

BREAKFAST & LUNCH SPECIALS

APPETIZER

BRAISED STUFFED SWISS CHARD (v) • ■

Swiss chard pockets (picture a large rolled grape leaf) filled with potatoes, spinach, onions, artichoke hearts, garlic, oregano and chili flakes. Covered in marinara sauce with mozzarella cheese melted on top. 7.00

ENTREE PLATES

CORN CAKES, CHILI AND EGGS • ■

Black bean chili with grilled corn cakes sautéed green chilies, onions, garlic, corn and cilantro Topped with two eggs any style, roasted tomato chipotle sauce, cheddar cheese, sour cream and Pico de Gallo. 11.50

RED VELVET PANCAKES (v) • ■

Gluten-free pancakes get their beautiful natural color from sweet red beets. Served with vegan vanilla cream cheese frosting and candied pistachio nuts. 11.50

HIPPIE HEMP SEED SALAD (v) • ■

Chopped leafy greens, tossed with Forbidden Rice® (the same black heirloom rice that was once grown exclusively for the Emperors of China and prized for its delicious nutty taste), diced carrots, sunflower seeds, pumpkin seeds, hemp seeds, dried cherries, chunks of fresh mango and celery. Topped with hemp seeds and served with a matcha hemp seed dressing. 12.00 *With choice of grilled organic tofu or chicken breast. 15.00*

QUESADILLA A LA GREQUE (v) •

Grilled Sprouted grain Ezekiel tortilla made from six certified organic grains and legumes, sprouted in filtered water with a touch of organic malted barley and sea salt. Stuffed with diced artichokes, potatoes, onions, basil pesto and feta cheese. Served with a salad of chopped romaine lettuce, cucumbers, tomatoes, Kalamata olives, green and red peppers. Dressed with our aged sherry dressing. 11.00

ROASTED VEGETABLE PINK MALAGASY RICE RISOTTO (v) • ■

Pink Malagasy rice blended with slow roasted vegetables, garlic, onions, white wine, tomato sauce, fresh basil, chopped leafy greens and creamy vegan cashew cheese. Topped with diced fresh tomatoes, roasted pine nuts, and basil pesto. This unique SRI Malagasy rice ("SRI" stands for "System of Rice Intensification") is grown from a single seed. The rice amazed growers with its delicious tropical spice taste and abundant growth. By using less water, seed, and land, the system benefits small family farmers by producing higher yields of premium quality and more nutritious rice – better for you, better for the planet. 12.00 *With choice of grilled organic tofu or chicken breast. 15.00*

CHOCOLATE BREAD PUDDING • ■



Gluten free chocolate sweet bread laced with Cordillera chocolate ganache. Topped with raspberry chocolate sauce and whipped cream. 7.50

BLUEBERRY-ACAI LEMONADE

Organic agave sweetened lemonade blended with delicious açai-blueberry puree. Said to increase energy levels, improve romantic performance, digestion, detoxification, heart health, sleep and much more. 3.75

CHARDONNAY 2005, The Santa Maria Winery – Santa Barbara County, CA 8 glass / 24

(v) vegan recipe • vegetarian recipe ■ gluten-free recipe () can be made this way. Full allergen list on "Hugo's For Healthy Living" page
Our kitchens are **not** exclusively gluten-free, vegan or vegetarian. We make every effort to avoid cross contamination, but that cannot be guaranteed.

18% Gratuity will be added to all parties of 6 or more
While we aspire to satisfy your requests we do not split specials featured on this page.

Hugo's

DINNER SPECIALS

APPETIZER

BRAISED STUFFED SWISS CHARD (▼) ● ■

Swiss chard pockets (picture a large rolled grape leaf) filled with potatoes, spinach, onions, artichoke hearts, garlic, oregano and chili flakes. Covered in marinara sauce with mozzarella cheese melted on top. 7.00

ENTREE PLATES

HIPPIE HEMP SEED SALAD ▼ ● ■

Chopped leafy greens, tossed with Forbidden Rice® (the same black heirloom rice that was once grown exclusively for the Emperors of China and prized for its delicious nutty taste), diced carrots, sunflower seeds, pumpkin seeds, hemp seeds, dried cherries, chunks of fresh mango and celery. Topped with hemp seeds and served with a matcha hemp seed dressing. 12.00 *With choice of grilled organic tofu or chicken breast. 15.00*

QUESADILLA A LA GREQUE (▼) ●

Grilled Sprouted grain Ezekiel tortilla made from six certified organic grains and legumes, sprouted in filtered water with a touch of organic malted barley and sea salt. Stuffed with diced artichokes, potatoes, onions, basil pesto and feta cheese. Served with a salad of chopped romaine lettuce, cucumbers, tomatoes, Kalamata olives, green and red peppers. Dressed with our aged sherry dressing. 11.00

ROASTED VEGETABLE PINK MALAGASY RICE RISOTTO ▼ ● ■

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POLLO YUCATECO ROSTISADO ■

Half an organic Sonoma chicken marinated in lime juice, jalapenos, cilantro and oregano. Served over tomatillo sauce, sautéed plantains, turmeric rice and black beans. Topped with crispy tortilla strips and Pico de Gallo. 19.00

BARRAMUNDI ASIAN STYLE ■

Pan roasted, served over sautéed kelp noodles with Napa cabbage and julienne vegetables in a sesame chili sauce, topped with a roasted-pineapple-soy-honey glaze. Garnished with pickled ginger and sea vegetables. 19.50

CHOCOLATE BREAD PUDDING ● ■

Gluten free chocolate sweet bread laced with Cordillera chocolate ganache. Topped with raspberry chocolate sauce and whipped cream. 7.50

BLUEBERRY-ACAI LEMONADE

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