



WE PROUDLY SERVE
ORGANIC
INGREDIENTS!

PALM SPRINGS
OPEN 7 DAYS
760-832-9007

SANDWICHES



Modern Hippy Veggie 17.25

Crack Cheese*, avocado, gomasio (roasted sesame salt), tomato, jicama, shredded carrot, cucumber, purple pickled cabbage, beautiful lettuce, mayo on country levain bread.

BLTA 15.25

Made with our smoky tofu bacon, beautiful lettuce, avocado, fresh tomato, mayo on toasted country levain bread. *Add Crack Cheese* +1.50*

Bahn Mi & You 16.95

Seared garlic chili tofu, pickled daikon and carrot, cucumber, jalapeño pickles, cilantro, mint, basil, spicy mayo, on a toasted Ciabatta roll.

Sub Gluten-Free Bread +1.95

El Cubano 16.75

Slow-roasted warm citrus and garlic seitan, mayo, mustard, cabbage, tomato, pickle, onion on a toasted Ciabatta roll.

Chupacabra Chick'n 16.50

Thinly sliced crispy seitan filets, avocado, cilantro, house-pickled jalapeños, finely shredded cabbage, tomato, onion, Chupacabra sauce on a toasted Ciabatta roll.

Pastrami Mami 16.95

Sliced pastrami, Mom's sauerkraut, thousand island, dill pickle, melted cheese on gourmet rye bread.

Sriracha Cheesy Panini 14.75

Avocado, melted cheese, caramelized onions, sriracha mayo on levain bread. *Add Anaheim Chili +1.50*
Add Tofu Bacon or Thai Tofu +2.50



TEMPEH POWERBURGERS

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

The Original 15.95

Caramelized onions, beautiful lettuce, tomato, mayo.

Guadalajara! 17.95

Anaheim chile, caramelized onions, guacamole, melted cheese, beautiful lettuce, tomato, chipotle mayo.

Caprese 16.75

Caramelized onions, melted cheese, beautiful lettuce, tomato, pesto ranch.

Gordo Chili Cheese 17.50

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!



CTK Caesar 15.25

Crispy romaine, garlic-rubbed croutons, toasted pepitas, walnut parmesan, housemade vegan caesar dressing. *Half 7.75*
Add Avocado +1.95
Add Seitan Milanese +2

Coachella Forever 18.25

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. *gf*

OhMyGatoTaco 17.95

For all the cool cats...romaine, cabbage, black beans, taco meat, avocado salsa, pickled purple cabbage, tortilla chip croutons, corn, cilantro, chipotle ranch dressing. *(gf - hold the taco meat)*

Tasty Thai Tofu 18.25

Romaine, cabbage, quinoa, carrot, red pepper, cucumber, seared garlic chili tofu, toasted sesame seeds, cilantro, roasted peanut dressing.

Mini Greens 7.50

Lettuce, carrot, pickled red cabbage, radish, white balsamic dressing. *gf*

SIDES & SNACKS



Crispy Chicken Tenders (seitan) 13.95

Buffalo and CTK Ranch sauces

Deli Potato Salad 4.25

Smoked Chicken Pasta Salad 4.25

Moroccan Roasted Cauliflower Salad 4.25

Mac N' Cheesy Cup 5.75 / Bowl 10.50

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

-Chef Tanya

SOUP



Daily Soup Cup 4.95 / Bowl 8.50

Inquire!

Gordo Chili Cup 6.95 / Bowl 11.50

Heirloom Rancho Gordo beans, seitan, organic tomatoes, delicious spices, topped with Crack Cheese* and chopped red onions.

Add Organic Cornbread +3.75
Add Garlic Parmesan Bread +4.25

EXTRA SAUCES

To dip & slather... 1.25

CTK Ranch
Chupacabra
(Chipotle Ranch)

Sriracha Mayo
Vegan Mayo

Pesto Ranch
1000 Island
Organic BBQ

*Contains nuts (cashews)

TEMPEH

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!

CRACK CHEESE

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.

SEITAN

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

7.50

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

8.25

Made with organic carrots, flour and sugar. Orange zested vegan cream cheese frosting.
- Lemon Drizzle Cake Bites

7.50

Fresh lemon zest gives the zing you need for snacking or with coffee.
- Organic Apple Cobbler *gf*

7.50

Just a little organic sugar in the *gf* flour crust. Apples dusted with cinnamon and baked to bring out the natural sweetness.
- Cookies

6.25

Peanut Butter - Oat - Chocolate Chip or Sticky Chewy Chocolate
- Key Lime Parfait *gf*

4.95

Cream cheese and tofu whip, fresh lime, agave, granola.
- Peanut Butter Cup Parfait

4.95

gf version available
Cream cheese, peanut butter, tofu, agave, chocolate chips, chocolate chip cookie crumble.
- Mexican Chocolate Pudding *gf*

4.50

Organic soymilk, sugar, chocolate and cinnamon. Easy to eat, easy to love.
- Strawberry Matcha Parfait

5.25

Cream cheese, tofu, organic matcha and strawberries, agave sweetened.
- Boogie Bars

6.50

Banana bread with cacao nibs, oats, coconut and sliced almonds on top. Sweetened with maple syrup. Makes you boogie.
- Check out our freezer case for CTK KREAMERY pre-packed soft serve and more!



DELI SALADS

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

- Classic Deli Potato

6.75 / 13.25

Golden organic potatoes, celery, fresh dill, mustard, pickle mayo. *gf*
- Moroccan Roasted Cauliflower

7.95 / 15.50

Roasted sweet potatoes, chickpeas, parsley, red onion, currants, Moroccan marinade. *gf*
- TuNo Salad

7.50 / 14.75

(Aka chick-pea-of-the-sea!) Chickpeas, red onion, celery, carrot, mayo, spices. *gf*
- Egg-y Salad

6.95 / 13.50

Tofu, turmeric, red onion, pickle, Dijon, mayo, spices. *gf*
- Smoked Chick'n Pasta

6.75 / 13.25

Italian penne, Italian parsley, red bell peppers, chopped seitan, mayo.
- CTK Tempeh Paté

8.25

With green onion and fresh dill. Try on crackers or toast!
- Mac N' Cheesy

10.50

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

KIDS



- Cheesy Melty

6.25

Melted cheese, country bread. Nut free.
- Mac & Cheesy

5.75

Classic, dreamy cheesy sauce, garlic crumb topping. Nut free.
- Jicama, Guac & Chips

6

Slices of sweet jicama, scoop of guac, skinny tortilla chips.
- Chiken Little

7.50

Crispy Chicken Tenders (seitan) with CTK Ranch.

DRINKS



- Agua Fresca

4.95

Fresh and colorful iced fruit water. Changes daily. Includes one refill.
- Iced Tea

3.50

Unsweetened
- CTK Coco Cafe

8.95

16 oz. mason jar
Coachella Valley Roasting Co. coffee, coconut & oat milk, splash of maple, chilled.
- Guru Chai 16 oz. mason jar

7.50

House made. Inspired from a yoga trip to India (organic sugar/oat milk), chilled.
- Fun in a Bottle

See refrigerated case for more choices.

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.

2024-2025
CTK Grab & Go enters more markets. Tower Market and Gas, Cartel Coffee, Agua Caliente Fuel stations, all Clark's Nutrition in Rancho Mirage, Riverside, and Loma Linda.

Chef Tanya's Kittens begins! Weekend adoptions for local cats saved from death row "shelter". CTKittens retail shop opens next to Palm Desert kitchen.

