



## BENEFITS OF VEGAN OR VEGETARIAN DIET

- Conserves up to 70% clean water
- Saves over 70% of the Amazonian rainforest from clearance for animal grazing
- A solution for world hunger
  - Free up 3,433 millions hectares of land annually
  - Free up 760 million tons of grain every year (half the world's grain supply)
- Consumes 2/3 less fossil fuels than those used for meat production
- Reduces pollution from untreated animal waste
- Maintains clearer air
- Saves 4.5 tons of emissions per US household per year
- Stop 80% of global warming
- Lower blood pressure
- Lower cholesterol levels
- Reduce Type 2 diabetes
- Prevent stroke conditions
- Reverse atherosclerosis
- Reduce heart disease risk by 50%
- Reduce heart surgery risk by 80%
- Prevent many forms of cancer
- Stronger immune system
- Increase life expectancy up to 15 years
- Higher IQ



*The mission behind Café Elite is to offer affordable, healthy, vegan cuisine. Our staff share a common desire to serve the public by offering an earth friendly dining experience that contributes to a high standard of personal, community and planetary health. We use organic mostly grown and homemade ingredients whenever possible.*



**CATERING** is available for all your special events & celebrations.

*\*Birthdays \*Business Meetings*

*\*Anniversaries \*All Occasions*

**WE ALSO DELIVER**

All ingredients are 100% plant-based, which means vegetarian and vegan prepared without meat, poultry, seafood, eggs or MSG.

Please note that not all ingredients are listed. If you have any specific allergies, please notify us.

Our food is made to order and cooked with filtered water. We make our soups from scratch, using all the natural flavor and sweetness of fresh vegetables and fruits to obtain a nutritious and tasty soup base.

## Cafe Elite

Healthy Cuisine

### Take-out Menu



Hours:

Tuesday– Thursday  
11:00 A.M.– 8:00 P.M.

Friday–Saturday  
11:00 A.M.– 9:00 P.M.

Sunday  
12:00 P.M.–8:00 P.M.

Monday–Closed

1501 Preston Rd. #800  
Plano, TX 75093  
[www.TheCafeElite.com](http://www.TheCafeElite.com)

To order call:

Phone: (469) 828-0607

E-mail:  
[CafeElite2010@gmail.com](mailto:CafeElite2010@gmail.com)

## APPETIZERS

### 1. SPRING ROLLS (2)—\$2.50

Carrots, cabbage and vegan ham in a crispy wrapper. Served with CE's signature sweet and sour sauce.



### 2. SUMMER ROLL(1)—\$1.75

Carrots, cucumbers, lettuce, rice noodles and avocado in a rice paper served with an almond hoisin dipping sauce.



### 3. SIMPLY GOLDEN TOFU (4)—\$3.95

Fresh tofu fried to golden crisp

### 4. GRILLED VEGGIE KABOB—\$2.95

Savory skewer of pineapple, zucchini, bell pepper, mushroom and onion.

### 5. VEGAN CHILI - \$3.50/cup, \$5.00/bowl



### 6. SCRAMBLE TOFU - \$2.95

Served with corn chips

### 7- VEGAN GOLDEN CHIK'N \$5.95

Served with almond sauce

## SOUP & SALAD

### 8. SPRING MIX SALAD - \$3.50/small, \$5.95/large

A delightful mix of organic seasonal spring greens with fresh tomatoes and onions. Served with CE dressing.

### 9. CHICK'N SALAD – \$7.95

Vegan chik'n strip, a delightful mix of organic seasonal spring greens with fresh tomatoes and onions. Served with CE dressing.

### 10. PHO - \$4.00/S—\$6.00 /M—\$7.25/ L

Traditional Vietnamese Soup



### 11. SOUP & SALAD COMBO - \$7.50

Large soup or chili with a side serving of spring mix salad.

### 12. SOUP OF THE DAY - \$3.50

Made fresh daily.

## KID'S CAFE

### KIDS' MENU - \$3.50

K1. Combination CE Rice w/Spring Roll

K2. Vegan Mac-n-cheese

K3. Vegan Hotdog

K4. Kid's sloppy Joe's

## SANDWICH & MORE

### 13. GRILLED AMERICAN PANINI - \$8.95

Tofurky, vegan cheese, vegenaïse, pickles, banana peppers and mustard. Served with soup and a choice of corn chips or side salad.



### 14. CHIK'N SANDWICH— \$8.95

Vegan chik'n patty, lettuce, tomatoes, onions, pickles, and vegenaïse. Served with soup and a choice of corn chips or side salad.



### 15. RAW PIZZA - \$8.95

With homemade marinara, tomatoes, peppers, olives, avocados and onions. Served with a side salad.

### 16. GRILLED PORTABELLA WRAP—\$7.95

Flour tortilla wrapped with portabella mushrooms, bell peppers, onions and tomatoes. Served with soup and a choice of corn chips or side salad.

### 17. CHIK'N WRAP—\$8.95

Vegan chik'n strip, lettuce, tomatoes, onions, green and red bell peppers and vegenaïse. Served with soup and a choice of corn chips or side salad.

### 18. HOMEMADE SLOPPY JOES - \$6.95

Served with coleslaws and corn chips.



### 19. TOFU WRAP - \$5.95

Served with a choice of corn chips or side salad.

### 20. BBQ WRAP - \$8.95

Vegan chik'n strips, mix salad, green, yellow and red bell peppers with vegenaïse, mustard, and barbeque sauce. Served with soup and a choice of corn chips or side salad.

### 21. CLASSIC VEGAN BURGER- \$7.95

Vegan protein patty, tomato, onion, lettuce, pickles. Served with soup and a choice of corn chips or side salad.



## ENTREES

\*Add a side salad to any meal for just \$2.50 more.

\*Add avocado to any dish for just \$1.00 more.

### 22. COMBINATION FRIED RICE W/ SPRING ROLL - \$6.95

2 spring rolls served with fried rice and salad.



### 23. RAW VEGGIE DELIGHT - \$8.95

Sea kelp noodles tossed in a creamy cashew sauce with olives, tomatoes and organic spices. Served on a bed of organic greens with a slice of raw bread.

### 24. GRILLED KABOBS MEAL— \$10.95

Three savory skewers of pineapples, zucchinis, bell peppers, mushrooms, vegan protein patty and onions. Served with fried rice and salad.



## ENTREES

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\*Add avocado to any dish for just \$1.00 more.

### 25. LOMEIN - \$7.95

With tofu, broccolis, celeries, bean sprouts, green and carrots.

### 26. SAUTE' RICE NOODLE —\$7.95

Rice noodle with combination of sauté' tofu, vegan beef, broccolis, celeries, bean sprouts, green and carrots. (Smoke noodle w/comb veg)

### 27. BBQ CHIK'N MEAL - \$8.95

Served with CE rice and salad.  
Side order of chik'n- \$2.95

### 28. NEW CHIK'N MEAL—\$9.95

Grilled vegan chik'n patty . Served with CE rice and a side salad.

### 29. VERMICELLI HOUSE SPECIAL—\$7.95

Vermicelli with sauté' vegan beef, bean sprouts, cucumbers, carrots, and pickles  
Add a spring roll for \$1.00 more

### 30. FETTUCCINE ALFREDO — \$6.95

Served with toasted bread.

**Add \$2.50 chicken strip**



### 31. CHIK'N PICCATA — \$10.95

Served with fettuccine noodles and garlic bread

### 32. CHIK'N PARMESAN — \$10.95

Served with fettuccine noodles and side salad



### 33. QUESADILLA —\$9.95

Chik'n or Portabella mushroom—served with chili and guacamole

## DRINKS & DESSERTS

### DRINKS

Bottled Water - \$1

Vitamin Water - \$1.95

Hot Green Tea -\$1.50

Natural Sodas - \$1.95

Organic soymilk - \$1.95

Iced Tea - \$1.00

Gatorade—\$1.95

Coffee - \$1.95

### SMOOTHIES - \$3.95

\*Add \$1.00 for Super Food

S1. Strawberry Banana (\*) S2. Pineapple Banana(\*)

S3. Tropical Breeze (\*) S4. Very Berry Blast(\*)

### VEGAN DESSERTS

Assorted vegan cakes and cookies.