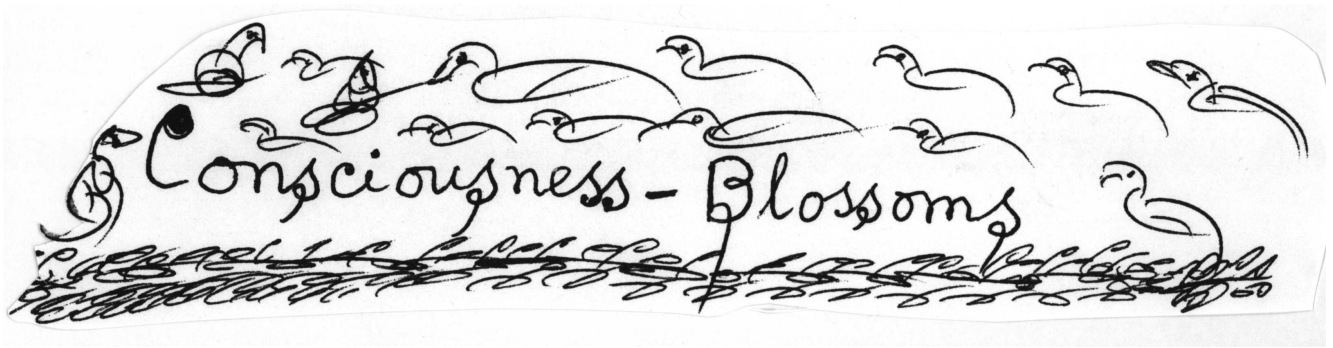


# Welcome to



## Breakfast and Lunch Restaurant (Catering available)

Hours: Tuesday to Sunday 8:00 am to 3:00 pm  
Friday nights 5:00 pm ~ 8:00 pm

Closed Mondays only

We are committed to serving  
healthy and delicious vegetarian meals  
to feed the body and soul.

***Annually closed the middle two weeks in April,  
the last two weeks in August and October 10 -12***

*Our restaurant is inspired by Sri Chinmoy (1931-2007),  
our meditation teacher, dreamer of world-oneness,  
musician, author, artist and world-record athlete.*

3390 Tampa Road, Palm Harbor (727) 789-1931

*Handwriting and bird drawings by Sri Chinmoy*

# BREAKFAST MENU

## EGG (and EGG-less) SPECIALS \* Items with an asterisk are

dairy-free

*All egg dishes are prepared with eggs from free-range chickens, and your choice:*

*2 buttermilk pancakes or multi-grain toast with baked European-style potatoes*

*Substitute whole wheat vegan pancakes 75¢ • Gluten-free millet bread available - add \$1.00*

Would you like to try: 2 strips of tasty soy bacon \$2.25 • 2 sausage links \$2.75,

\*Side of grilled and marinated Tempeh or Tofu \$2.75 • slice of Neatloaf with BBQ sauce \$2.95

2 Eggs (any style) comes with multi-grain toast & our famous European-style potatoes or 2 pancakes \$5.25

Croissant Egg Sandwich ~ 2 eggs any style served with our famous European-style potatoes \$6.25

With your choice of cheese (swiss, sharp cheddar, or mozzarella)

\$6.95

### Fluffy Delicious Omelettes

2 eggs

3 eggs

• Greek ~ Spinach, feta cheese, grilled red onions \$7.95

\$7.25

• Garden ~ Spinach, tomatoes, grilled red onions \$7.95

\$7.25

• Mediterranean ~ feta cheese, spinach, kalamata olives, tomatoes and grilled red onion \$8.25 \$8.75

• Veggie Delight ~ Grilled tomatoes, red onions, mushrooms, green peppers with melted sharp cheddar, swiss, feta or mozzarella cheese \$8.75 \$8.25

Create Your Own Omelette ~ Using 3 of the following items:

Tomatoes, green peppers, mushrooms, spinach, broccoli flowers, red onions, garlic, cheese \$7.25 \$7.95

Each additional item add

\$ .75

Scrambled Veggies ~ using 3 ingredients from "Create Your Own Omelette"

\$7.25 \$7.95

Eggless Wonder ~ Marinated tofu, brown rice, broccoli, cauliflower, carrots, zucchini, red onions, green peppers, tomatoes, feta cheese and potatoes served with multi-grain toast \$8.95

\*Tofu Scramble ~ Hearty portion of crumbled tofu, spices, grilled red onions, green peppers, mushrooms, tomatoes and fresh garlic served with our European breakfast potatoes and

multi-grain toast (toast served dry or with soy margarine for our vegan guests) \$8.75

*Substitutions: Add \$1.00 for each:*

*Fruit salad (mini size) for potatoes and toast • Croissant for multi-grain toast • Gluten-free millet bread for multi-grain*

*Egg Whites for whole eggs • Soy cheese for regular cheese*

## DELICIOUS GRIDDLE GOODIES

Would you like to try our 100% pure maple syrup? \$1.50

Belgium Buckwheat Waffle ~ A healthy and delicious meal!

\$5.95

The Ultimate Belgium Waffle ~ With bananas and/or strawberries  
\$7.25

Hearty Buttermilk Pancakes ~ the best around! 3 large ... \$6.50 2 large ... \$5.25  
1 large ... \$3.95

\* Vegan Whole Wheat Pancakes ~ delicious! 3 large ... \$7.95 2 large ... \$6.25  
1 large ... \$4.50

*Blueberries or Bananas & Walnuts ... add \$.75 for each pancake*

### CEREAL, FRUIT, ETC.

\*Fresh Fruit Salad Child's size \$2.75 Small \$4.75 Large \$6.25 Add Plain  
low-fat Yogurt \$ 1.50

Fresh croissant with fruit preserves (strawberry or orange marmalade) and butter \$3.25

\*Oatmeal ~ with milk \$3.25 • with soy milk \$3.75 • with raisins/bananas ... for  
each add \$ .50

### SIDE ORDERS

One egg \$1.95 Two eggs \$2.95 Three eggs \$3.75 \*Potatoes \$2.75 Plain non-fat  
Yogurt \$1.50

\* Multi-grain toast \$2.25 Whole Wheat English muffin \$2.25

2 strips of Bacon (soy) \$2.25 2 Sausage Links (soy) \$2.75 1 slice Neatloaf \$2.95  
\*side of Tempeh \$2.75

## BEVERAGES

- Juices: Orange, Apple, Pineapple, Cranberry small \$ 1.15  
large \$2.50
- Fresh brewed coffee (Organic French Peruvian Roast)  
\$2.50
- Decaffeinated coffee (100% Colombian Arabica beans)  
\$2.50
- Iced Tea - great flavor! Black tea infused with kiwi, mango, and passion  
fruit \$2.50
- Herbal Iced Tea - Red Raspberry (caffeine free)  
\$2.50
- Hot Herbal Tea - Chamomile, Peppermint, Red Zinger or Tangerine  
Orange \$2.25
- Hot Green Tea - Regular, Decaffeinated, Lemon, Mango or Peach  
\$2.25
- Hot Black Tea (Lipton, English Breakfast, Earl Grey and other unique varieties)  
\$2.25
- Milk small \$1.15 large  
\$2.25
- Chocolate Milk small \$1.50 large  
\$2.75
- Soy Milk (organic vanilla) small \$1.25  
large \$2.75
- Hot Chocolate (whipped cream upon request) Milk \$2.50 Soy  
Milk \$3.25
- Caffix - coffee substitute (a blend of roasted barley, rye, chicory and beet roots)  
\$2.75
- Soda (coke, cherry coke, diet coke, diet caffeine-free coke, sprite, root  
beer) \$1.95
- Bottled water (20 oz.)  
\$1.50

## OUR SPECIALTY DRINKS

- Mango Lassi - A refreshing mango-yogurt drink you will just love!  
\$3.50
- Chai - Delicious Indian-spiced black tea brewed with milk (hot or iced)  
Best in Town!!! Includes 1 refill  
\$ 3.50
- Hibiscus Cooler - Refreshing organic blend of rose hips, hibiscus flowers,  
lemon grass, orange peel brewed with lemon juice and honey  
\$3.25
- Fruit Spritzers - Healthy natural soda sweetened with fruit juice  
\$2.75  
(Mango Fandango, Black Cherry, Red Raspberry, Tangerine, Jamaican  
Lemonade)
- China Cola - Delicious alternative to regular cola (caffeine free)  
Made with Chinese herbs and spices and sweetened with raw cane  
sugar \$2.95

100% FRESH FRUIT Smoothy! (No ice, sugar or syrup)

VERY NUTRITIOUS - Here are all your fruits for the day! 16 oz.

Choice of Juice: Orange, Apple, Pineapple or Cranberry (Soy milk available - 50¢ extra)

Choice of Fresh Frozen Fruit: Strawberries, Bananas, Blueberries, Pineapple

(Have as many frozen fruits as you wish - the choice is yours!)

Additions: Protein Powder, High-Potency Vitamin Supplement, Spirulina, Ginseng or Organic Ground Flax Seeds

\$1.00

Yogurt (plain, low fat) or Natural Peanut Butter

\$ .75

Honey (for a touch of extra sweetness) \$ .50

## Desserts

NEW Amazing Frozen Chocolate Moose (and not too bad for the caboose!)  
\$5.95

Pure unsweetened cocoa, natural peanut butter, frozen bananas, organic vanilla soy milk

Please ask your server for a list of our other fresh baked goodies.

## LUNCH MENU

**Sandwich Delicacies** - Served with a side of vegetable garnish.

\*Items with an asterisk are dairy-free

Gluten-free millet bread available by request (add \$1.00)

Soy cheese can be substituted for regular cheese in most dishes (add \$1.00)

Neatloaf Sandwich - This world-famous high-protein dish will amaze you with its flavor!

It is made with whole grains, tofu, ricotta cheese, eggs, onions, spices and topped

with our homemade BBQ sauce and served on toasted multi-grain bread.

\$8.25

Portabella Mushroom Wrap - Savory, sautéed portabella mushrooms, red peppers,

fresh spinach and mozzarella cheese wrapped in a sun-dried tomato-basil tortilla with

salsa - totally delicious!

\$8.25

\*Grilled Tempeh or Tofu Veggie Wrap - Grilled marinated tempeh or tofu,

sautéed veggies and organic brown basmati rice with our tangy pineapple-basil sauce,

in a sun-dried tomato-basil tortilla wrap

\$8.25

Reuben - A favorite! Grilled, marinated tempeh or tofu on multi-grain bread with

swiss cheese, grilled red onions, sauerkraut and homemade Russian dressing.

\$8.25

\*Barbecue Tempeh or Tofu - Marinated and grilled tempeh or tofu with our delicious

homemade BBQ sauce served with grilled red onions, lettuce and tomato on a toasted

multi-grain bun

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\* Hummus Roll-Up ~ Our famous homemade garbanzo bean spread with garlic, lemon, parsley and spices served with lettuce, tomatoes, cucumber and grated carrots in a sun-dried tomato-basil tortilla wrap  
\$7.95

\* Hummus Pita ~ A side dish of our yummy, homemade hummus served with grilled pita bread and fresh tomato wedges, cucumber and grated carrots (please specify if vegan)  
\$7.25

Harvest Burger ~ Delicious medley of brown rice, mushrooms, onions, mozzarella & cheddar cheeses, soy, rolled oats, bulgur wheat and spices, served with grilled red onion, lettuce, tomato and tamari-mayonnaise on a toasted multi-grain bun  
\$7.75

Topped with melted cheese ~ \$8.25      Soy cheese ~ \$8.95      Bacon ~ add \$2.25

\* Boca Burger ~ Protein-rich and dairy-free veggie burger. Filling and delicious! Served with grilled red onions, lettuce, tomato and tamari-mayonnaise (Veganise for vegans) on a toasted multi-grain bun  
\$7.75

Topped with melted cheese ~ \$8.25      Soy cheese ~ \$8.95      Bacon ~ add \$2.25

Grilled Cheese ~ Choice of swiss, sharp cheddar or mozzarella on multi-grain bread  
\$6.25

With soy cheddar or soy mozzarella  
~ \$7.25

Grilled Cheese & Veggies ~ Grilled cheese with grilled red onions, mushrooms,

tomatoes and green peppers  
\$7.25

With soy cheddar or soy mozzarella ~ \$8.25

B.L.T. ~ 3 strips of flavorful soy bacon, lettuce and tomatoes on toasted multi-grain bread

with tamari-mayonnaise  
\$6.25

## ENTREES

Served with a house salad or cup of soup

Neatloaf ~ This world-famous filling dish will amaze you with its flavor! It is

made with whole grains, tofu, ricotta cheese, eggs, onions, spices and topped

with our homemade BBQ sauce and served with creamy mashed potatoes

and our homemade mushroom gravy  
\$9.25

\* Stir-Fry Veggies with Tempeh or Tofu ~ Grilled marinated tempeh or tofu

sautéed with fresh seasonal veggies served on a bed of organic brown basmati rice and choice of our own oriental or pineapple-basil sauce ... really delicious! \$9.25

## SALADS

Hearty portions...all served with your choice of our *homemade* dressings:

*Awesome Ginger • Lemon-Tahini • Lemon-Garlic  
Extra Virgin Olive Oil & Balsamic Vinegar • Ranch dressing (not homemade)*

Garden - Crisp romaine lettuce, green peppers, purple cabbage, tomatoes  
carrots, cucumbers, raisins, walnuts and a bouquet of cheeses  
\$8.75

Spinach - Hearty bed of fresh spinach, mushrooms, sliced hard-boiled egg,  
red onions, tomatoes, croutons and grated parmesan cheese  
\$7.95

Greek - Crisp romaine lettuce, cucumbers, tomatoes, red onions, kalamata olives and feta cheese  
\$7.95

\* House - Crisp romaine lettuce, tomatoes, cucumbers, carrots, large green peppers and red cabbage  
\$ 7.50  
regular \$ 4.25

**SOUP of the Day: *Best Homemade Soups in Town!***  
Cup \$3.25 (8 oz.) Bowl \$4.25 (12 oz.)

## COMBINATIONS:

1/2 Sandwich & Bowl of Soup OR 1/2 Sandwich & House Salad

### Sandwich choices:

Neatloaf or Reuben or \*BBQ Tofu or \*BBQ Tempeh  
\$8.50

Grilled Cheese and Veggies or \*Hummus Pita  
\$8.25

Grilled Cheese or B.L.T.  
\$7.75

Substitute soy cheese on all ½ sandwiches add \$ .50

Soup & Salad - Bowl of our hearty soup and regular house salad  
\$7.95

All To-Go Orders ~ add 35¢

**CONSCIOUSNESS-BLOSSOMS** is a locally owned vegetarian restaurant inspired by our meditation teacher, Sri Chinmoy. We come from various cultural and religious backgrounds and are grateful to find ourselves walking together on this path of love of God and service to humanity.

Our goal is to offer you, our guests, a unique dining experience in which harmony, joy and inspiration are felt from the moment you walk in the door until long after you leave. We believe that harmony and oneness begin in the heart of each individual and we seek to nourish that spirit by offering delicious food prepared with love.

Other restaurants owned and operated by students of Sri Chinmoy can be found in cities such as New York, San Francisco, San Diego, Seattle, Chicago, Paris, Toronto, Ottawa, Oslo, Reykjavik, Augsburg, Adelaide, Auckland, Christchurch and Volgograd.

## **ABOUT SRI CHINMOY**

Sri Chinmoy (1931-2007) was born in Bengal, India and at the age of 12 entered an ashram (spiritual community). His life of intense spiritual discipline included meditating for up to 14 hours a day, together with writing poetry, essays and devotional songs, doing selfless service and practicing athletics. While in his early teens, he had many profound inner experiences and attained spiritual realisation. He remained in the ashram for 20 years and in 1964 came to New York City, following an inner command to serve aspiring seekers in the West.

Sri Chinmoy taught the “path of the heart,” which he felt is the simplest way to make rapid spiritual progress, as it enables the seeker to discover his or her own inner treasures of peace, joy, light and love. Never did he charge a fee for his guidance of approximately 7000 students worldwide, nor for his frequent lectures, concerts or public meditations. He came to the Tampa Bay area 5 times to offer musical concerts attended by over 10,000 seekers.

For over 43 years, since he arrived in the U.S. from his native India, Sri Chinmoy forged one of the most remarkable life stories of our time. From the inner inspiration of his meditations came a vast outpouring of literature, musical compositions, art, athletic activities and programs that continue to foster inner harmony and oneness in our world-family. In a humble manner, he worked selflessly and tirelessly, inspiring thousands of individuals throughout the world to offer their own unique service to humanity.

He was the founder and director of the worldwide Sri Chinmoy Meditation Centres, with branches in over 300 cities; as well as the Oneness-Heart-Tears and Smiles, a humanitarian organization serving the less fortunate in over 125 countries around the world; and the World Harmony Run, an annual global torch relay in which communities in over 100 countries pass the flaming Harmony Torch from hand to hand. Every other year, the US World Harmony Run relay passes through all 50 States over a period of 4 months and draws the enthusiastic participation of countless Americans, from school children to local officials.

Sri Chinmoy devoted his life to the highest, most challenging and most urgent task facing humanity: the establishment of world harmony and oneness as a living reality. He was never daunted by the magnitude of this goal and dedicated himself with boundless energy, enthusiasm and faith to the inherent goodness of humanity. As Sri Chinmoy wrote, *“The fulness of life lies in dreaming and manifesting the impossible dreams.”*

## **Comments about Sri Chinmoy**

*“I am so pleased with all the good work you are doing for people in so many countries.”*

MOTHER TERESA

*“Through many years of his selfless work for the sake of peace, Sri Chinmoy has gained recognition and love in the farthest corners of our planet ... In our hearts he will forever remain a man who dedicated his whole life to peace ... We shall remember Sri Chinmoy forever!”*

PRESIDENT MIKHAIL GORBACHEV

*“My brother . . . Your untiring efforts and continuous travels worldwide to spread the message of the oneness of humanity are indeed admirable and we offer all our support and encouragement for your initiatives.”*

PRESIDENT NELSON MANDELA

*“Sri Chinmoy was a great man. God is smiling to know the immense good he has accomplished and encouraged in others. In a world of suspicion, hostility and conflict, he worked tirelessly to bring the different faiths together and inspired many to emulate.”*

ARCHBISHOP DESMOND TUTU

*“Sri Chinmoy stands for all the things that we hope we can believe in our lives and that’s peace, that’s loving the best you can be, also that’s oneness.”*

CARL LEWIS (SUDHAHOTA, spiritual name given by Sri Chinmoy)

*“What power is in this man’s music! It’s incredible . . . my musical spirit is very, very deeply impressed.”*

LEONARD BERNSTEIN