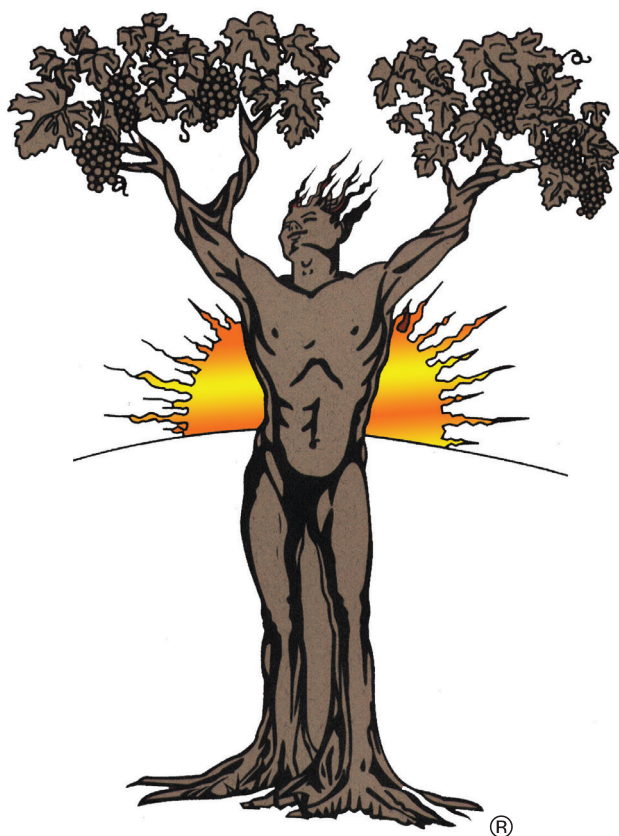
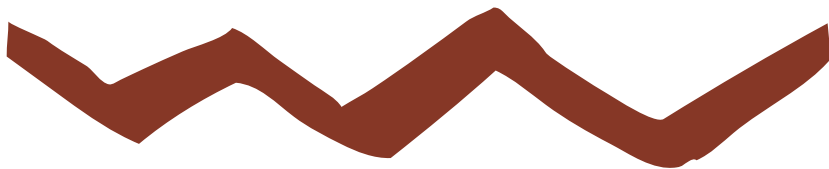


Simply Wholesome®

HEALTH FOOD STORE AND RESTAURANT



4508 WEST SLAUSON AVENUE
LOS ANGELES, CALIFORNIA 90043
323.294.2144 OR 323.294.2145

BREAKFAST

Tuesday - Saturday 9:00am - 1:00pm
Sunday 9:00am - 3:00pm

SIMPLY STARTERS

TWO EGG BREAKFAST

Scrambled tofu or eggs served with potatoes and a choice of meatless bacon, vegetarian sausage, turkey sausage or turkey bacon \$10.99

EGG MASALA'S OMELET - EGG

Grilled spinach, mushrooms, tomatoes, onions, bell peppers, topped with cheese \$11.99

TOFU VEGETARIAN OMELET

Grilled spinach, mushrooms, tomatoes, onions, bell peppers, topped with cheese \$11.99

CROQUETTE'S DELIGHT with POTATOES

Salmon croquettes, scrambled tofu or eggs, grits & a side of potatoes \$12.99

SIMPLY PANCAKES

Two pancakes, scrambled tofu or eggs and choice of meatless bacon, vegetarian sausage, turkey sausage or turkey bacon \$11.99

BREAKFAST BURRITO

Two scrambled eggs or chopped tofu, sautéed mushrooms, potatoes, grilled onions, bell peppers, tomatoes and cheese \$9.99

SUNRISE SANDWICHES

Made with mayonnaise, mustard, lettuce, sprouts and tomatoes

TURKEY SAUSAGE SANDWICH

Turkey sausage with scrambled tofu or two eggs \$10.99

SUPREME CROISSANT SANDWICH

Croissant with scrambled tofu or eggs, cheese, avocado, meatless bacon or veggie patty \$10.99

SIMPLY McMUFFIN

Scrambled tofu or eggs with avocado and meatless bacon or veggie patty on an english muffin \$10.99

EXTRAS

Served only for breakfast

8oz. Scrambled Tofu	\$4.99	English Muffin	\$ 1.75
Two Eggs	\$3.25	Croissant	\$ 2.25
Egg Whites (Additional \$1.49)		Wheat Toast	\$ 1.25
Salmon Croquettes (3)	\$7.99	Grits (8oz)	\$ 3.25
Turkey Sausage (1)	\$5.75	Breakfast Potatoes (8oz)	\$ 2.99
Turkey Bacon (3)	\$4.99	Short Stack Pancakes (3)	\$ 5.50
Veggie Bacon (3)	\$4.99	Oatmeal (8oz)	\$ 3.25
Veggie Sausage (3)	\$4.99	Rye Toast	\$ 1.25

Scrambled Tofu is cooked with onions, green peppers, tomatoes and mushrooms. Also, eggs are cooked with onions and green peppers.

DAILY DELIGHTS

Sandwiches and burgers come with mayonnaise, mustard, lettuce, tomatoes & sprouts.
All sandwiches are served on whole wheat toast, rye bread (croissant or bun \$0.50 extra),
Served with a 4 oz deli salad or chips.

Deli Salads are: Macaroni salad, potato salad or Fruit salad

EXTRA YUMMIES

Onions .50, Bell Peppers .50, Tomatoes .50, Cucumber .50, BBQ Sauce .50, Shredded Carrots .50,
Spinach .75, Cheese .75, Mushrooms \$1.00, Avocado \$1.50, Calypso Sauce 1oz .75, Calypso Sauce 2oz .99,
Sour Cream .99 (All 1 oz. condiments .50, 2 oz. condiments .75), Dipping Sauce 2oz \$1.00

VEGETARIAN CRAVE

BURGERS and SANDWICHES

Veggie Supreme or Garden Supreme	\$10.89	UBLT Vegetarian Bacon, lettuce & tomato	\$8.99
Grilled mushrooms, onions, shredded carrots, lite avocado, BBQ sauce & ranch dressing on a toasted bun			
Veggie Burger or Garden Burger	\$9.99	Vegetarian Burrito	Half \$7.99 Whole \$10.99
Double Veggie Burger	\$10.99	Black beans, brown rice, lettuce, tomatoes & grilled veggie burger patty	
Lentil Burger (BBQ sauce is automatic)	\$9.99	Tofu Fajita Wrap	Half \$7.99 Whole \$10.99
Double Lentil Burger (BBQ sauce is automatic)	\$10.99	Grilled tofu, hummus, grilled bell peppers, onions, lettuce, tomatoes & guacamole	
Veggie Chicken Burger	\$9.99	TACOS (2 per order)	
Double Veggie Chicken Burger	\$10.99		
Avocado Sandwich	\$9.99	Vegetarian Tacos	\$8.99
Colossal Chili Dog (Thur. Only)	\$9.99	Hard corn shell, filled w/ avocado, tomatoes, carrots, lettuce & soy cheese	
Cucumbers, mayonnaise, mustard, diced avocado, cheese, grilled onions, tomatoes, leanies & spices			
Veggie Chili Dog (Thur. Only)	\$7.99	Taco Supreme	\$10.99
Simply Vegan Burger	\$10.99	Soft corn shell, grilled veggie burger patty, tomatoes, grilled onions, guacamole, carrots & soy cheese	
Vegan mayonnaise & cheese			
		Nubian Tacos	\$10.99
		Black-eyed peas, onions, cucumbers, purple cabbage, soyonnaise sauce & a small green salad	

REGULAR SANDWICHES AND BURGERS

BURGERS and SANDWICHES

(All sandwiches except burgers or Salmon can be served as a half for only \$5.49 plus tax)

1/2 Sand. & Green Salad	\$9.99
1/2 Sand. & Deli Salad	\$8.25
Grilled Chicken Sandwich	\$9.99
Grilled Fish Sandwich	\$10.79
Tuna Salad Sandwich	\$9.89
Tuna & Avocado Sandwich	\$9.99
Chicken Salad Sandwich	\$9.99
Turkey Breast Sandwich	\$8.99
Grilled Salmon Sandwich	\$15.59
Turkey Burger	\$9.99
Fish Burger	\$9.99
Salmon Burger	\$15.59

BURRITOS

Chicken Burrito	Half \$7.99	Whole \$10.99
Chicken, black beans, brown rice & lettuce		
Turkey Burrito	Half \$7.99	Whole \$10.99
Turkey, black beans, brown rice & lettuce		
Salmon Burrito	Half \$15.25	Whole \$17.50
Grilled Salmon, black beans, brown rice and lettuce		

Tilapia Fish Burrito	Half \$8.99	Whole \$10.99
Grilled Fish, onions, pepper, red sauce, black beans, brown rice & lettuce		
Shrimp Burrito	Half \$9.99	Whole \$11.99
Grilled Shrimp, black beans, brown rice & lettuce		
Chicken Fajita Wrap	Half \$8.99	Whole \$10.99
Grilled chicken breast, hummus, grilled bell peppers, grilled onions, lettuce, tomatoes & guacamole		
Shrimp Fajita Wrap	Half \$9.99	Whole \$11.99
Grilled Shrimp, hummus, grilled bell peppers, grilled onions, lettuce, tomatoes & guacamole		
Salmon Fajita Wrap	Half \$14.99	Whole \$17.99
Grilled Salmon, hummus, grilled bell peppers, grilled onions, lettuce, tomatoes & guacamole		

TACOS (2 per order)

Turkey Tacos	\$9.99
Turkey, lettuce, cheese, carrots & tomatoes	
Chicken Tacos	\$9.99
Chicken, lettuce, cheese, carrots, tomatoes & guacamole	
Fish Tacos	\$11.99
Grilled Fish, red & green bell peppers, red sauce, black beans, sliced avocado & a small green salad	
Shrimp Tacos	\$12.99
Grilled Shrimp, onions, tomatoes, red sauce, red & green bell peppers, guacamole & a small green salad	
Salmon Tacos	\$15.99
Grilled Salmon, lettuce, tomatoes & a small green salad	

GIFT CARDS ARE AVAILABLE

SIMPLY SOUP

8 oz \$5.99 12 oz \$6.99 16 oz \$8.99 32 oz \$14.99
 3 crackers 5 crackers 8 crackers 10 crackers

Monday Closed	Tuesday Vegetable (meatless)	Wednesday Chicken (real chicken)	Thursday Vegetarian Chili	Friday White Bean	Saturday Wholesome Daily Surprise	Sunday Wholesome Daily Surprise
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SMALL BITES

Colossal Patty (lettuce, tomatoes, mayo, mustard and sprouts) add \$1.35
 Spicy Vegan Dipping Sauce \$1.00

Jamaican Spinach or Cabbage Patty	\$3.99
Jamaican Chicken Patty	\$4.05
Jamaican Jerk Chicken, Curry Chicken or BBQ Chicken Patty	\$4.15
Jamaican Shrimp & Crab Patty	\$4.60
Jamaican Tilapia Fish Patty	\$4.30

SALADS

Wholesome Tostada \$13.99

Ground turkey, grilled chicken or chopped tofu, black beans, salsa, mixed greens with avocado on a whole wheat shell

Green Salad with Chicken Salad or Tuna Salad \$11.99

Green Salad with Grilled Chicken \$12.99

Green Salad with Grilled Shrimp \$13.99

Green Salad with Grilled Veggie Patty \$11.99

Green Salad with Grilled Salmon \$17.99

Small Green Salad \$6.49

Large Green Salad \$8.99

CARIBBEAN FAVORITES

Served All Day (the average wait is 30-45 minutes)

MASALA'S SPICE

(made w/ Marinara Sauce)

Rice or pasta, grilled vegetables & plantains

Grilled Chicken \$15.99

Grilled Shrimp \$16.99

Grilled Veggies \$14.99

ISLAND DELIGHT

(made w/ Marinara Sauce)

(Pigeon peas & rice or black beans and brown rice, macaroni pie, veggies, west indian potato salad garnished with plantains)

Vegetable Delight \$16.99

Grilled Fish Delight \$18.99

Grilled Chicken Delight \$17.99

Grilled Salmon Delight \$21.99

ALL TIME FAVORITES

Blackened Tofu, Fish or Chicken

Served with Steamed Veggies and Sautéed Spinach

Tofu \$13.99 Tilapia Fish \$15.99 Chicken \$14.99 Salmon \$18.99

Spicy Cajun Tacos and a Small Green Salad

Soft or Hard Tacos filled with lettuce and soy sour cream

Tofu \$9.99 Chicken \$10.99 Salmon \$15.99

Simply Lite (Greens, Macaroni Pie, Peas & Rice) \$10.99

add Veggie Patty \$1.99 or Veggie Chicken Patty \$2.99

Bocca Patty (Vegan) \$2.99

WHOLESOME SPECIALTIES

AVAILABLE ANYTIME

SALAD WRAP

Tossed in your dressing of choice, and wrapped in a Spinach Tortilla
Made with mixed greens, sprouts, tomatoes, cucumber, carrots & avocado
No Protein \$10.99 Veggie Patty \$11.99 Chicken \$12.99 Salmon \$14.99

ROCMAN'S SPECIAL

Grilled broccoli, bell peppers, onions, and black beans on a bed of brown rice
Veggie Patty \$10.99 Tofu \$9.99 Chicken \$11.99 Tilapia Fish \$12.99 Salmon \$16.99



KHALIFA'S TACOS

Three hard or soft shell tacos filled with grilled broccoli, black beans,
avocado, lettuce & tomatoes \$14.99

CARIBBEAN TACOS

Two tacos filled with grilled pineapples
and pico de gallo served with a small green salad
Tofu \$9.99 Veggie Patty \$9.99 Chicken \$10.99

CARIBBEAN ENCHILADAS

Three enchiladas rolled in corn tortillas and smothered in our mild enchilada sauce
with Spanish rice and a small green salad
Tofu \$10.99 Chicken \$11.99 Tilapia Fish \$12.99 Salmon \$16.99

GRILLED SALMON MEAL

Grilled Salmon topped with mango jalapeño relish served with brown rice & a small green salad \$16.99

WEDNESDAY SPECIAL

Macaroni and cheese, candied yams, collard greens,
cornbread and your choice of protein
Tofu \$16.99 Chicken \$17.99 Tilapia Fish \$18.99 Salmon \$21.99

WE ARE ONE

Macaroni and cheese, black-eyed peas with okra,
cornbread and your choice of protein
Tofu \$13.99 Chicken \$14.99 Tilapia Fish \$15.99 Salmon \$19.99

DOWN HOME SUNDAY DINNER

Candied yams, collard greens, peas & rice,
cornbread and your choice of protein
Tofu \$16.99 Chicken \$17.99 Tilapia Fish \$18.99 Salmon \$20.99



PATTY MELT SANDWICH SPECIAL

One soy veggie patty, grilled onions, cheese
(your choice of cheddar or soy), ranch, and tomatoes served on
whole wheat bread with a side of fries \$9.99

Salmon Bites \$12.99

Fish Bites (tilapia) \$10.99

Chicken Bites \$9.99

Served with fruit salad, potato salad, macaroni salad or chips

SIDE ORDERS

Grilled or Battered Tofu \$5.99

Grilled Chicken \$6.79

Grilled Tilapia \$7.99

Grilled Salmon \$13.25

Black-Eyed Peas (8oz) \$4.75

Brown Rice (8oz) \$4.75

Black Beans (8oz) \$4.75

Mixed Brown Rice and Black Beans \$4.89

Peas & Rice (8oz) \$5.99

Collard Greens (8oz) \$4.69

Sautéed Spinach (8oz) \$4.69

Sautéed Broccoli (8oz) \$4.69

Grilled or Steamed Vegetables (Small \$7.99 / Large \$10.99)

Fried Plantains \$4.79

Vegan Mac "N" Cheese (8oz) \$6.99

Mac "N" Cheese (8oz) \$5.89

Macaroni Pie \$5.49

Candied Yams (8oz) \$5.79

Cornbread \$2.75

Simply Fries \$3.25

Sweet Potato Fries \$5.79

Baked Sweet Potato \$4.25

Deli Salads (3.5 oz.) \$1.99

(Macaroni Salad, Fruit Salad, Potato Salad)

10-piece shrimp \$12.99 / 15-piece shrimp \$16.99

*Blackened or Battered \$1.00 Extra

EXTRA CHARGE FOR SUBSTITUTIONS

We are not liable for lost or stolen items

Prices are subject to change without notice

Simply Wholesome®

"KEEPS YOU FEELING GOOD AND LOOKING GOOD"



ADDITIONAL VEGAN MENU OPTIONS

AVAILABLE ANYTIME

VEGAN CRAB CAKE BURGER \$12.99

VEGAN CRAB CAKE BURRITO

Vegan crab cake, black beans, brown rice, lettuce and aioli sauce
(half \$9.99 / whole \$11.99)

VEGAN CRAB CAKE TACOS (2 per order)

Vegan crab cake, black beans, lettuce, avocado, aioli sauce and a small green salad \$13.25

VEGAN CRAB CAKE PLATE

Two vegan crab cakes, brown rice, yams, collard greens and aioli sauce \$17.99

***PREPACKAGED VEGAN CRAB CAKES
ARE AVAILABLE FOR PURCHASE IN OUR STORE***

Vegan Crab Cake Ingredients: Garbanzo beans, hearts of palm, celery, lemon, parsley, garlic, potato starch, AP panko crumbs, psyllium husk, spices, and natural flavors.

Whole pies and cakes are available to order with "3-day notice"

REAL WHOLESOME DELIGHTS

- Peach Cobbler \$4.99
- Carrot Cake \$4.99
- Coconut Cake \$4.99
- Pecan Pie \$3.99
- Sweet Potato Pecan Pie \$4.25
- Lemon Pound Cake \$4.25
- Sweet Potato Pie \$3.99
- Honey Bean Pie \$3.99
- German Chocolate Cake \$4.99
- Yellow Cake w/ Chocolate Icing \$4.99
- Chocolate Cake w/ Chocolate Icing \$4.99

VEGAN DESSERTS

- Vegan Cheesecake \$4.99
- Vegan Carrot Cake \$4.99
- Vegan Sweet Potato Pie \$4.75

Simply Wholesome®



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 323-294-2144 • 323-294-2145 • www.simplywholesome.com
 Like Us on Facebook - @SimplyWholesomeLosAngeles
 Follow Us on Instagram - @SimplyWholesome
 For Catering Inquiries, Email Us: info@simplywholesome.com

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Simply Wholesome®

Our Story

Friends, welcome to Simply Wholesome. Since 1984, we have made tasty, nutritious food for our community to enhance the quality of life and the health of our neighbors. We pride ourselves on being a multicultural staple in Los Angeles, where people from various walks of life can come together and celebrate good food. We are extremely thankful that you have continued to support our journey.

Health and wellness is a way of life.

In addition to providing a larger selection of wholesome food choices, new menu items and more products in the store to enhance your wellness program; we invite you to take advantage of the following:

- * *On-site nutritional counseling and information*
- * *Large selection of products made in America by small independent manufacturers*
- * *Natural haircare products*
- * *Unique, healthy and tasty beverages & tonics*
- * *Delicious Jamaican patties and vegan desserts*

Housed in a historical landmark, we believe in promoting and celebrating our cultural diversity, combined with exceptional customer service in a warm and comfortable setting.

Whether dining-in or carrying-out, our restaurant is here to satisfy your hunger with our delicious health-oriented food with a Caribbean flair.

"KEEPS YOU FEELING GOOD AND LOOKING GOOD"

Peace,
Percell Keeling

P.S. Your food is freshly prepared to order, therefore the average wait is 30 minutes for cold food and 45 minutes for hot food. During rush hour, please allow extra time to prepare your meal with love.