

**WE PROUDLY SERVE  
ORGANIC  
INGREDIENTS!**



**PALM DESERT  
OPEN 7 DAYS  
760-636-0863**

**DELI & MARKETPLACE**

## SANDWICHES



- |   |                               |  |  |
|---|-------------------------------|--|--|
| <b>Modern Hippy Veggie</b>  | <b>16.50</b>                  | <b>El Cubano</b>   | <b>15.95</b>   |
| 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 Ciabatta roll.  |  |
| <b>BLTA</b>   | <b>14.50</b>                  | <b>Chupacabra Chick'n</b>  | <b>15.25</b>   |
| 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 Ciabatta roll. |  |
| <b>Bahn Mi &amp; You</b>  | <b>16.25</b>                  | <b>Pastrami Mami</b>   | <b>16.50</b>   |
| Seared garlic chili tofu, pickled daikon and carrot, cucumber, jalapeño pickles, cilantro, mint, basil, spicy mayo, on a toasted Ciabatta roll.                           |                               | Sliced pastrami, Mom's sauerkraut, thousand island, dill pickle, melted cheese on gourmet rye bread.   |  |
|   |                               | <b>Sriracha Cheesy Panini</b>  | <b>14.50</b>   |
|   |                               | Avocado, melted cheese, caramelized onions, sriracha mayo on levain bread.   | <i>Add Anaheim Chili +1.50</i><br><i>Add Tofu Bacon or Thai Tofu +2.50</i> |



## TEMPEH POWERBURGERS

*Made with our house cultured tempeh recipe, on a potato bun.*

- |  |              |  |              |
|--|--------------|--|--------------|
| <b>The Original</b>  | <b>15.25</b> | <b>Caprese</b>   | <b>15.95</b> |
| Caramelized onions, beautiful lettuce, tomato, mayo.   |              | Caramelized onions, melted cheese, beautiful lettuce, tomato, pesto ranch.   |              |
| <b>Guadalajara!</b>  | <b>17.25</b> | <b>Gordo Chili Cheese</b>  | <b>16.75</b> |
| 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!*



- |  |                                  |
|--|----------------------------------|
| <b>CTK Caesar</b>  | <b>14.25</b>                     |
| 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> |
| <b>OhMyGatoTaco</b>  | <b>16.95</b>                     |
| 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>   |                                  |
| <b>Tasty Thai Tofu</b>   | <b>17.50</b>                     |
| Romaine, cabbage, quinoa, carrot, red pepper, cucumber, seared garlic chili tofu, toasted sesame seeds, cilantro, roasted peanut dressing.   |                                  |
| <b>Coachella Forever</b>   | <b>17.25</b>                     |
| 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> |                                  |
| <b>Mini Greens</b>   | <b>7.50</b>                      |
| Lettuce, carrot, pickled red cabbage, radish, white balsamic dressing. <i>gf</i>   |                                  |

## SIDES & SNACKS!



- |   |                                      |
|---|--------------------------------------|
| <b>The Fries</b>  | <b>Small Fry 3.95 / Big Fry 7.95</b> |
| Organic gold potatoes and handcut, tossed in Chef Tanya's spice mix.                  |                                      |
| <b>Chili Crack Cheese Fries</b>   | <b>14.50</b>                         |
| The CTK Organic Fries topped with our Gordo Chili, Crack Cheese, and diced red onion. |                                      |
| <b>Crispy Chiken Tenders (seitan)</b>   | <b>12.75</b>                         |
| Buffalo and CTK Ranch sauces  |                                      |
| <b>Deli Potato Salad</b>  | <b>3.95</b>                          |
| <b>Smoked Chiken Pasta Salad</b>  | <b>3.95</b>                          |
| <b>Moroccan Roasted Cauliflower Salad</b>   | <b>4.95</b>                          |
| <b>Mac N' Cheesy</b>  | <b>Cup 5 / Bowl 9.25</b>             |

## SOUP



- |   |  |
|---|--|
| <b>Daily Soup</b>   | <b>Cup 4.95 / Bowl 8.50</b>            |
| Inquire!  |  |
| <b>Gordo Chili</b>  | <b>Cup 6.50 / Bowl 11</b>              |
| Heirloom Rancho Gordo beans, seitan, organic tomatoes, delicious spices, topped with Crack Cheese and chopped red onions. |  |
|   | <i>Add Organic Cornbread +3.75</i>     |
|   | <i>Add Garlic Parmesan Bread +4.25</i> |

## EXTRA SAUCES

*To dip & slather...1.25*

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

### 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.

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

## DESSERTS

Check refrigerated case for more options!

### Chocolate Cake 7.50

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

### Carrot Cake 7.50

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 5.75

Peanut Butter - Oat - Chocolate Chip 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.

### Softserve!

See our **KREAMERY** menu!

*"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.

### 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.

### 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 Kreamery opens in Palm Desert, serving organic house made soft serve from oat milk, mix-ins, coffees, teas, pastries and breakfast.

### 2024

Chef Tanya's Kittens begins. Weekend adoptions for local cats saved from death row "shelter".

## DELI SALADS

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

### Classic Deli Potato 6.25 / 12.50

Golden organic potatoes, celery, fresh dill, mustard, pickle mayo. gf

### Moroccan Roasted Cauliflower 7.75 / 14.75

Roasted sweet potatoes, chickpeas, parsley, red onion, currants, local dates, Moroccan marinade. gf

### TuNo Salad 7.25 / 14.25

(Aka chick-pea-of-the-sea!) chickpeas, red onion, celery, carrot, mayo, spices. gf

### Egg-y Salad 6.75 / 13.25

Tofu, turmeric, red onion, pickle, Dijon, mayo, spices. gf

### Smoked Chick'n Pasta 6.25 / 12.50

Italian penne, Italian parsley, red bell peppers, chopped seitan, mayo.

### CTK Tempeh Paté 7.75

With green onion and fresh dill. Try on crackers or toast!

### Mac N' Cheesy 9.25

Classic elbow macaroni, in our dreamy, creamy, cheesy sauce, garlic crumb topping.

## KIDS



### Cheesy Melty 6

Melted cheese, country bread. Nut free.

### Mac & Cheesy 5

Classic, dreamy cheesy sauce, garlic crumb topping. Nut free.

### Jicama, Guac & Chips gf 6

Slices of sweet jicama, scoop of guac, skinny tortilla chips.

### Chiken Little 7.50

Crispy Chiken Tenders (seitan) with CTK Ranch.

## DRINKS



### Agua Fresca 4.25

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

### Iced Tea 2.95

Unsweetened

### Fun in a Bottle

See refrigerated case for more choices.

Check our **KREAMERY** menu for espresso and tea drinks!



# ORGANIC OAT MILK SOFT SERVE!

**MILLION  
DOLLAR  
VANILLA**



**TWIST**



**RICHY  
RICH  
CHOCOLATE**



**Cup / Cone**

**6.75**

**Mini**

**4**

*Perfect for kiddos  
and doggies love vanilla!*

**Pint**

**12**

**Chef  
Tanya's  
Kreamery™**

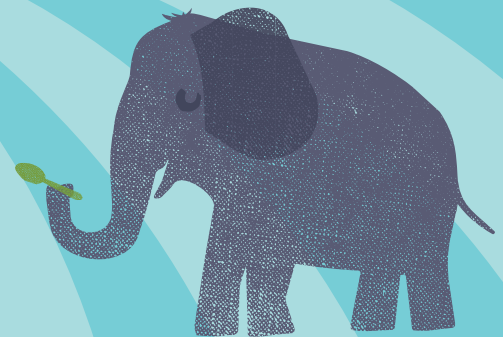
# TOPPINGS

**1.00**

Chopped Walnuts  
Roasted Chopped Almonds  
CTK Organic Granola  
Organic Shaved Coconut  
Fresh Organic Berries  
Organic Strawberry Sauce

Hot Fudge  
Chocolate Chips  
Chocolate Sauce  
Chocolate Cookie Crumble  
Crumbled Cone Bits

Mochi Bites  
Whipped Cream  
Brown Sugar Caramel  
Vegan Gummy Bears  
Vegan Marshmallows  
Rainbow Sprinkles



# HABOOBS!

**(A DESERT HURRICANE) OUR SOFT SERVE MIXED WITH GREAT THINGS**

**10**

**Desert Date Shake**

Vanilla, dates, almond butter, splash OJ.

**Matcha Mochi**

Vanilla, matcha, mochi bites.

**Rocky Road 2020**

Chocolate, roasted almonds, vegan marshmallows.

**Chocolate Peanut Butter Cookie**

Chocolate, peanut butter, chocolate cookie crumble.

**Crystal Blue Persuasion**

Vanilla, lavender infused blueberries, crystalized ginger.

**The Oswit Hiker**

Vanilla, CTK Organic Granola, chocolate chips, fresh berries.  
*Help save our desert!*  
Follow @OswitLandTrust for more info and get outside!

**Viennese Ice Café**

Vanilla, espresso shot, whipped cream.  
*Make it a mocha with chocolate soft serve!*

**Strawberry Shortcake**

Vanilla, roasted strawberries, lemon shortcake, whipped cream.

# BREAKFAST

DAILY 9AM – 11AM

**Loxless Deli Deconstruct** 10.50  
Toasted bagel, crack cheese, sliced red onion, tomato, capers, urfa pepper.

**Breakfast Burrito** 12.50  
Refried black beans, organic roasted gold potatoes, chorizo taco meat, avocado salsa.

**Bagel Sandwich** 11.50  
Panini pressed with tofu bacon, melted cheese, fresh spinach, tomato, pesto.

**Eggy Panini Melt** 12.50  
Eggy salad, tomato, cheese.

**Granola Bowl** *gf.* 8  
CTK Organic Granola and oat milk.  
*add organic berries +3*

**Crunch Tostada** *gf* 11.50  
Black bean refritos, guacamole, tomato, pickled jalapeno, microgreens.

**Arigato Avocado Toast** 10.50  
Yuzu kosho avo, tomato, microgreens, furikake.



# COFFEE ETC.

SERVING STEADY STATE ROASTING COMPANY –  
COFFEE FROM HAPPY SMALL FARMS USING NO PESTICIDES!  
FOR THE MILK, IT'S MINOR FIGURES ORGANIC OAT MILK!

*\* available iced*

Espresso	3	Matcha Latte*	5.50
Americano*	3	Guru Chai Latte*	5.50
Cappucino	4.75	Hot Chocolate	5.50
Latte*	4.75	<i>add whipped cream +1</i>	
Mocha Latte*	5.50	<i>add marshmallows +1</i>	



*add Espresso Shot* 1.25

*add Housemade Syrup* 1.00

Vanilla  
Lavender  
Rosemary  
Chocolate

Brown Sugar Caramel

*add Golden Dust* 1.00

Turmeric spice blend

# PASTRIES

SEE OUR DELI CASE FOR OTHER PASTRY CHOICES!

**Cinnamon Rolls** 6.50  
Made with artisan organic flour, freshly ground cinnamon, cream cheese frosting drizzle.

**New York Bagel** 6.25  
Toasted with your choice of schmear:  
Vegan butter  
Cream cheese  
Organic jam  
Peanut butter



**Signature Muffins** 4.25  
Lemon Blueberry  
Banana Cranberry *gf.*  
Orange Currant Oatmeal

# ORGANIC HOT TEAS

BY BELLOCC  
3.75

## BLACK

**Bellocc Breakfast**  
Indian, Chinese and Ceylon black teas.

**Earl Grey**  
Ceylon tea, Sicilian bergamot, cornflowers.

## GREEN

**Marjorelle Mint**  
Chinese gunpowder green tea, mint, marigold petals, citrus essence.

**Etoile de l'Inde**  
Dragonwell, green jasmine, rose petals, marigold.

## HERBAL

**Ashram Afternoon**  
Tulsi, mint, rose petals, jasmine flowers, star anise.

**Canyon Chai**  
Turmeric, cinnamon, ginger, fennel, smoked black peppercorns, rose petals, cardamom, cloves.

**Corazon de Cien Fuegos**  
Hibiscus, lemongrass, lavender, rose petals, cinnamon.

