

Treehuggers Café

A green place to eat.

Please enjoy your perfect cup of coffee named after the Hoot Owl in danger of extinction.



ALL of our food is made fresh per order. Relax, take your time and enjoy food the way it is supposed to be served, fresh, nutritious and DELICIOUS!

We have a mission at Treehuggers to help people see that they can make a difference, not only for our planet, but also for their health.

We do our part by using organic for almost every item on our menu. Most importantly we buy our produce when in season from local farms to support our agriculture. Buying and eating organic not only benefits you as there are no hormones, chemicals, pesticides etc. used that have extreme effects on our society, but organic farming replenishes the soil, leaving it sustainable for future growth, rather than stripping the earth of its natural resources. ALL of our containers are compostable, recyclable and biodegradable, and our restaurant has been designed using as much recycled material as we could find.

We also donate a percentage of our proceeds to an earth/animal friendly organization that is committed to our cause. We cater to your vegetarian/vegan needs so please let us know how we can customize your order for you.

*Ask about our locally inspired seasonal Chef's Specials
and Fresh Cut Seafood for the Day!*

For information about these and other endangered species, please visit our website: www.treehuggerscafe.com... Thank you!

Fresh food takes longer, so slow down please!

SHANA'S HOMEMADE SOUPS

Soup du Jour\$6.95 a bowl
Please ask your server what the season inspired today! Gluten-free or artisan bread available upon request.

STARTERS *Ask what today's locally inspired appetizers are!*

"Basket of Sweet"\$6
You've GOT to try our sweets...POTATO FRIES that is. Served with Eric's signature honey mustard sauce.

Fresh Cut Treehuggin Fries.....\$6
Served with our homemade BBQ ketchup.

"Pey Pey's" Cucumber Stack.....\$8
With fried gorgonzola, balsamic drizzle.

"Harp Seal" Fried Green Tomaters\$9
Hand-breaded, hothouse grown fried green tomatoes with roasted red pepper pesto and basil pesto.

Avocado Bruschetta.....\$10
Can be made with seasonal heirloom tomatoes or a healthy spin on guacamole, made to order and served with pita bread.

Try our customers' favorite dish!

3 Bean Nacho Dip.....\$12
Homemade pita chips, smashed beans and peppers with ground chicken sausage, topped with avocado and cheddar. Can be made vegan or gluten-free.

GREENS

Hydroponic lettuce locally grown, always organic. All salads can be made vegan and are naturally gluten free. Treehuggers' dressings are house made every day using no thickening agents, preservatives or artificial ingredients. Enjoy!

Add organic charbroiled chicken or homemade vegan patty for \$3.50, or wild caught salmon for \$6.00

"Makar's Scarlett Macaw" Cranberry Walnut Salad\$10
Plenty of greenery, candied walnuts, blackberries and oranges, sprinkled with goat cheese and more, tossed in a homemade cranberry balsamic vinaigrette.

Tree Hugger's Salad\$8
Right out of your own backyard...no, just kidding. Field greens, sunflower seeds, dried fruit, wild mushrooms, baby goat cheese tossed in a honey lavender vinaigrette.

Colin's "Give Me a Beet" Salad\$10
Roasted beets, fresh blackberries, goat cheese, candied nuts, with fresh mint and a honey lemon vinaigrette.

Mediterranean Kale Salad\$10
Kalamatas, tomatoes, shallots and feta, with our homemade Mediterranean dressing.

Spicy Hilari's Taco Salad\$12
Crumbled black bean patty, avocado, cheddar cheese over hydroponic lettuce and tomato, served with avocado-lime dressing and crispy tortilla strips. Can be made vegan or gluten-free.

Tuna Stuffed Avocados\$12
Treehuggers dilled tuna stuffed into avocado shells, over organic greens topped with Greek dressing.

WRAPS

Served with homemade deli side, or add sweet potato or fresh cut fries for \$2.50

"Rock Hopper Penguin" Organic Chicken Salad Wrap\$10
Organic white meat pulled chicken with red globe grapes, homemade candied walnuts in a lemon tarragon marsala reduction served on a whole grain wrap, with lettuce tomato and onion. Side dish varies.

"Save the Dolphins" Tuna Wrap\$12
Chunky white tuna & fresh dill in a lemon vinaigrette, with lettuce, tomato, onion. Side dish varies.

"Potter's" Protein Wrap\$10
Marinated beans with brown rice, fresh avocado, sprouts, cucumbers, tomato and onion on whole grain wrap. Side dish varies.

Greek Chicken Wrap\$12
Lemony grilled chicken, shredded lettuce, tomato, onion, olive pesto and feta, with Greek dressing. Side dish varies.

"Hairy-Nosed Wombat" Roasted Artichoke Wrap\$10
With vegan aioli, roasted red pepper, feta cheese, lettuce, tomato, onion. Side dish varies. Can be made vegan.

Combo: Full salad with bowl of soup.....\$15

Combo: Full wrap or panini with bowl of soup or half salad.....\$15

“GIANT PANDA” PANINIS

Served with homemade deli side, or add sweet potato or fresh cut fries for \$2.50

“Marbled Murrelet” Mushroom Panini.....\$12
Portabellas with caramelized onions and buffalo mozzarella, with housemade fresh basil pesto sauce. Served on our homemade Tuscan herb bread. Side dish varies.

Zucchini Panini.....\$12
Hand-breaded zucchini planks on our Tuscan herb bread, open gooey fresh mozzarella, grilled onion, hothouse tomato slice, pressed for your pleasure. Side dish varies.

“Sea Turtle” Grilled Lemon Chicken Panini.....\$12.50
Organic charbroiled chicken breast, caramelized onion, avocado, Swiss cheese, topped with tomatoes and fresh basil pesto. Served on our homemade Tuscan herb bread. Side dish varies.

“Toucan” Veggy Grilled Cheese.....\$12
Fresh mozzarella, cheddar, tomato, avocado, caramelized onion, sprouts and red pepper pesto. Served on our homemade Tuscan herb bread. Side dish varies.

“BLUE WHALE” BURGERS

CERTIFIED HUMANE BEEF Consuming raw or undercooked meat, poultry, seafood or egg products can result in food-borne illness.

*Treehuggers is exclusively using this product, because Treehuggers cares about how animals are treated, not simply being raised in stalls where they are unable to turn around, graze, engage in natural habitats and live to a natural life span, or in the case of chickens, never being able to roam and peck freely in the sunlight. Please enjoy a humanely raised burger, prepared to order. *Just remember, well-done takes longer—so please be patient!*

OR YOU CAN CHOOSE FROM a black bean burger, ground chicken burger or patty of the day, served on gourmet pretzel roll with your choice of sweet potato or fresh cut fries. Gluten-free bread available upon request.

Plain Jane with L/T/O, served with fresh cut or sweet potato fries.....\$12

Treehugger Style with fried green tomato, basil pesto, mozzarella cheese and sprouts.....\$13.95
Served with fresh cut or sweet potato fries.

Eric’s Beastie Burger
Homemade BBQ sauce, fried gorgonzola wedge, grilled onion and red pepper with L/T/O.....\$13.95
Served with fresh cut or sweet potato fries.

The SHROOMER...basil mayo, grilled portabellas and onions with mozzarella.....\$13.95
Served with fresh cut or sweet potato fries.

Hells Kitchen
No Gordon Ramsey here, but our chefs will insult your taste buds with jalapenos stacked high, cheddar cheese and spicy grilled onions... our condolences to your tongue!.....\$13.95
Served with fresh cut or sweet potato fries.

Cory’s “Turtle Man” Burger
Yee!...coleslaw, fries, cheddar cheese and homemade spicy BBQ...Now that’s live action!.....\$13.95

The Carb Free Plate
One made-to-order burger, 2 sunny-side-up cage free eggs and cheddar cheese, served with our kale salad...now that’s protein, baby!.....\$12.95

Please don’t forget to specify a temperature when you order our Organic Beef Burgers.

BREAKFAST SERVED ALL DAY

Granola Bowl.....\$6.95 a bowl
Homemade granola with organic yogurt and fresh fruit. Add local honey for \$1.00. Or take some home by the lb.....\$10

Veggie/Vegan Delight.....\$10
Scrambled and seasoned crumbled vegan patty with local veggies, homefries and toast topped with organic fried egg and topped with cheddar cheese. Please specify if you would like to try it vegan or if you need gluten free toast.

Cage Free Carnivore Panini (this one put us on the map!).....\$12
Cage free eggs, fresh spinach, chicken sausage, sautéed mushrooms and tomatoes, made with Swiss cheese. Served with homefries or fresh fruit. Or make it an herbivore with vegetarian or vegan patty. Also available on homemade gluten-free bread for \$1 extra.

“Leaping Lemurs” Breakfast Burrito.....\$12
Organic chicken sausage, eggs, fresh veggies, cheddar and avocado served with homefries or fruit. Can be made vegan or vegetarian.

Asparagus Cheddar Quiche.....\$12
With dill shallot sauce. Served with fresh fruit.

BEVERAGES

Organic Fair Trade Espresso Bar

Made by hand, enjoy a special cup of environmentally conscious, locally roasted beverage

Espresso.....	\$2.50
Double.....	\$3
Iced or Hot Cappuccino.....	\$4
Iced or Hot Latte.....	\$4
Chai Latte.....	\$4.50
Iced or Hot Mocha.....	\$5
Iced Coffee.....	\$2.50
Add Flavor Shot to any Beverage.....	\$1
Enjoy our Hoot Owl coffee by the pound—Fair Trade, Organic, locally Roasted!.....	\$14.95

Organic Iced Teas

Ginger Peach or Dandelion Green Mint Detox.....	
.....	\$2.95 a glass, with free refills

POWER UP SMOOTHIES

We start with our Vita-Mix so we can use the entire fruit or vegetable for maximum whole food nutrition.

Green Goddess Almond milk, banana, peanut butter, kale, lemon, avocado \$5

Sunrise Smoothie Almond milk, oranges, lemon, mango, pineapple and banana. Wake up and face your day with your antioxidants, vitamin C...Bring it on! \$5

Red Velvet Get your blood moving in the right direction with whole beets, almond milk, banana, lemon, kale and pure cocoa..... \$5

Jumping Java Elvis would have loved this one...organic espresso, whole banana, pure cocoa and almond milk or yogurt. House made peanut butter..... \$5

Add organic yogurt, local honey to any shake for \$1 **Power it up with VANILLA PROTEIN POWDER for \$1.50.**

Menu revised 6-30-15

“BROWN BEAR” BAKERY

Giant Vegan Cookies

Chocolate Chunk, Everything Cookies, Peanut Butter, White Chocolate Raspberry, Fresh Lemon, Carrot Ginger Glazed & Old Fashioned Sugar Cookies..... \$3.50

“Harp Seal” Scones.....\$5

Fresh lemons, organic blueberries—and large enough to share!

“Bumble Bee Bat” Brownies of the Day.....\$5

Power Muffins (*Vegan & gluten free*)

Our own recipe, packed with protein, these really pack the punch! Made with an entire banana per muffin, tofu, almond meal, flax meal, dried cranberries & whole grains.....\$4

*Includes walnuts. Take a dozen home, freeze and start your day off right!

Morning Glories

The original “hippy muffin.” An old recipe that’s totally delicious, including fresh carrots, pineapples and more. *Includes walnuts....\$4

GLUTEN-FREE OPTIONS

Power Muffins

White Chocolate Raspberry Cookies

Buckeye Brownies

Peanut Butter Cookies

...and ask what else we’ve made for you today!

Watch for our upcoming Weekly Specials!



Appetizers

Salads

Entrees

Fresh Cut Seafood

Rice Bowls / Pasta Inspired by the Season



Check our website: www.treehuggerscafe.com

Or our Facebook page for Weekly Special

Share the love! Let Treehuggers cater your next gathering!

Treehuggers Café

1330 Bagley Road, Unit I, Berea, Ohio

Phone: 440-973-4277

VISIT US AT OUR OTHER LOCATIONS:

At LifeWorks • 7390 Old Oak Blvd., Middleburg Hts., OH 44130 • 440-816-4217

55 E. College St., Oberlin, OH 44074 • 440-774-2998

www.treehuggerscafe.com

Treehugging Hours

Monday - Thursday 10:30am - 9:00pm • Friday 10:30am - 10:00pm

Saturday 10:00am - 10:00pm • Sunday 10:00am - 8:00pm

***Parties of 6 or more, a gratuity of 18% will be added. No separate checks.**

The majority of our items can be prepared as Vegan and/or Gluten Free. Ask your server.

Menu printed on recycled paper.