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Strong Hearts Cafe

Menu Prices — October 24, 2026

Strong Hearts Cafe menu with prices in United States, updated November 2019: 100 items across 11 categories, prices from $1.00 to $13.00.

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Strong Hearts Cafe Menu with Prices (United States)

Strong Hearts Cafe menu with prices in United States, updated November 2019: 100 items across 11 categories, prices from $1.00 to $13.00. Prices are collected by PriceListo and may vary by location. See the latest prices online at www.pricelisto.com/menu-prices/strong-hearts-cafe

Menu categories: Top Menu Items · Monthly Specials · Sandwiches · Salads · Sides · Breakfast · Milkshakes · Drinks · Coffee · Snacks · Desserts

Top Menu Items

ITEM	PRICE
Chicken Bacon Ranch Sandwich	**$10.00**
Cubano Sandwich	**$8.75**
Thanksgiving Burger	**$13.00**
Cupcakes Our cupcake flavors rotate often. Some common flavors are: Chocolate; Vanilla; Chocolate Oreo; Chocolate Peanut Butter L...	**$3.75**

Monthly Specials

ITEM	PRICE
Chicken Bacon Ranch Sandwich (Monthly Specials) Pan-fried Gardein 'chicken' tenders, smoky tempeh bacon, housemade ranch, red onion, tomato, and green leaf lettuce on w...	**$10.00**
Cubano Sandwich (Monthly Specials) Shredded and seasoned Cubano seitan, veggie ham slices, melted PMA mozzarella, and house made bread-n-butter pickles on...	**$8.75**
Thanksgiving Burger (Monthly Specials) A grilled Beyond Burger with cranberry mayo, sauteed spinach, a savory stuffing patty, sliced Tofurky deli slices and me...	**$13.00**

Sandwiches

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

ITEM	PRICE
Toasted PBJ Sandwich PB & J on toasted wheat. Straight up now tell me are you gonna love me forever?	**$4.50**

Salads

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

Sides

ITEM	PRICE
Macaroni Salad Just like you had when you were a kid, only this time, it's vegan. Macaroni, a creamy vegan mayo mixture, peas, and chop...	**$4.20**
Harvest Quinoa Quinoa, vegetables, pumpkin seeds and lemon thyme vinaigrette. Gluten free.	**$4.20**
Sesame Peanut Noodles Gluten free noodles, peanut sauce, peanuts, tofu, scallions and broccoli.	**$4.20**
Chipotle Potato Salad Our spicy take on the traditional potato salad. Cooked red potatoes in a creamy & spicy homemade chipotle sauce. Gluten...	**$4.20**
Soup of the Day 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...	**$3.50**

Breakfast

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

Milkshakes

ITEM	PRICE
Earth Crisis Milkshake Chocolate Peanut Butter	**$7.50**

ITEM	PRICE
John Brown Milkshake Oreo Cookies N' Cream	**$7.50**
Farm Sanctuary Milkshake Caramel Cookie Dough	**$7.50**
Robert Clemente Milkshake Peanut Butter Oreo	**$7.50**
Angela Davis Milkshake Peanut Butter Cookie Dough	**$7.50**
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**

ITEM	PRICE
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**
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**

ITEM	PRICE
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**
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 Cold brew coffee with 2 scoops of your choice of ice cream.	**$5.50**

Snacks

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

Desserts

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