, beets, tamari-roasted almonds, crumbled tempeh "bacon" and tofu-peppercorn ranch dressing

Tuna Tataki \$14.45
citrus-soy marinated tuna seared rare, over mixed baby greens with cucumber, avocado, kaiware sprouts, wasabi mayo, and ponzu vinaigrette

DELI CASE COMBOS

2 Signature Salad Combo \$8.95

3 Signature Salad Combo \$11.50

DELI CASE SELECTIONS A LA CARTE

½ pint, pint and quart sizes available | priced a la carte

Signature Salads

Kale with Spicy Peanut Dressing

Creamy Cole Slaw

Sesame Soba Noodle Salad

Scarlet Quinoa

Seasonal Deli Salads
(please inquire)

Signature Proteins

Dilled Organic Tofu Salad

Wild Salmon Salad

Curried Tempeh Salad

Albacore Tuna Salad

Grilled Organic Scottish Salmon Filet

Albacore Tuna Tataki

Teriyaki-Glazed Tofu

Seasonal Specialties
(please inquire)

RICE BOWLS

Featuring organic, heirloom-variety Kokuho Rose Brown Rice from Koda Farms

Teriyaki Brown Rice Bowl
\$9.95 (veg) | \$13.45 (salmon) | \$15.95 (black cod)
heirloom-varietal organic brown rice from Koda Farms topped with tempura-battered or fresh steamed vegetable

Bi-Bim Bop
\$11.75 (veg) | \$13.25 (seitan)
\$15.75 (salmon) | \$16.95 (black cod)
marinated pan-fried tofu, Korean-style vegetables, spicy miso sauce & house-made kim chee

M Café Macro Meal
\$8.95 (veg) | \$13.45 (salmon) | \$15.95 (black cod)
heirloom-varietal organic brown rice, steamed seasonal vegetables, hijiki seaweed, housemade pickles, and carrot-ginger dressing
choice of: *Organic Miso-Yaki Salmon, Black Cod, Seasoned Black Beans, or Tofu*