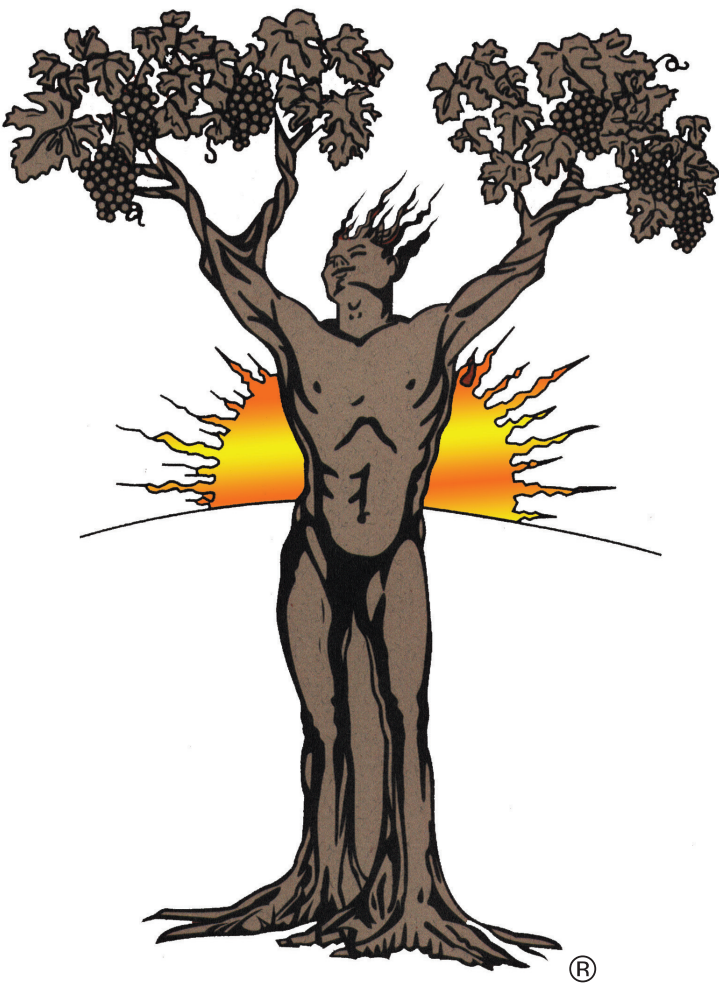
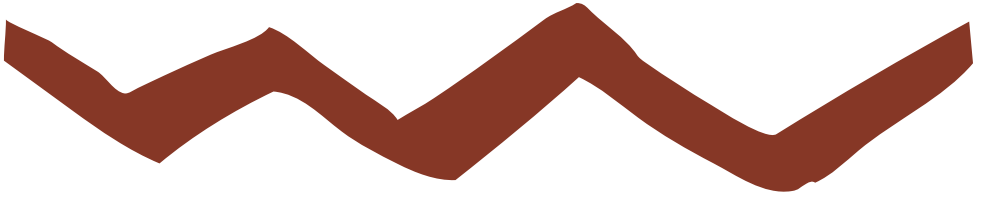


Simply Wholesome®

HEALTH FOOD STORE AND RESTAURANT



4508 WEST SLAUSON AVENUE
LOS ANGELES, CALIFORNIA 90043
323.294.2144 OR 323.294.2145

BREAKFAST

Monday - Saturday 9:00am - 1:00pm

Sunday 9:00am - 3:00pm

SIMPLY STARTERS

Served with whole wheat or rye toast, croissant, pita bread or english muffin

TWO EGG BREAKFAST

Scrambled tofu or eggs served with potatoes and a choice of meatless bacon, vegetarian sausage, turkey sausage or turkey bacon **\$9.99**

MASALA'S OMELET - EGG

Grilled spinach, mushrooms, tomatoes, onions, bell peppers, & American or Lite soy cheese **\$9.99**

AMELIA'S OMELET

Tofu or Eggs with spinach, grilled onions and peppers, tomatoes, mushrooms, lite soy cheese, veggie patty or leanies **\$9.99**

VEGETARIAN OMELET - TOFU

Grilled spinach, mushrooms, tomatoes, onions, bell peppers, & American or Lite soy cheese **\$9.99**

CROQUETTE'S DELIGHT with POTATOES

Salmon croquettes, scrambled tofu or eggs, grits & a side of potatoes **\$10.99**

SIMPLY PANCAKES

Two pancakes, scrambled tofu or eggs and choice of meatless bacon, vegetarian sausage, turkey sausage or turkey bacon **\$9.99**

BREAKFAST BURRITO

Two scrambled eggs or chopped tofu, sautéed mushrooms with soy cheese, potatoes, grilled onions, bell peppers, & tomatoes **\$9.99**



THE PAT WRAP

Scrambled tofu, eggless mayo, lettuce, tomatoes, vegan cheese, avocado & sprouts, wrapped in a spinach tortilla **\$9.99**

SUNRISE SANDWICHES

All sandwiches are served on whole wheat toast

Made with mayonnaise, mustard, lettuce, sprouts and tomatoes

EGG AND CHEESE SANDWICH

Scrambled tofu or eggs with tomatoes and American or soy cheese **\$8.50**

TURKEY SAUSAGE SANDWICH

Turkey sausage with scrambled tofu or two eggs, tomatoes, green peppers and onions **\$8.75**

SUPREME CROISSANT SANDWICH

croissant with scrambled tofu or eggs, tomatoes, eggless mayo, soy cheese, avocado, green peppers, onions, meatless bacon or veggie patty **\$9.99**

SIMPLY McMUFFIN

Scrambled tofu or eggs with tomatoes, grilled onions and green peppers with avocado and meatless bacon or veggie patty on an english muffin **\$7.99**

EXTRAS

Served only for breakfast

8oz. Scrambled Tofu	\$3.49	English Muffin	\$ 1.75
Two Eggs	\$1.99	Croissant	\$ 1.75
Egg Whites (Additional \$1.49)		Wheat Toast	\$ 1.25
Salmon Croquettes (3)	\$6.99	Grits (8oz)	\$ 3.25
Turkey Sausage (1)	\$4.75	Breakfast Potatoes (8oz)	\$ 2.99
Turkey Bacon (3)	\$4.75	Short Stack Pancakes (3)	\$ 4.99
Veggie Bacon (3)	\$3.99	Oatmeal (8oz)	\$ 2.99
Veggie Sausage (3)	\$4.49	Rye Toast	\$ 1.25
		Pita Bread	\$ 1.25

Scrambled Tofu is cooked with onions, green peppers, tomatoes and mushrooms.
Also, eggs are cooked with onions and green peppers.

DAILY DELIGHTS

Sandwiches and burgers come with mayonnaise, mustard, lettuce, tomatoes & sprouts.
All sandwiches are served on whole wheat toast, rye bread or pita pocket (croissant or bun \$0.50 extra),
Served with a 4 oz deli salad or chips.

Deli Salads are: Macaroni salad, Carrot Raisin salad or Fruit salad

EXTRA YUMMIES

Onions .50, Bell Peppers .50, Tomatoes .50, Cucumber .50, BBQ Sauce .50, Shredded Carrots .50,
Spinach .75, Cheese .75, Mushrooms \$1.00, Avocado \$1.50, Calypso Sauce 1oz .75, Calypso Sauce 2oz .99,
Sour Cream .99 (All 1 oz. condiments .50, 2 oz. condiments .75), Dipping Sauce 2oz \$1.00

VEGETARIAN CRAVE

BURGERS and SANDWICHES

Veggie Supreme or Garden Supreme **\$9.99**
Grilled mushrooms, onions, shredded carrots,
lite avocado, BBQ sauce & ranch dressing
on a toasted bun

Veggie Burger or Garden Burger **\$8.99**

Double Veggie Burger **\$9.99**

Lentil Burger (BBQ sauce is automatic) **\$8.99**

Double Lentil Burger (BBQ sauce is automatic) **\$9.99**

Veggie Chicken Burger **\$9.25**

Double Veggie Chicken Burger **\$9.99**

Caribbean Tofu Sandwich **\$9.99**

Grilled mushrooms, onions, shredded soy cheese,
tomatoes & green peppers

Avocado Sandwich **\$9.79**

Colossal Chili Dog (Thur. Only) **\$9.49**

Cucumbers, mayonnaise, mustard, diced avocado, cheese,
grilled onions, tomatoes, leanies & spices

Veggie Chili Dog (Thur. Only) **\$7.99**

Simply Vegan Burger **\$8.99**

Vegan mayonnaise & cheese

Vegetarian Bacon, lettuce & tomato **\$7.49**

BURRITOS

Vegetarian Burrito Half **\$7.99** Whole **\$10.99**

Black beans, brown rice, lettuce, tomatoes &
grilled veggie burger patty

Tofu Fajita Wrap Half **\$7.99** Whole **\$10.99**

Grilled tofu, hummus, grilled bell peppers, onions, lettuce,
tomatoes & guacamole

TACOS (2 per order)

Vegetarian Tacos **\$8.99**

Hard corn shell, filled w/ avocado, tomatoes, carrots,
lettuce & soy cheese

Taco Supreme **\$9.99**

Soft corn shell, grilled veggie burger patty, tomatoes,
grilled onions, guacamole, carrots & soy cheese

Nubian Tacos **\$9.99**

Black-eyed peas, green onions, cucumbers,
purple cabbage, soyonnaise sauce & a small green salad

REGULAR SANDWICHES AND BURGERS

BURGERS and SANDWICHES

(All sandwiches except burgers or Salmon
can be served as a half for only \$4.75 plus tax)

1/2 Sand. & Green Salad **\$8.75**

1/2 Sand. & Deli Salad **\$7.25**

Grilled Chicken Sandwich **\$9.79**

Grilled Fish Sandwich **\$9.99**

Tuna Salad Sandwich **\$8.99**

Tuna & Avocado Sandwich **\$9.50**

Chicken Salad Sandwich **\$8.99**

Turkey Breast Sandwich **\$8.99**

Grilled Salmon Sandwich **\$15.59**

Turkey Burger **\$9.50**

Fish Burger **\$9.50**

(with tartar sauce on request)

Salmon Burger **\$15.59**

BURRITOS

Chicken Burrito Half **\$7.99** Whole **\$10.99**

Grilled chicken, black beans, brown rice & lettuce

Turkey Burrito Half **\$7.99** Whole **\$10.99**

Turkey, black beans, brown rice & lettuce

Salmon Burrito Half **\$15.25** Whole **\$17.50**

Grilled Salmon, lettuce, tomatoes & a small green salad

Tilapia Fish Burrito Half **\$8.99** Whole **\$10.99**

Grilled Fish, onions, pepper, red sauce, black beans,
brown rice & lettuce

Shrimp Burrito Half **\$9.99** Whole **\$11.99**

Grilled Shrimp, black beans, brown rice & lettuce

Chicken Fajita Wrap Half **\$8.99** Whole **\$10.99**

Grilled chicken breast, hummus, grilled bell peppers,
grilled onions, lettuce, tomatoes & guacamole

Shrimp Fajita Wrap Half **\$9.99** Whole **\$11.99**

Grilled Shrimp, hummus, grilled bell peppers, grilled onions,
lettuce, tomatoes & guacamole

Salmon Fajita Wrap Half **\$14.99** Whole **\$17.99**

Grilled Salmon, hummus, grilled bell peppers, grilled onions,
lettuce, tomatoes & guacamole

TACOS (2 per order)

Turkey Tacos **\$9.99**

Turkey, lettuce, cheese, carrots & tomatoes

Chicken Tacos **\$9.99**

Chicken, lettuce, cheese, carrots, tomatoes & guacamole

Fish Tacos **\$10.99**

Grilled Fish, red & green bell peppers, red sauce,
black beans, sliced avocado & a small green salad

Shrimp Tacos **\$11.99**

Grilled Shrimp, onions, tomatoes, red sauce,
red & green bell peppers, guacamole & a small green salad

Salmon Tacos **\$15.99**

Grilled Salmon, lettuce, tomatoes & a small green salad

Special Battered Tacos **\$15.99**

Battered Tilapia Fish or Shrimp, lettuce, tomatoes,
spicy vegan sauce & a small green salad

GIFT CARDS ARE AVAILABLE

SIMPLY SOUP

8 oz \$5.99 12 oz \$6.99 16 oz \$8.99 32 oz \$14.99
 3 crackers 5 crackers 8 crackers 10 crackers

Monday White Bean (meatless)	Tuesday Vegetable (meatless)	Wednesday Chicken (real chicken)	Thursday Vegetarian Chili	Friday Clam Chowder	Saturday Wholesome Daily Surprise	Sunday Wholesome Daily Surprise
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SMALL BITES

Colossal Patty (lettuce, tomatoes, mayo, mustard and sprouts) add \$1.35
 Spicy Vegan Dipping Sauce \$1.00

Jamaican Spinach or Cabbage Patty	\$3.65
Jamaican Chicken Patty	\$3.75
Jamaican Jerk Chicken, Curry Chicken or BBQ Chicken Patty	\$3.85
Jamaican Shrimp & Crab Patty	\$4.25
Jamaican Tilapia Fish Patty	\$4.15
Nachos with black beans & soy cheese	\$8.99
with guacamole	\$10.50
with guacamole & grilled chicken	\$12.99
with guacamole & tofu	\$11.49
Half Order Nachos with Black Beans, Cheddar Cheese & Guacamole	\$6.99
Caribbean Hot Wings	6 piece \$12.99 9 piece \$16.99
served with ranch dressing, carrots & celery sticks	



SALADS

Wholesome Tostada \$12.25

Ground turkey, grilled chicken or chopped tofu, black beans, salsa, mixed greens with avocado on a whole wheat shell

Green Salad with Chicken Salad or Tuna Salad \$10.99

Green Salad with Grilled Chicken \$11.99

Green Salad with Grilled Shrimp \$12.99

Green Salad with Grilled Veggie Patty \$10.25

Green Salad with Grilled Salmon \$16.99

8oz. Green Salad \$3.99 Small Green Salad \$6.25

Large Green Salad \$8.99

CARIBBEAN FAVORITES

Served All Day (the average wait is 30-45 minutes)

MASALA'S SPICE

(made w/ Marinara Sauce)

Rice or pasta, grilled vegetables & plantains

Grilled Chicken \$13.99

Grilled Shrimp \$14.99

Grilled Veggies \$11.99

ISLAND DELIGHT

(made w/ Marinara Sauce)

(Pigeon peas & rice or black beans and brown rice, macaroni pie, veggies, west indian potato salad and garnished with plantains)

Vegetable Delight \$13.99

Grilled Fish Delight \$15.99

Grilled Chicken Delight \$14.99

Grilled Salmon Delight \$20.99

ALL TIME FAVORITES

Blackened Tofu, Fish or Chicken

Served with Steamed Veggies and Sautéed Spinach

Tofu \$10.99 Tilapia Fish \$12.99 Chicken \$11.99 Salmon \$18.99

Spicy Cajun Tacos and a Small Green Salad

Soft Shell filled with lettuce and soy sour cream

Tofu \$9.99 Chicken \$10.99 Salmon \$15.99

Simply Lite (Greens, Macaroni Pie, Peas & Rice) \$8.99

add Veggie Patty \$1.99 or Veggie Chicken Patty \$2.25

Bocca Patty (Vegan) \$2.25

WHOLESOME SPECIALTIES

AVAILABLE ANYTIME

SALAD WRAP

Tossed in your dressing of choice, and wrapped in a Spinach Tortilla
Made with mixed greens, sprouts, tomatoes, cucumber, carrots & avocado
Tofu \$9.99 Veggie Patty \$9.50 Chicken \$10.99 Salmon \$14.99

ROCMAN'S SPECIAL

Grilled veggie patty, broccoli, bell peppers, onions, and black beans on a bed of brown rice \$8.99
Tofu \$9.99 Chicken \$10.99 Tilapia Fish \$11.99 Salmon \$16.99



KHALIFA'S TACOS

Three hard or soft shell tacos filled with grilled broccoli, black beans, avocado, lettuce & tomatoes \$14.99

CARIBBEAN TACOS

Two soft shell tacos filled with grilled pineapples and pico de gallo served with a small green salad
Tofu \$9.49 Veggie Patty \$9.25 Chicken \$10.49

CARIBBEAN ENCHILADAS

Three enchiladas rolled in corn tortillas and smothered in our mild enchilada sauce with Spanish rice and a small green salad
Tofu \$9.99 Chicken \$10.99 Tilapia Fish \$11.99 Salmon \$16.99

GRILLED SALMON MEAL

Grilled Salmon topped with mango jalapeño relish served with brown rice & a small green salad \$15.99

WEDNESDAY SPECIAL

Macaroni and cheese, candied yams, collard greens, cornbread and your choice of protein
Tofu \$14.75 Chicken \$15.75 Tilapia Fish \$16.75 Salmon \$21.99

WE ARE ONE

Macaroni and cheese, black-eyed peas with okra, cornbread and your choice of protein
Tofu \$11.50 Chicken \$12.50 Tilapia Fish \$13.50 Salmon \$18.99

DOWN HOME SUNDAY DINNER

Candied yams, collard greens, peas & rice, cornbread and your choice of protein
Tofu \$13.75 Chicken \$14.75 Tilapia Fish \$15.75 Salmon \$20.99



PATTY MELT SANDWICH SPECIAL

One soy veggie patty, grilled onions, cheese (your choice of cheddar or soy), ranch, and tomatoes served on whole wheat bread with a side of fries

Fish Bites

Chicken Bites

Veggie Corn Dog

Veggie Dog

Served with your choice of potato chips, carrot-raisin salad, or tomatoes & lettuce \$6.75

SIDE ORDERS

Grilled or Battered Tofu \$4.75

Grilled Chicken \$5.25

Grilled Tilapia \$6.99

Grilled Salmon \$11.99

Black-Eyed Peas (8oz) \$3.25

Brown Rice (8oz) \$3.25

Black Beans (8oz) \$3.25

Mixed Brown Rice and Black Beans \$3.25

Peas & Rice (8oz) \$4.99

Collard Greens (8oz) \$3.25

Sautéed Spinach (8oz) \$3.25

Sautéed Broccoli (8oz) \$3.99

Grilled or Steamed Vegetables (Small \$7.75 / Large \$10.49)

Fried Plantains \$3.25

Vegan Mac "N" Cheese (8oz) \$4.99 / (16oz) \$8.99

Mac "N" Cheese (8oz) \$3.99

Macaroni Pie \$4.99

Candied Yams (8oz) \$4.75

Cornbread \$1.50

Simply Fries \$2.25

Sweet Potato Fries \$4.50

Baked Sweet Potato \$2.75
(with Butter & Brown Sugar)

Deli Salads (4 oz.) \$1.25
(Macaroni Salad, Fruit Salad, Carrot Raisin)

10-piece shrimp \$12.99 / 15-piece shrimp \$16.99

*Blackened or Battered \$1.00 Extra

EXTRA CHARGE FOR SUBSTITUTIONS

We are not liable for lost or stolen items

Prices are subject to change without notice

Simply Wholesome®

"KEEPS YOU FEELING GOOD AND LOOKING GOOD"



ADDITIONAL VEGAN MENU OPTIONS

AVAILABLE ANYTIME

VEGAN CRAB CAKE BURGER

Vegan crab cake, eggless mayo, mustard, lettuce, tomato, sprouts and aioli sauce. Complimentary side order options: Macaroni salad, Carrot Raisin salad, Potato Salad, Fruit Salad or chips \$11.99 / with Fries \$12.99

VEGAN CRAB CAKE BURRITO

Vegan crab cake, black beans, brown rice, lettuce and aioli sauce (half \$9.99 / whole \$11.99)

VEGAN CRAB CAKE TACOS (2 per order)

Vegan crab cake, black beans, lettuce, avocado, aioli sauce and a small green salad \$11.99

VEGAN CRAB CAKE PLATE

Two vegan crab cakes, brown rice, yams, collard greens and aioli sauce \$15.99

***PREPACKAGED VEGAN CRAB CAKES
ARE AVAILABLE FOR PURCHASE IN OUR STORE***

Vegan Crab Cake Ingredients: Garbanzo beans, hearts of palm, celery, lemon, parsley, garlic, potato starch, AP panko crumbs, psyllium husk, spices, and natural flavors.

Whole pies and cakes are available to order with "3-day notice"

REAL WHOLESOME DELIGHTS

- Peach Cobbler \$4.10
- Carrot Cake \$3.75
- Coconut Cake \$3.75
- Pecan Pie \$3.45
- Sweet Potato Pecan Pie \$3.45
- Lemon Pound Cake \$3.25
- Sweet Potato Pie \$3.10
- Honey Bean Pie \$3.10
- German Chocolate Cake \$4.50
- Yellow Cake w/ Chocolate Icing \$3.75
- Chocolate Cake w/ Chocolate Icing \$3.75

VEGAN DESSERTS

- Vegan Cheesecake \$3.50
- Vegan Carrot Cake \$4.10
- Vegan Banana Pudding \$4.50/\$7.49
- Vegan Sweet Potato Pie \$3.25
- Vegan Chocolate Moose Pie \$4.25
- Vegan Keylime Pie \$3.00

Simply Wholesome®



4508 West Slauson Avenue Los Angeles, California 90043
323-294-2144 • 323-294-2145 • www.simplywholesome.com

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For Catering Inquiries, please call: 323-294-0916

Email Us: info@simplywholesome.com

Remember to follow Podcast QueenTalkLA™ on Apple or Spotify

Simply Wholesome®

Our Story

Friends, welcome to Simply Wholesome. Since 1984, we have made tasty, nutritious food for our community to enhance the quality of life and the health of our neighbors. We pride ourselves on being a multicultural staple in Los Angeles, where people from various walks of life can come together and celebrate good food. We are extremely thankful that you have continued to support our journey.

Health and wellness is a way of life.

In addition to providing a larger selection of wholesome food choices, new menu items and more products in the store to enhance your wellness program; we invite you to take advantage of the following:

- * *On-site nutritional counseling and information*
- * *Large selection of products made in America by small independent manufacturers*
- * *Natural haircare products*
- * *Unique, healthy and tasty beverages & tonics*
- * *Delicious Jamaican patties and vegan desserts*

Housed in a historical landmark, we believe in promoting and celebrating our cultural diversity, combined with exceptional customer service in a warm and comfortable setting.

Whether dining-in or carrying-out, our restaurant is here to satisfy your hunger with our delicious health-oriented food with a Caribbean flair.

"KEEPS YOU FEELING GOOD AND LOOKING GOOD"

Peace,
Percell Keeling

P.S. Your food is freshly prepared to order, therefore the average wait is 30 minutes for cold food and 45 minutes for hot food. During rush hour, please allow extra time to prepare your meal with love.