

**WE PROUDLY SERVE
ORGANIC
INGREDIENTS!**



**PALM SPRINGS
OPEN 7 DAYS
760-832-9007**

DELI & MARKETPLACE

SANDWICHES



| | | | |
|---|-------------------------------|---|--|
| Modern Hippie Veggie | 16.25 | El Cubano | 15.25 |
| Crack cheese, avocado, gomasio (roasted sesame salt), tomato, jicama, shredded carrot, cucumber, purple pickled cabbage, beautiful lettuce, mayo on country levain bread. | | Slow-roasted warm citrus and garlic seitan, mayo, mustard, cabbage, tomato, pickle, onion on a toasted torpedo roll. | |
| BLTA | 14.25 | Chupacabra Chick'n | 14.95 |
| Made with our smoky tofu bacon, beautiful lettuce, avocado, fresh tomato, mayo on toasted country levain bread. | <i>Add Crack Cheese +1.50</i> | Thinly sliced crispy seitan filets, avocado, cilantro, house-pickled jalapeños, finely shredded cabbage, tomato, onion, Chupacabra sauce on a toasted torpedo roll. | |
| Bahn Mi & You | 15.75 | Pastrami Mami | 15.95 |
| Seared garlic chili tofu, pickled daikon and carrot, cucumber, jalapeño pickles, cilantro, mint, basil, spicy mayo, on a toasted French roll. | | Sliced pastrami, Mom's sauerkraut, thousand island, dill pickle, melted cheese on gourmet rye bread. | |
| | | Sriracha Cheesy Panini | 14.25 |
| | | Avocado, melted cheese, caramelized onions, sriracha mayo on levain bread. | <i>Add Anaheim Chili +1.50</i> <i>Add Tofu Bacon or Thai Tofu +2.50</i> |



TEMPEH POWERBURGERS

We make tempeh! Cultured in house, on a potato bun.

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| The Original | 14.95 | Caprese | 15.50 |
| Caramelized onions, beautiful lettuce, tomato, mayo. | | Caramelized onions, melted cheese, beautiful lettuce, tomato, pesto ranch. | |
| Guadalajara! | 16.95 | Gordo Chili Cheese | 16.25 |
| Anaheim chile, caramelized onions, guacamole, melted cheese, beautiful lettuce, tomato, chipotle mayo. | | Heirloom Rancho Gordo bean chili, Crack Cheese, bbq sauce, red onion and jalapeño pickle garnish. So bomb we have to serve it in a bowl! | |

SALADS

Cool, crispy and organic!



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| CTK Caesar | 13.95 |
| Crispy romaine, garlic-rubbed croutons, toasted pepitas, walnut parmesan, housemade vegan caesar dressing. | |
| <i>(gf - hold the croutons)</i> | <i>Half 7.50</i> |
| | <i>Add Avocado +1.95</i> |
| | <i>Add Seitan Milanese +1.95</i> |

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|---|-----------|
| OhMyGatoTaco | 16 |
| For all the cool cats...romaine, cabbage, black beans, taco meat, avocado salsa, pickled purple cabbage, tortilla chip croutons, corn, cilantro, chipotle ranch dressing. | |
| <i>(gf - hold the taco meat)</i> | |

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| Tasty Thai Tofu | 16.50 |
| Romaine, cabbage, quinoa, carrot, red pepper, cucumber, seared garlic chili tofu, toasted sesame seeds, cilantro, roasted peanut dressing. <i>gf</i> | |

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| Coachella Forever | 16.50 |
| A festival in your mouth of crunchy romaine & cabbage, quinoa, avocado, cucumber, black beans, jicama, cilantro, toasted pepitas, currants, cool and creamy mango lime dressing, chili con limon dust. <i>gf</i> | |

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| Mini Greens | 7.50 |
| Lettuce, carrot, pickled red cabbage, radish, white balsamic dressing. <i>gf</i> | |

ADD A MINI DELI SIDE

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|------------------------------|------|
| Organic Potato Salad | 3.75 |
| Smoked Chicken Pasta | 3.75 |
| Moroccan Roasted Cauliflower | 4.50 |

EXTRA SAUCES

To dip & slather...1.00

| | |
|--------------------------------------|----------------------------|
| CTK Ranch | Sriracha Mayo |
| Organic BBQ | 1000 Island |
| Chupacabra (<i>Chipotle Ranch</i>) | Vegan Mayo |
| Pesto Ranch | CTKitchy Catsup |
| | <i>(organic/housemade)</i> |

SOUP



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|-------------------|-----------------------------|
| Daily Soup | Cup 4.95 / Bowl 8.25 |
| Inquire! | |

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| Gordo Chili | Cup 6.50 / Bowl 10 |
| Heirloom Rancho Gordo beans, seitan, organic tomatoes, delicious spices, topped with Crack Cheese and chopped red onions. | |
| | <i>Add Organic Cornbread +5.00</i> |
| | <i>Add Garlic Parmesan Bread +4.00</i> |

So what is Tempeh anyway?

A cultured clean soybean and grain delight of ancient Indonesian origins and is Chef Tanya's specialty. The culturing process takes 36 hours. It is an antioxidant and has been a pre and probiotic way before the words were invented. A power food with mild flavor and a delicate chewy texture. Try the burgers!

Mind the Crack Cheese
Creamy, house made with cracked cashews. It's the Palm Springs cultures that make it addictive. Makes the Hippie sandwich modern.

Rock on, Seitan.
(Say-tahn) Pure wheat protein, the healthy gluten. It has been prepared for special occasions in the Near and Far East for over 2,000 years. Meaty texture, clean finish. Chef Tanya has been making organic non-gmo seitan from scratch for over 30 years incorporating flavors to crave.

DESSERTS

Check refrigerated case for more options!

Chocolate Cake 7.25
Organic flours and sugar with rich sustainable cocoa, chocolate glaze.

Carrot Cake 7.25
Made with organic carrots, flour and sugar. Orange zested vegan cream cheese frosting.

Lemon Drizzle Cake Bites 7
Fresh lemon zest gives the zing you need for snacking or with coffee.

Organic Apple Cobbler *gf* 7
Just a little organic sugar in the *gf* flour crust. Apples dusted with cinnamon and baked to bring out the natural sweetness.

Cookies 5.50
Peanut Butter, Oats, Chocolate Chips, or Sticky Chewy Chocolate

Key Lime Parfait *gf* 4.50
Vegan cream cheese and organic tofu whipped with fresh lime juice and zest, layered with ground granola, sweetened with agave.

Peanut Butter Cup Parfait 4.50
gf version available
Creamy combo of vegan cream cheese, organic tofu and peanut butter. Chocolate chips and choc cookie crumbles on top. Agave sweetened.

Mexican Chocolate Pudding *gf* 4.50
Organic soymilk, sugar, chocolate and cinnamon. Easy to eat, easy to love.

Boogie Bars 6
Banana bread with choc chips, oats, coconut and sliced almonds on top. Sweetened with maple syrup. Makes you boogie.

"Inspired by my love for good food, nature and the entire animal kingdom. Dedicated to making food tasty, fun, healthy and easy."
-Chef Tanya

CHEF TANYA'S TIMELINE

1980s
In college, Chef Tanya learns how to make seitan and fresh cultured tempeh. A vision to create a multi-restaurant concept serving them arises.

1990
Chef Tanya opens her first restaurant in Palm Springs called MT Plate. It's the first all-vegetarian restaurant in the Coachella Valley showcasing house-made seitan and tempeh gourmet dishes.

1994
Her new concept, Native Foods, opens in Palm Springs serving her tempeh and seitan. Many well intentioned friends caution her to add chicken and fish to the menu in order to "make-it." She does not heed such advice.

DELI SALADS

Pre-packaged from our refrigerator to yours, take a look inside!

Classic Deli Potato 6 / 11.95
Golden organic potatoes, celery, fresh dill, mustard, pickle mayo. *gf*

Moroccan Roasted Cauliflower 7.50 / 14.50
Roasted sweet potatoes, chickpeas, parsley, red onion, currants, local dates, Moroccan marinade. *gf*

TuNo Salad 7 / 13.95
(Aka chick-pea-of-the-sea!) chickpeas, red onion, celery, carrot, mayo, spices. *gf*

Egg-y Salad 6.50 / 12.95
Tofu, turmeric, red onion, pickle, Dijon, mayo, spices. *gf*

Smoked Chick'n Pasta 6 / 11.95
Whole wheat penne, Italian parsley, red bell peppers, chopped seitan, mayo.

Mac N' Cheesy 8.95
Classic elbow macaroni, in our dreamy, creamy, cheesy sauce, garlic crumb topping.

KIDS



Cheesy Melty 6
Melted cheese, country bread. Nut free.

PBJ & Granola 7
On Dave's wheat slices.

Mac & Cheesy 8.95
Classic, dreamy cheesy sauce, garlic crumb topping. Nut free.

Jicama, Guac & Chips 6
Slices of sweet jicama, scoop of guac, skinny tortilla chips.

DRINKS



Agua Fresca 4.25
Fresh and colorful iced fruit water. Changes daily. Includes a refill.

Iced Tea 2.95
Unsweetened

CTK Coco Cafe 8.75
16 oz. mason jar
Coachella Valley Roasting Co. coffee, coconut & oat milk, splash of maple, chilled.

Guru Chai 16 oz. mason jar 7.25
House made. Inspired from a yoga trip to India (organic sugar/oat milk), chilled.

Fun in a Bottle
See refrigerated case for more choices.

2017
Chef Tanya's Kitchen is born. Starting as a manufacturing facility for tempeh and seitan, it expands into a take out deli and curated marketplace where the Cubano and Chupacabra make sandwich history. The CTK Tempeh Power Burger is born.

2021
CTK opens in Palm Desert. There is a growing demand for immune boosting foods.

2022
Chef Tanya's Creamery opens in Palm Desert, serving organic house made soft serve from oat milk, mix-ins, coffees, teas, pastries and breakfast.

1996-2012
Chef Tanya opens her second Native Foods location in Palm Desert, followed by locations in Westwood, Costa Mesa and Aliso Viejo. Equity is raised and locations open in So Cal, Portland and Chicago. Native Foods becomes first national plant-based chain.

2013-2016
Seeks inspiration for her next venture. Travels to India for yoga and Nepal to save elephants. Joins board at Palm Springs Animal Shelter to turn it no-kill and started feral cat program.