

Welcome to



Natural Gourmet Diner
Brunch, Lunch and Dinner

Hours

Tuesday to Sunday 10:00 am ~ 3:00 pm
Also Friday & Saturday Evenings 5:00 pm ~ 8:00 pm
Closed Mondays

Catering Available

Annually Closed the April 7-17,
the Last Two Weeks in August & October 10-12

We are committed to serving healthy and delicious vegetarian meals
to feed the body and soul in an inspiring environment.



*Our restaurant is inspired by Sri Chinmoy (1931-2007),
our meditation teacher, dreamer of world-oneness,
musician, author, artist and world-record athlete.*

3390 Tampa Road
Palm Harbor, FL 34694

(727) 789-1931
consciousness-blossoms.com

BRUNCH

If you have a food allergy, please inform your server!

EGG (and EGG-LESS) SPECIALS * VEGAN

*All egg dishes are prepared with eggs from free-range chickens, and your choice:
2 buttermilk pancakes or multi-grain toast with baked European-style potatoes*

*Substitutions: Whole wheat vegan pancakes 50¢ or Gluten-free oat bread available – add 50¢ per slice
Croissant for multi-grain toast or Egg Whites or Soy cheese for regular cheese \$1.00*

2 Eggs (any style) comes with multi-grain toast & our famous European-style potatoes or 2 pancakes \$5.50

Croissant Egg Sandwich ~ 2 eggs any style served with our famous European-style potatoes \$6.50
With your choice of cheese (swiss, sharp cheddar, mozzarella or feta) \$7.50

<u>Fluffy Delicious Scrambles</u>	<u>2 eggs</u>	<u>3 eggs</u>
Greek ~ sautéed kale, feta cheese, grilled red onions	\$7.75	\$8.50
Mediterranean ~ feta cheese, kale, kalamata olives, tomatoes and grilled red onion	\$8.50	\$9.25
Veggie Delight ~ grilled tomatoes, red onions, mushrooms, green peppers with melted sharp cheddar, swiss, feta or mozzarella cheese	\$8.50	\$9.25

Create Your Own Scramble ~ Using 3 of the following items:
Tomatoes, green peppers, mushrooms, kale, broccoli flowers, red onions, garlic, cheese \$7.75 \$8.50
Each additional ingredient: tomato, green peppers, mushrooms, broccoli, red onions, & garlic
cheese & kale Add \$.50 Add \$1.00

*Eggless Wonder ~ Grilled marinated tofu, organic brown rice, broccoli, cauliflower, carrots, zucchini, red onions, green peppers, tomatoes, potatoes and feta cheese (replace with kalamata olives if vegan) and served with multi-grain toast \$9.25

*Tofu Scramble ~ Hearty portion of crumbled tofu, spices, grilled red onions, green peppers, mushrooms, tomatoes and fresh garlic served with our European breakfast potatoes and multi-grain toast (toast served dry or with soy margarine for our vegan guests) \$8.75

DELICIOUS GRIDDLE GOODIES

* Fresh Corn Johnnycakes (3) with Strawberry Compote \$8.25

Somewhere between cornbread and pancake lies the Johnnycake!
These rugged crunchy (non-GMO) 100% cornmeal corncakes make them VEGAN & GLUTEN-FREE.

Would you like 100% pure maple syrup? \$1.50 Blueberries or Bananas & Walnuts - 75¢ each pancake

<u>Hearty Buttermilk Pancakes</u> ~ the best around!	3 large ... \$6.50	2 large ... \$5.25	1 large ... \$3.95
* <u>Vegan Whole Wheat Pancakes</u> ~ delicious!	3 large ... \$7.95	2 large ... \$6.25	1 large ... \$4.50

Belgium Multi-Grain Waffle ~ A healthy and delicious meal! \$5.95

The Ultimate Multi-Grain Waffle ~ With fresh bananas and/or strawberries on top \$7.75

CEREAL

*Oatmeal – plain or with milk or almond milk \$3.25 • With raisins or bananas ... for each add \$.50

SIDE ORDERS

Free Range Eggs: One egg \$1.75 Two eggs \$2.95 Three eggs \$3.95 *Potatoes \$3.25
Plain non-fat Yogurt \$1.75 Multi-grain toast \$2.25 Whole Wheat English Muffin \$2.25
2 strips of Bacon (soy) \$2.75 2 Sausage Links (soy) \$2.95 1 slice of Neatloaf \$3.25 *Slice of Tempeh \$3.25

Sandwich Delicacies

Served with a side of vegan veggie slaw or natural corn chips

Gluten-free oat bread & wraps available by request - add \$1.00

* VEGAN ** Can easily be made VEGAN Replacing vegan cheese for regular cheese (add \$1.00)

Neatloaf Sandwich ~ This world-famous high-protein dish will amaze you with its flavor!
It is made with whole grains, tofu, ricotta cheese, eggs, onions, spices and topped
with our homemade BBQ sauce and served on toasted multi-grain bread. \$9.25

****Reuben** – A favorite! Grilled, marinated tempeh on multi-grain bread with
swiss cheese, grilled red onions, sauerkraut and homemade Russian dressing. \$9.25

***Veggie Wrap with Tempeh or Tofu** –Marinated, grilled tempeh or tofu with sautéed
veggies, organic brown rice in a whole wheat wrap.
Choice of sauce: Pineapple-Basil, Sweet Chili-Lime or Oriental \$9.25

* **Jump for Joy Burger** – Our amazing homemade protein-rich, gluten-free burger is made with
black beans, organic brown rice, beets, soy, veggies, figs, spices and served with caramelized
onion, romaine, tomato, pickles and vegan tamari-mayo on a toasted multi-grain bun \$8.95
Topped with melted cheese - \$9.50 Soy cheese - \$10.25 Bacon (not vegan) - add \$1.50

Hawaiian Dream Sandwich – Delicious grilled soy ham, grilled pineapple, melted sharp
cheddar, crisp romaine lettuce, tomato on multi-grain toast with a dash of tamari mayo. \$8.75

* **Hummus Roll-Up** ~ Our famous homemade hummus served with lettuce, tomatoes,
cucumber and grated carrots in whole wheat wrap \$8.75

** **Hummus Pita** ~ A side dish of our homemade hummus served with grilled & buttered
whole wheat pita bread and fresh tomato wedges, cucumber and carrots. (Specify if VEGAN) \$8.25

B.L.T. ~ 3 strips of flavorful soy bacon, lettuce and tomatoes on toasted multi-grain bread
with tamari-mayonnaise \$6.75

****Grilled Cheese** ~ Choice of swiss, sharp cheddar or mozzarella on multi-grain bread \$6.50
With grilled red onions, mushrooms, tomatoes and green peppers \$8.25
With soy cheddar or soy mozzarella ... add \$1.50

COMBOS

Sandwich • Soup • Salad

1/2 Sandwich & Soup (Bowl)

1/2 Sandwich & House Salad

Sandwich choices:

**Reuben or Neatloaf	\$9.50
Hawaiian Dream	\$9.25
**Grilled Cheese & Veggies or *Hummus Pita	\$8.75
**Grilled Cheese or B.L.T.	\$8.25

Substitute soy cheese on all 1/2 sandwiches add 75¢

* **Soup & Salad** ~ Bowl of our hearty Soup and Regular House Salad \$8.95

Entrées

- Neatloaf \$10.95
World-famous filling dish will amaze you with its flavor! It is made with whole grains, tofu, ricotta cheese, eggs, onions, spices and topped with our homemade BBQ sauce and served with creamy mashed potatoes our homemade mushroom gravy and a cup of soup. Substitute salad for soup - add \$1
- * Stir-Fry Veggies with Tempeh or Tofu (Vegan & can be made Gluten-free) \$10.95
Grilled marinated tempeh or tofu with sautéed broccoli, kale, onions, cauliflower, carrots, zucchini and purple cabbage served on a bed of organic brown basmati rice and *choice of sauce*. Oriental • Pineapple-Basil • Sweet Chili-Lime
This is served with a cup of soup. Substitute salad for soup - add \$1
- * Lip-Smackin' smoking Black Eyed Peas & Greens with Smashed Sweet Potatoes \$10.95
A "campfire" meal with an amazing balance of savory, spicy and sweet. Served with a homemade Johnnie Cake – a rugged ole' fashioned (non-GMO) grilled corn cake. You'll crave this while watching Little House on the Prairie! Yummm!
(Vegan & Gluten-Free)

SALADS

- Garden - Crisp romaine lettuce, green peppers, purple cabbage, tomatoes, carrots, cucumbers, raisins, walnuts and a bouquet of cheeses \$9.50
- * Reubenesque Salad – With all the goodness of our beloved sandwich ... here's an addictive, healthy combo of our homemade tempeh bacon bites, shredded cabbage, romaine, sauerkraut and fresh apples served with our own savory vegan Russian dressing which makes this salad pop. If you like sauerkraut, don't hesitate... you'll be hooked on this for life! \$9.50
- * Super Food Salad – Delicious nutrient & protein dense serving of kale, romaine, apples, red onion, cranberries, tempeh bacon, hemp seeds, tomatoes served with an Dijon-maple dressing. \$9.50
- * House - Crisp romaine lettuce, tomatoes, cucumbers, carrots, green peppers and red cabbage large \$7.95
regular \$4.95

Our Homemade Dressings

Lemon-Tahini or *Lemon-Garlic* or *Ranch dressing (not homemade)*
Awesome Ginger or *Extra Virgin Olive Oil & Balsamic Vinegar*

SOUPS Most Are Vegan

Best Homemade Soups in Town! Two soups served each day.
Our daily signature soup is *Moroccan Tomato Peanut* – a tad spicy.

Cup \$3.50 Bowl \$4.95

All take-out meals ~ add 25¢ each

BEVERAGES

Juices: Orange, Apple, Pineapple, Cranberry	small \$ 1.95	large \$2.75
Organic fresh brewed Coffee (French Peruvian Roast)		\$2.95
Decaffeinated coffee (100% Colombian Arabica beans)		\$2.95
Iced Teas - <i>Black</i> tea infused with kiwi, mango, and passion fruit - great flavor!		\$2.95
<i>Herbal</i> - Red Raspberry (caffeine free)		
Hot Teas - <i>Herbal</i> Peppermint, Tangerine Orange, Chamomile, Tazo Calm (chamomile, rose petals & soothing herbs)		\$2.75
<i>Green</i> - Regular, Decaffeinated, Lemon, Mango, Peach or Tazo Zen		
<i>Black</i> - English Breakfast, Earl Grey		
Milk or Almond Milk	small \$1.95	large \$2.75
Chocolate Milk	small \$2.25	large \$3.25
Hot Chocolate using Milk, Almond Milk (whipped cream upon request)		\$2.95
Caffix - Coffee substitute (a blend of roasted barley, rye, chicory and beet roots)		\$2.95
Coke, Diet Coke, Cherry Coke, Sprite, Ginger Ale, Root Beer		\$1.95
Bottled Water (20 oz.)		\$1.75

OUR SPECIALTY DRINKS

<u>Mango Lassi</u> - A refreshing Indian-spiced mango-yogurt drink	\$3.50
<u>Yogi Tea</u> - Homemade organically brewed cardamom pods, cinnamon sticks, black pepper corns and cloves with fresh ginger, a hint of honey and a dash of almond milk. Caffeine-free (Served iced or hot)	\$3.50
<u>Ginger Blast</u> - Fresh lemon, fresh ginger, honey and cayenne pepper. Knock your socks off! (Served hot or iced over carbonated water)	\$3.50
<u>Chai</u> - Sweetened Indian-spiced black tea brewed with milk (hot or iced)	\$3.50
<u>China Cola</u> - Delicious alternative to regular cola (caffeine-free) Made with Chinese herbs and spices and sweetened with raw cane sugar	\$3.25
<u>Fruit Spritzers</u> - Healthy all natural soda lightly sweetened with fruit juice Red Raspberry, Tangerine, Jamaican Lemonade, Black Cherry	\$3.25

FRESH FRUIT SMOOTHIES

100% PURE FRUIT! No ice, sugar or syrup 16 oz.	\$7.25
<u>Choice of one Juice:</u> Orange, Apple, Pineapple, Cranberry or Almond Milk	
<u>Choice of Fresh Frozen Fruit:</u> Strawberries, Bananas, Blueberries, Pineapple <i>Have as many frozen fruits as you wish - the choice is yours!</i>	
<u>Additions:</u> Make it green ... add KALE! Protein Powder, High-Potency Vitamin Supplement, Spirulina, Ginseng, Organic Ground Flax Seeds, Yogurt (plain, low fat) or Natural Peanut Butter	\$1.00
Agave or honey (for a natural touch of extra sweetness)	\$.50

CONSCIOUSNESS-BLOSSOMS is a locally owned vegetarian restaurant inspired by our meditation teacher, Sri Chinmoy. We come from various cultural and religious backgrounds and are grateful to find ourselves walking together on this path of love of God and service to humanity.

Our goal is to offer you a unique dining experience of an excellent meal and in which harmony, joy and inspiration are felt from the moment you walk in the door until long after you leave. We believe that harmony and oneness begin in the heart of each individual and we seek to nourish that spirit by offering delicious food prepared with love.

Other restaurants owned and operated by students of Sri Chinmoy can be found in cities such as New York, San Francisco, San Diego, Seattle, Chicago, Montpellier, Toronto, Ottawa, Kyoto, Oslo, Reykjavik, Zurich, Salzburg, Augsburg, Zlin, Sofia, Adelaide, Auckland, Christchurch and Volgograd.

ABOUT SRI CHINMOY

Sri Chinmoy (1931-2007) was born in Bengal, India and at the age of 12 entered an ashram (spiritual community). His life of intense spiritual discipline included meditating for up to 14 hours a day, together with writing poetry, essays and devotional songs, doing selfless service and practicing athletics. While in his early teens, he had many profound inner experiences and attained spiritual realisation. He remained in the ashram for 20 years and in 1964 came to New York City, following an inner calling to serve aspiring seekers in the West.

Sri Chinmoy taught the “path of the heart,” which he felt is the simplest way to make rapid spiritual progress, as it enables the seeker to discover his or her own inner treasures of peace, joy, light and love. Never did he charge a fee for his guidance of approximately 7000 students worldwide, nor for his frequent lectures, concerts or public meditations. Between 1989 and 2004, he came to Tampa Bay five times to offer musical concerts attended by over 10,000 people.

For over 43 years, since he arrived in the U.S. from his native India, Sri Chinmoy forged one of the most remarkable life stories of our time. From the inner inspiration of his meditations came a vast outpouring of literature, musical compositions, art, athletic activities and programs that continue to foster inner harmony and oneness in our world-family. In a humble manner, he worked selflessly and tirelessly, inspiring thousands of individuals throughout the world to offer their own unique service to humanity.

He was the founder and director of the worldwide Sri Chinmoy Meditation Centres, with branches in over 300 cities; as well as the Oneness-Heart-Tears and Smiles, a humanitarian organization serving the less fortunate in over 125 countries around the world; and the Sri Chinmoy Oneness-Home Peace Run, an biennial global torch relay in which communities in over 100 countries pass the flaming Peace Torch from hand to hand. Every other year, the US Peace Run Team runs through all 50 States – over a period of 4 months – and draws the enthusiastic participation of countless Americans, from school children to local officials.

Sri Chinmoy devoted his life to the highest, most challenging and most urgent task facing humanity: the establishment of world harmony and oneness as a living reality. He was never daunted by the magnitude of this goal and dedicated himself with boundless energy, enthusiasm and faith to the inherent goodness of humanity. As Sri Chinmoy expressed, *“My ultimate goal is for the power of love to replace the love of power within each individual. At that time, world peace can be achieved, revealed, offered and manifested on earth.”*

Comments about Sri Chinmoy

“I am so pleased with all the good work you are doing for people in so many countries.”

MOTHER TERESA

“Through many years of his selfless work for the sake of peace, Sri Chinmoy has gained recognition and love in the farthest corners of our planet ... In our hearts he will forever remain a man who dedicated his whole life to peace ... We shall remember Sri Chinmoy forever!”

PRESIDENT MIKHAIL GORBACHEV

“My brother . . . Your untiring efforts and continuous travels worldwide to spread the message of the oneness of humanity are indeed admirable and we offer all our support and encouragement for your initiatives.”

PRESIDENT NELSON MANDELA

“Sri Chinmoy was a great man. God is smiling to know the immense good he has accomplished and encouraged in others. In a world of suspicion, hostility and conflict, he worked tirelessly to bring the different faiths together and inspired many to emulate.”

ARCHBISHOP DESMOND TUTU

“Sri Chinmoy stands for all the things that we hope we can believe in our lives and that’s peace, that’s loving the best you can be, also that’s oneness.”

CARL LEWIS (SUDHAHOTA, spiritual name given by Sri Chinmoy)

“What power is in this man’s music! It’s incredible . . . my musical spirit is very, very deeply impressed.”

LEONARD BERNSTEIN