



Strong Hearts Cafe

Menu Prices — August 21, 2026

Restaurant & Food Industry Reports



Competitor Price Intelligence →

Top Menu Items	
ITEM	PRICE
Chicken Bacon Ranch Sandwich	\$10.00
Cubano Sandwich	\$8.75
Thanksgiving Burger	\$13.00
Cupcakes	\$3.75
Our cupcake flavors rotate often. Some common flavors are: Chocolate; Vanilla; Chocolate Oreo; Chocolate Peanut Butter L...	
Monthly Specials	
ITEM	PRICE
Chicken Bacon Ranch Sandwich (Monthly Specials)	\$10.00
Pan-fried Gardein 'chicken' tenders, smoky tempeh bacon, housemade ranch, red onion, tomato, and green leaf lettuce on w...	
Cubano Sandwich (Monthly Specials)	\$8.75
Shredded and seasoned Cubano seitan, veggie ham slices, melted PMA mozzarella, and house made bread-n-butter pickles on...	
Thanksgiving Burger (Monthly Specials)	\$13.00
A grilled Beyond Burger with cranberry mayo, sauteed spinach, a savory stuffing patty, sliced Tofurky deli slices and me...	
Sandwiches	

ITEM	PRICE
Cajun Seitan Sandwich	\$8.10
Cajun spiced seitan on rye bread with PMA cheddar cheese, chipotle mayo, lettuce, tomato and cucumber.	
Tofurky Club Sandwich	\$9.65
A triple decker sandwich consisting of toasted wheat bread, Tofurky deli slices, tempeh bacon, lettuce, tomato, avocado,...	
Chicken Salad Sandwich	\$7.90
Our famous homemade chicken salad with lettuce, tomato, mayo, and sliced red onion on toasted wheat bread.	
Roasted Veggie Wrap	\$7.25
Roasted red peppers, roasted zucchini & squash, tomato, lettuce red onions, and our homemade roasted red pepper hummus s...	
TLT Sandwich	\$8.65
Marinated & baked tofu, basil/walnut pesto, mayo, PMA mozzarella, lettuce, tomato and sprouts on marble rye.	
Chickpea Salad Sandwich	\$6.25
Our popular chickpea salad spread is made with smashed chickpeas, diced pickles, carrots, and celery, garlic, lemon juic...	
BBQ Tempeh Sandwich	\$8.00
BBQ marinated tempeh on garlic-butter toasted marble rye with PMA mozzarella, grilled red onions, spinach and tomato.	
Sweet and Sassy Tofu Sandwich	\$9.15
Sweet n' sassy maple chipotle tofu, grilled red onion, avocado, tomato and lettuce on warm stretch bread with chipotle m...	
BLT Sandwich	\$7.65
Smoky tempeh bacon with lettuce, tomato, mayo, and sprouts on toasted wheat bread.	
Grilled Cheese Sandwich	\$5.75
Buttered wheat bread, PMA mozzarella and cheddar blend.	
Toasted PBJ Sandwich	\$4.50
PB & J on toasted wheat. Straight up now tell me are you gonna love me forever?	

Salads	
ITEM	PRICE

Thai Tofu Salad	\$6.25
Grilled maple chipotle tofu, Thai chili cashews, cucumbers, edamame, red cabbage, and cilantro on a bed of fresh spring...	
Kale Salad	\$5.50
Raw kale tossed in agave-mustard dressing, topped with roasted sweet potatoes, roasted beets, toasted walnuts, and slice...	
Soba Noodle Salad	\$6.00
Buck wheat soba noodles, marinated & baked tofu and mushrooms atop a bed of leafy greens topped with sesame seeds. Serve...	
Grilled Portobello Salad	\$6.25
Marinated and grilled portobello mushrooms, cubed avocado, grape tomatoes, and alfalfa sprouts on a bed of spring mix. S...	
Chicken Caesar Salad	\$6.00
Soy curl chicken-style strips, chopped romaine, homemade croutons and sliced grape tomatoes. Served with our homemade Ca...	
Mediterranean Salad	\$6.00
Leafy greens, grape tomatoes, artichoke hearts and Kalamata olives with topped with locally-made crumbled soy feta. Serv...	
House Salad	\$4.35
Leafy greens, grape tomatoes, cucumbers and shredded carrots with the dressing of your choice. Gluten free.	

Sides	
ITEM	PRICE
Macaroni Salad	\$4.20
Just like you had when you were a kid, only this time, it's vegan. Macaroni, a creamy vegan mayo mixture, peas, and chop...	
Harvest Quinoa	\$4.20
Quinoa, vegetables, pumpkin seeds and lemon thyme vinaigrette. Gluten free.	
Sesame Peanut Noodles	\$4.20
Gluten free noodles, peanut sauce, peanuts, tofu, scallions and broccoli.	
Chipotle Potato Salad	\$4.20
Our spicy take on the traditional potato salad. Cooked red potatoes in a creamy & spicy homemade chipotle sauce. Gluten...	
Soup of the Day	\$3.50
Our homemade soup of the day. Give us a call to see what today's offering is or just get totally wild, throw caution to...	

Breakfast	
ITEM	PRICE
Muffins	\$2.25
Baked fresh every morning. A different kind every day!	
Egg Trick Muffin	\$5.25
A pan-fried seasoned tofu patty, a fried gimme lean sausage patty and melted vegan cheese between 2 halves of a toasted...	

Milkshakes	
ITEM	PRICE
Earth Crisis Milkshake	\$7.50
Chocolate Peanut Butter	
John Brown Milkshake	\$7.50
Oreo Cookies N' Cream	
Farm Sanctuary Milkshake	\$7.50
Caramel Cookie Dough	
Robert Clemente Milkshake	\$7.50
Peanut Butter Oreo	
Angela Davis Milkshake	\$7.50
Peanut Butter Cookie Dough	

ITEM	PRICE
Geronimo Milkshake Peanut Butter	\$7.50
Bobby Sands Milkshake Mint Chocolate Chip	\$7.50
Jill Phipps Milkshake Peanut Butter Banana	\$7.50
Ernie Davis Milkshake Butterfinger	\$7.50
Barry Horne Milkshake Cherry	\$7.50
Ronnie Lee Milkshake Cherry Coconut	\$7.50
The Sea Shepherds Milkshake Coconut	\$7.50
Albert Einstein Milkshake Pumpkin Espresso	\$7.50
Harriet Tubman Milkshake Maple Vanilla Oreo	\$7.50
Nelson Mandela Milkshake Chocolate	\$7.50
Fred Hampton Milkshake Chocolate Oreo	\$7.50
Malcoim X Milkshake Chocolate Cherry	\$7.50
Emma Goldman Milkshake Chocolate Coconut	\$7.50
The West Memphis Three Milkshake Chocolate Mint	\$7.50
Nat Turner Milkshake Chocolate Banana	\$7.50
Ken Saro-Wiwa Milkshake Chocolate Peanut Butter Banana	\$7.50
Che Guevara Milkshake Coffee	\$7.50
Muhammad Ali Milkshake Coffee Espresso	\$7.50
Cesar Chavez Milkshake Chocolate Espresso	\$7.50
Sacco & Vanzetti Milkshake Vanilla Espresso	\$7.50
Sylvia Rae Rivera Milkshake Cookie Dough Espresso	\$7.50
Martin Luther King, Jr. Milkshake Mocha	\$7.50
Howard Zinn Milkshake Chai	\$7.50

ITEM	PRICE
Tiananmen Square Guy Milkshake Green Tea	\$7.50
Edward Abbey Milkshake Pineapple	\$7.50
Paul Rusesabagina Milkshake Pina Colada	\$7.50
The Kevfrog Milkshake Pineapple Raspberry	\$7.50
Leonard Peltier Milkshake Pineapple Orange	\$7.50
Carl Sagan Milkshake Raspberry	\$7.50
Ann Hansen Milkshake Strawberry	\$7.50
Rachel Corrie Milkshake Strawberry Banana	\$7.50
Medgar Evers Milkshake Strawberry Peanut Butter	\$7.50
The White Rose Milkshake Banana	\$7.50
Rosa Parks Milkshake Peach Cobbler	\$7.50
Team Hoyt Milkshake Creamsicle	\$7.50
Elizabeth Cady Stanton Milkshake Orange-Vanilla flavored ice cream w/ Orange Juice. Orange Julius!	\$7.50
Haudenosaunee Milkshake Pumpkin	\$7.50
Steve Biko Milkshake Pumpkin Oreo	\$7.50
John Lennon Milkshake Vanilla	\$7.50
Charles Darwin Milkshake Maple Pecan	\$7.50

Drinks

ITEM	PRICE
Blue Sky Soda	\$1.65
Steaz Iced Tea	\$2.15
Steaz Energy Drink	\$3.25
Honest Tea	\$2.00
Cranberry Juice	\$2.50
Orange Juice	\$1.60
Apple Juice	\$1.60

ITEM	PRICE
Home Brew Iced Tea	\$1.75
Thai Iced Tea	\$3.75
Field Day Sparkling Water	\$1.00
Guayaki Sparkling Water	\$3.00
Kombucha	\$4.30

Coffee

ITEM	PRICE
Cold Brew	\$2.75
Cold Brew Float	\$5.50
Cold brew coffee with 2 scoops of your choice of ice cream.	

Snacks

ITEM	PRICE
ABC Cookies	\$2.60
Cheddar Squares	\$4.00
Recess Cookies	\$4.20
Hunka Brownie	\$4.00
Gluten free.	
Hunka Blondie	\$3.60
Gluten free.	
Recess Coffee Beans	\$12.50
Locally roasted whole coffee beans	
Vegan Rob's Puffs	\$3.50

Desserts

ITEM	PRICE
Cupcakes (Desserts)	\$3.75
Our cupcake flavors rotate often. Some common flavors are: Chocolate; Vanilla; Chocolate Oreo; Chocolate Peanut Butter L...	
Assorted Cookies	\$3.00
Our cookie flavors rotate daily. Some common flavors are: double chocolate, half moon, whoopie pie, pumpkin whoopie pie,...	