

# IF YOU DON'T WANT MEAT, TRY THE STUFF I EAT!

## **ORGANIC TACOS \$8.50; YOUR CHOICE OF TACO:\*** **WILD RICE BLEND, TOFU, MIXED (RICE & TOFU) OR** **JACKFRUIT**

TOPPED WITH SIE SAUCE, KALE, GUACAMOLE,  
SALSA, AND HOUSE DRESSING WRAPPED IN CORN  
TORTILLA SHELLS. \***GLUTEN-FREE**

## **ORGANIC SIE (Stuff I Eat) SALAD \$15**

ORGANIC SPRING MIX, TOMATOES, CUCUMBERS, BEETS,  
CARROTS, AND AVOCADO. **SERVED ON THE SIDE:**A  
COMBINATION SIDE OF WILD RICE BLEND, SEASONED  
TOFU, BLACK BEANS, AND HOUSE DRESSING. SERVED  
WITH TWO CORN TORTILLAS.

**3 SCOOP OPTIONS:** MOCK CHICKEN SALAD,  
CARROT UNTUNA, OR WALNUT PATE. **\$4.50**  
**FOR AN EXTRA SCOOP. \*GLUTEN FREE**

## **A LA CARTE SALAD \$8.50 \*GLUTEN FREE**

ORGANIC SPRING MIX SALAD WITH SLICES OF  
TOMATOES, AVOCADO, CUCUMBERS.  
DRESSING ON THE SIDE.

## **ORGANIC NACHO SALAD\* HALF \$15.50/FULL \$25**

ALL ORGANIC :CORN TORTILLA CHIPS, WILD RICE BLEND,  
SEASONED TOFU, AND BLACK BEANS, TOPPED  
WITH VEGAN CHEESE SAUCE, SALSA, AND GUACAMOLE.  
SALAD IS ON THE SIDE. \***GLUTEN FREE**

## **ORGANIC CARROT UN-TUNA SALAD & CHIPS\* \$14**

SERVED WITH GUACAMOLE, SIE SAUCE,  
CHOICE OF SALSA, AND SIDE OF ORGANIC CORN CHIPS.  
\***Gluten-Free (Mock Chicken Salad option)**

## **ORGANIC MEAL SIDES**

MOCK CHICKEN SALAD **\$8.50** CARROT UNTUNA **\$8.50**  
SEASONED TOFU **\$8** POTATO SALAD **\$8**  
SAUTEED SPINACH **\$8** COLESLAW **\$8**  
BBQ TOFU(6PCS) **\$8** BLACK BEANS **\$8.50**  
JERK TOFU(6 PCS)**\$8** BLACK EYED PEAS **\$8.50**  
KALE GREENS **\$8** YAMS **\$8**  
MAC 'N' CHEESE **\$9** WILD RICE BLEND **\$9**  
SAUTEED BROCCOLI **\$8**  
COTTAGE FRIED POTATOES**\$9**

## **SOUPS**

LENTIL/SOUP SPECIAL: **Small \$8.50/Large \$10.50**  
CHILI:**Small \$9.50/Large \$11.50 Both portions come with**  
**your choice of organic cornbread or corn chips.**

## **EXTRAS**

GUACAMOLE SAUCE \$4

AVOCADO SLICES ½: \$4

HOUSEMADE SOUR CREAM \$4.50 JALAPENOS \$2

TORTILLAS(2) \$3

NUTBURGER PATTY \$6.50

CORNBREAD \$2.50

SALSAS \$3.50

CHEESE SAUCE/SHREDDED CHEESE \$4.50

SAUTEED MUSHROOMS \$4.50. BBQ SAUCE /JERK \$3.50

## **ENTREES**

ALL ENTRÉES ARE SERVED WITH A SPRING MIX SALAD  
**EXCEPT THE SOUL FOOD PLATTER. EXTRA CHARGE FOR**  
**SUBSTITUTIONS.**

## **ORGANIC SOUL FOOD PLATTER \$27.50**

SERVED WITH A CORNBREAD MUFFIN, YOUR CHOICE OF  
BBQ TOFU OR BBQ JACKFRUIT, MAC 'N' "CHEESE",  
YAMS, BLACK EYED PEAS, KALE GREENS, COLESLAW, AND  
POTATO SALAD

## **ORGANIC SOUL BOWL \$24**

**CHOOSE (5) ITEMS FROM THE SOUL FOOD SAMPLER**  
**PLATE ONLY. SUBSTITUTIONS EXTRA CHARGE.**

## **ORGANIC ENCHILADA PIE BOWL \$19.50 GLUTEN-FREE**

CASSEROLE CONSISTING OF LAYERS OF CORN  
TORTILLAS ,SPECIAL BLEND TOMATO SAUCE, YELLOW  
POLENTA, AND VEGAN CHEDDAR CHEESE TOPPED WITH  
SIE SAUCE, SALSA, AND GUACAMOLE, SERVED WITH  
WILD RICE BLEND, CORN CHIPS. AND BLACK BEANS.

## **ENCHILADA PIE A LA CARTE \$13**

## **ORGANIC LUNCH BURRITO \$19.50**

WHOLE WHEAT TORTILLAS, SEASONED TOFU,  
BLACK BEANS\*, WILD RICE BLEND, SIE SAUCE,  
TOMATOES, GUACAMOLE AND OUR HOUSE  
DRESSING. SERVED WITH ORGANIC CORN CHIPS.

## **ORGANIC LAVA BURRITO \$24**

DELICIOUSLY SMOTHERED BURRITO TOPPED  
WITH CRIMINI MUSHROOMS, AND  
BROCCOLI, WRAPPED IN A WHOLE WHEAT  
TORTILLA, FILLED WITH SEASONED TOFU,  
BLACK BEANS, WILD RICE BLEND, SIE SAUCE,  
TOMATO BASED SALSA, GUACAMOLE AND  
OUR HOUSE DRESSING.

## **ORGANIC SIE (Stuff I Eat) QUESADILLA \$18.50**

GRILLED WHOLE WHEAT FLAT BREAD, VEGAN CHEESE ,  
SIE SAUCE, SALSA, BELL PEPPERS, RED ONION & GREEN  
ONION, GUACAMOLE, AND CHOPPED KALE.

# IF YOU DON'T WANT MEAT, TRY THE STUFF I EAT!

## **ORGANIC SUMTHIN-SUMTHIN \$22 GLUTEN-FREE**

LIKE A BURRITO WITHOUT SHELL! WILD RICE BLEND, SEASONED TOFU, AND BLACK BEANS TOPPED WITH SIE SAUCE, GUACAMOLE AND SALSA. A SCOOP OF UNTUNA IS ADDED TO SALAD.

## **ORGANIC NUTBURGER \$24**

PATTY MADE OF WALNUTS, CASHEW, QUINOA, AND RICE SERVED ON EZEKIEL SPROUTED GRAIN BUN, VEGENAISE, GERMAN MUSTARD, CUCUMBERS, SLICED MUSHROOMS, GRILLED RED ONIONS, TOMATOES, PICKLES, LETTUCE. SERVED WITH COTTAGE FRIED POTATOES AND SALAD.

## **ORGANIC VEGGIE STIRFRY \$22 GLUTEN FREE**

STEAM-GRILLED AND SEASONED VEGETABLES CONSISTING OF BROCCOLI, RED CABBAGE, BOK CHOY, ZUCCHINI, CARROTS, GREEN ONIONS, KALE OVER WILD RICE BLEND COOKED WITH SESAME OIL AND GARLIC.

## **ORGANIC SANDWICHES**

**ALL SANDWICHES SERVED WITH ORGANIC CORN CHIPS AND A SALAD. \$4 SUB CHARGE COTTAGE POTATOES**

JERK TOFU \$22.50      MOCK CHICKEN SALAD \$19.50  
BBQ TOFU \$22.50      CARROT UNTUNA \$19.50

## **KIDS MENU \$13 (ALL ITEMS SERVED WITH MINI SALAD AND ORGANIC CORN CHIPS.)**

QUESADILLA (NO TOPPINGS)      MAC N CHEESE  
GRILLED CHEESE      NACHOS

## **ORGANIC BEVERAGES**

TROPICAL BLEND SMOOTHIES \$12  
KOMBUCHA (VARIOUS FLAVORS) \$7.75  
BOTTLED WATER \$2  
BEET LEMONADE 12 oz \$7.50 16 oz \$9.50

## **BREAKFAST PLATE \$23 (SATURDAY & SUNDAYS ONLY)**

ALL ORGANIC! YELLOW POLENTA (GRITS), COTTAGE FRIED POTATOES NUT SAUSAGE, TOFU SCRAMBLE,(2) EZEKIEL TOAST WITH JELLY AND SPRING MIX SALAD.

## **BREAKFAST BURRITO \$22(SATURDAY & SUNDAYS ONLY)**

YELLOW POLENTA, TOFU SCRAMBLE, NUT SAUSAGE PATTIES, COTTAGE FRIED POTATOES, SALSA, GUACAMOLE, HOUSE DRESSING ALL WRAPPED IN A WHOLEWHEAT TORTILLA. SERVED WITH SALAD AND ORGANIC CORN CHIPS.



## **STUFF I EAT**

INGLEWOOD, CA

**VEGAN. ECO-FRIENDLY .ORGANIC**  
Stuff I Eat is 100% planted-based and about 95% organic, whenever possible. We use no preservatives and all desserts made in house.

**114 NORTH MARKET STREET  
INGLEWOOD, CA 90301  
(310) 671-0115**

EMAIL: [info@stuffieat.com](mailto:info@stuffieat.com)

WEB: [www.stuffieat.com](http://www.stuffieat.com)

DELIVERY : POSTMATES & UBEREATS

**CURRENT HOURS:  
THURS -SUNDAY 12-6PM**

**CLOSED: MONDAY-WEDNESDAY**