

THE GREEN BEAN Cafe



1413 York Avenue
(Between 75 & 76 St.)

(212) 861-1539
NEW YORK, NY 10021
BEANGONEGREEN.COM

VISIT THE GREEN BEAN CAFE FOR TASTEFUL ORGANIC VEGETARIAN FOOD THAT CAN SATISFY ANY APPETITE
~Call for our daily specials~
(Prices are subject to the market)

HOURS DELIVERY (\$7 MIN)
7AM - 9PM M-F Free within
8AM - 9PM S-S 7 Block radius
FOOD MADE TO ORDER FROM 7AM ~ 7PM



ORGANIC SMOOTHIES

(Only organic fruits, no fillers)

Around The World	\$4.50 ~ \$6.00
Mango, blackberry, banana, pineapple, strawberry, and apple juice	
Buttery Banana	\$4.50 ~ \$6.00
Banana, peanut butter, vanilla, milk Sub for raw almond butter \$1.00	
Berried Alive	\$4.50 ~ \$6.00
Blueberry, blackberry, raspberry strawberry, banana apple juice	
Cream Dream	\$5.00 ~ \$6.50
Coconut water, coconut pulp, agave	
Golden Ticket	\$5.00 ~ \$6.50
Banana, pineapple, peach, mango, coconut water, raw chocolate powder	
Papaya Paradise	\$4.50 ~ \$6.00
Banana papaya, pineapple, orange juice	
Muscle Master	\$4.50 ~ \$6.00
Banana, double shot protein, milk	
My Sunshine	\$4.50 ~ \$6.00
Mango, banana, peach, orange juice	
Pink Peaches	\$4.50 ~ \$6.00
Peach, watermelon, banana, strawberry, apple juice	
Blueberry Hill	\$4.50 ~ \$6.00
Blueberry, banana, milk	
Strawberry Slope	\$5.00 ~ \$6.50
Banana, strawberry, milk, soy yogurt	
Purple Samba	\$5.50 ~ \$7.00
Acai, banana, raspberry, apple juice	
Jolly Green Giant	\$5.00 ~ \$6.50
Apple, banana, pineapple, kale, spinach, blended	

ORGANIC JUICES

(Special juices priced accordingly)

Wheat Grass	\$2.50 ¹ oz. ~ \$4.50 ² oz
Powerful detoxifier, highly nutritious	
24 Carrot Golden	\$4.50 ~ \$6.00
Carrot, orange	
True Blood	\$5.50 ~ \$7.00
Beets, coconut water	
Body Fuel	\$5.50 ~ \$7.00
Carrot, beet, celery, spinach, and kale	
Green Light	\$6.00 ~ \$7.50
Celery, cucumber, spinach, ginger	
Deep Green	\$6.00 ~ \$7.50
Celery, cucumber, spinach, collard green kale, parsley, lemon	
Hansel & Gretel	\$5.50 ~ \$7.00
Apple, carrot, ginger	
Molotov Cocktail	\$5.50 ~ \$7.00
Carrot, beet, garlic, ginger	
Sweet Sensation	\$5.50 ~ \$7.00
Coconut water, carrot, celery	
The Three Amigos	\$5.50 ~ \$7.00
Carrot, beet, apple	
Green Bean	\$6.00 ~ \$7.50
Apple, celery, cucumber, spinach, collard green, parsley, lemon	
Apple-licious	\$6.00 ~ \$7.50
Apple, fresh mint	
Sweet Barbara Green	\$7.00 ~ \$8.50
Celery, cucumber, spinach, kale, parsley, lemon, apple, ginger	

ADD INNS

(Certain prices are subject to the market)

- 504 - Bee pollen, maca, ginger, garlic, lemon, cayenne pepper, flax oil, soy yogurt, peanut butter, vanilla, goji berries, spirulina, chia seed, flax seed
- 1.00 - Acai, apple, soy, rice, whey or hemp proteins, hemp oil, spirulina, raw almond butter, coconut water, coconut pulp, scoop of vegan ice cream
- 2.00 - Almond milk, brazil nut milk, ultimate meal

ORGANIC COFFEE & TEAS

House Blend	\$1.50 ~ \$1.75 ~ \$2.00
Decaf House	\$1.65 ~ \$1.90 ~ \$2.15
Espresso	\$1.75 ~ \$2.00
Macchiato add .504	
Café Au Lait	\$1.75 ~ \$2.00 ~ \$2.25
Latte	\$3.00 ~ \$3.25 ~ \$3.50
Cappuccino	\$3.00 ~ \$3.25 ~ \$3.50
Café Mocha	\$3.25 ~ \$3.75 ~ \$4.00
Hot Coco	\$3.00 ~ \$3.50 ~ \$4.00
W/nut Milk	\$4.00 ~ \$4.75 ~ \$5.50
Assorted Teas	\$1.25 ~ \$1.50 ~ \$1.75

Add almond or brazil nut milk to coffee for .254 and to espresso coffees for \$1.75

VEGAN SWEETNESS

(made on the Premises)

Cookies	\$2.00
Chocolate chip, oatmeal, peanut butter, wedding cake	
Wheat Free Cookies	\$2.00
Chocolate chip, chocolate macaroons	
Raw Assorted Macaroons	\$1.75
Blondie, chocolate, goji...	
Raw Maple Granola Bars	\$2.50
Vanilla Chocolate Clusters	\$3.00
Raw Double Chocolate Cluster	\$3.00
Raw Chocolate Fudge Squares	\$4.00
Raw Slice o' Cake	\$5.50
Daily selection ~ made with date, cashew, nut flour, coconut oil	
Raw Parfaits	\$4.50
Daily selection ~ Seasonally made	
Apple Crumb	\$4.50
Add scoop of vanilla ice cream \$1.00	
Ice Cream	\$3.50 ~ \$4.50 ~ \$5.50
Assorted vegan ice cream flavors	

BREAKFAST BRUNCH

Organic Brown Egg Omelets	\$5.50
Served with Home Fries, Seven Grain Soy Buttered Toast Add:	
\$1.00 Adds: Egg Whites, Tempeh Bacon, Spinach, Daiya Cheddar or Mozzarella, .504 Adds: Jalapeno, Tomato, Peppers, Onion, Potato, Broccoli, Mushroom	
Fresh Baked Muffins	\$2.50 ea.
Banana Choc. Chip, Pumpkin, Carrot, Blue Berry, Raspberry, Cranberry, Corn, Blue Berry, Cranberry	
Organic Fresh Fruit Soy Yogurt	\$3.50
Banana, Mixed Berry, or Apple Topped with Raw Maple Granola	
Organic Hot Oatmeal	\$2.00 ~ \$3.50
Fresh Fruit Bowl	\$3.50
Water Melon	\$2.50
Raw Maple Granola Cereal	\$5.50
Served with fruit & nut milk	
Peanut Butter & Fruit Sandwich	\$4.50
Strawberry, Banana or Apple with Homemade Peanut Butter	

ORGANIC EGG SELECTIONS

Brown Egg Wrap	\$4.75
Eggs, Sautéed Peppers, Potato, Onion, Daiya Cheddar, and Salsa	
Brown Egg Salad Sandwich	\$4.75
Eggs, Chopped Onions, Dill, Dijon Mustard, Mayo, Lemon	

VEGAN PIZZA

(On organic whole wheat crust)

18" pie Daiya Mozzarella Pizza	\$22.00
\$1.50 Toppings - Broccoli, Onion, Garlic, Red/Green Peppers, Spinach, Mushroom, Jalapeño, Olive	
\$3.00 Toppings - Grilled Tempeh, Soy Sesame Nuggets or Chipotle Sausage	

MADE UPON ORDER GLUTEN FREE

VEGAN SANDWICHES

(Includes Organic Tortilla Chips and Pickle)

Available Substitutions Add \$1.50

Organic Homefires Organic Green Salad Organic Steamed Greens

Tempeh BLT	\$6.00
Tempeh Bacon, Tomato, Romaine, Mayo, on Seven Grain	
Avocado on Seven Grain	\$6.75
Avocado, Tempeh Bacon, Tomato, Romaine, Vegan Mayo on Seven Grain	
Special Grilled Cheese	\$6.00
Daiya Cheddar, Tomato, Vegan Butter Pressed to Golden Brown Perfection Switch Tomato for Avocado Add \$1.00	
Tofu Club on Seven Grain	\$7.75
Steamed Tofu, Tempeh Bacon, Avocado, Daiya Cheddar, Tomato, Romaine, Mayo, on Seven Grain	
Portobello Mushroom Burger	\$7.50
Baked Marinated Portobello Mushroom, Tempeh Bacon, Sautéed Bell Peppers, Onions, Daiya Mozzarella, Sundried Tomato Spread, on W/W Bun	
Vegan Vegetable Grill	\$7.50
Grilled Eggplant, Bell Pepper, Zucchini, Olive, Daiya Mozzarella, Olive oil, Pesto on W/W Baguette	
Raw ELT Bruschetta	\$8.00
Eggplant Jerky, Tomato, Romaine, Sundried Tomato spread, on Seed Bread	

WHOLE WHEAT WRAPS

Breakfast Tofu	\$4.75
Tofu, Bell Peppers, Potato, Onions, Daiya Cheddar, Salsa	
The Cattle Ranch	\$ 6.00
Spiced Seitan Chipotle Sausage, Sautéed Veggies, Black Beans, Brown Rice, Salsa	
Barbeque Seitan Brisket	\$ 6.50
Grilled Shredded Barbeque Seitan, Sautéed Organic Peppers, Onions	

Tofu Egg Salad	\$5.00
Tofu, Onions, Dill, Vegan Mayo, Dijon Mustard, Lemon, Turmeric, on Seven Grain	
No-Chicken Salad	\$7.00
Seitan, Tofu, Onion, Celery, Carrots, Mayo, Dijon Mustard, Dill, Lemon, on Seven Grain	
Seitan Cutlet Cheddar	\$7.50
Breaded Seitan, Daiya Cheddar, Onions, Cucumber, Tomato, Romaine, Mayo, on Seven Grain	
Vegan Sesame Nugget	\$7.50
Breaded Soy Sesame Nugget, Tomato, Daiya Cheddar, Romaine, Honey Mustard, on Seven Grain	
Cheddar Burger	\$7.50
Soy Vegetable Pattie, Sautéed Onions, Mushrooms, Tomato, Romaine, Mayo, Dijon Mustard, on W/W Bun	
Spicy Sloppy Not-Dog	\$6.50
Grilled Seitan Soy Sausage, Tomato, Onion, Bell Pepper, Daiya Cheddar, on W/W Bun	

ORGANIC SALADS

House Salad	\$7.75
Steamed Tofu, Chopped Vegetables, Avocado, Red Onion, Tahini Dressing	
Spinach Salad	\$8.00
Spinach, Tempeh Bacon, Red Onion, Avocado, Orange Slices, Maple Walnuts, Mint, Orange Ginger Dressing	
Caesar Salad	\$7.75
Romaine, Tomato, Bell Peppers, Avocado, Red Onion, Nicoise Olive, Seven Grain Garlic Croutons, Vegan Caesar Dressing	

THE BIG PLATE

Inner Balance	\$8.50
Steamed Tofu, Rice & Bean of the Day, Steamed Greens, Mushroom Gravy	
Pan Crusted Seitan	\$8.50
Breaded Seitan, Mashed Potatoes Mushroom Gravy, Steamed Greens	
Organic Tofu Vegetable Stew	\$7.50
Grilled Tofu, Tomato and Vegetables, with Steamed Greens, Brown Rice	
Organic Layers of the Land	\$8.00
Black Beans, Potenta & Millet, Sweet Potato, and Steamed Greens	
Organic Spicy Glazed Tempeh	\$7.75
Organic Tempeh, Sweet Potato, Vegetables, Spiced Glazed Gravy	
Soba Noodles with Vegetables	\$7.25
Peanuts, Scallion, Zucchini, Broccoli, Sesame Seed & Oil, Tamari	

RAW ENTREES

Bean Fajita on Corn Tortilla	\$8.75
Mixed Greens, Cashew Sour Cream Sundried Tomato Beans, Pico de Gallo	
Mock Egg Salad Romain Boat	\$8.75
Coconut and Creamed Cashew Salad, With Nut-Chorizo Crumbles on top	
Raw Tapas Platter	\$8.75
Two Veg-Nut Pates, Flax Crackers, Cruautés, Cashew Nacho Cheese Dip	
Raw Zucchini Lasagna	\$8.75
Zucchini, Sun Dried Tomato Puree, Sunflower/Pine Ricotta, Basil Pesto	

HOT FOOD & SALAD BAR

(Call for Daily Selection)

Salad Bar and Hot Plate	\$8.00/LB
Tamale Parmesan, Pasta Primavera, Falafel, Hummus, Tabouli, and More!	
Beans and Rice Only	\$5.00/LB
Daily Soups	\$2.50 ~ \$4.50 ~ \$8.00