

Enlightened Elixir Bar

Hot Tonics Lattes 8

Our tonics are a beautiful alchemy blend of traditional Chinese herbs, our freshly made organic almond milk, organic coconut crystals and love. Warming to the body, mind and soul. The perfect coffee replacement!

Cha Cha Cha Chai

Activate the Qi

Energy/Bone Building/Organ Support

Astragalus, Ginseng, Longan, Cinnamon

Vanilla Sweet Dream

Awaken the Shen

Expand Spirit/Heart Opening/Calm

Reishi, Pearl, White Peony, Schisandra, Vanilla bean

Happy Hot Cacao

Restore the Jing

Restore/Revitalize/Awaken

Chaga, Reishi, Cacao, Morinda, Eucommia, Rehmannia

Hot Love

Libido Boosting/Energizing

Reishi, Chaga, Cistanche, Cacao & Cayenne

Golden Milk Latte

Anti-inflammatory/Immune Boosting

Turmeric, Reishi, Organic Spices, Raw Honey

Elixir Shots, Juice Shots & Flights

Our Tonic Elixir Shots are super concentrated — a quick and effective delivery system for the benefits of the herbs

Luminous Glow 5

Skin Beautify/Detox/Mineralize

Gynostemma, Schisandra, Gogi

Diamond Mind 5

Concentration/Mental Acuity/Focus

Ginkgo biloba, Rhodiola, Schisandra, Eluthero

Blissful You 5

Mood Boost/Libido/Awaken

Reishi, Ginseng, Gynostemma, Astragalus

Ginger Turmeric Immune Blast 5

Immune Boost/Anti-inflammatory/Detox

Ginger, Turmeric, Lemon, Raw local honey

Vibrant Health 5

Gynostemma, Reishi

E3Live Brain On Shot 3

Cold green goodness in the form of blue green algae that will wake your mind and regenerate your cells.

Gin & Juice 2.50

Kale and Ginger Juice

Kale Yea! 2

Fresh Kale and Lemon

Gut Booster 3

Fermented Probiotic Juice

Three Treasures Elixir Flight 13

Blissful You, Luminous Glow and Diamond Mind

Stoplight Flight Flight 13

E3Live Shot, Ginger Turmeric Immune Boost, Beet Schizandra Shot

Organic Coffee & Tea

Hot Coffee 2.75

(one free refill)

Iced Coffee 5

with almond milk (one free refill)

Iced Mocha 5.50

coffee, almond milk, cacao, maple syrup

Spring Dragon

Longevity Tea 2.75

(one free refill)

Locally made kombucha 5

Extras 50 cents

almond milk, coconut milk, coconut sugar, stevia



Indy's only Gluten-free Plant-based café.
Organic & Non GMO

Open

Tuesday–Friday 8am–3pm
Saturday & Sunday 10am–3pm

Grab & Go Hours

Monday 10am–2pm
dine-in not available

For carryout, call 317-255-3972

Ezra's is committed to clean, local, organic food. We source from a variety of local farmers (including our own organic farm) and use the highest quality ingredients we can find.

Our café is 100% gluten-free & vegan. We are soy free with the exception of wheat-free tamari in select sauces.

6516 Ferguson St. | Indianapolis, IN
(adjacent to the big purple house on Ferguson Street)



www.ezrasenlightenedcafe.com

Smoothie

Choose any boost for \$1.50: Bee pollen, coconut oil, spirulina, dandy blend, almond butter, raw honey, apple cider vinegar, sun warrior protein

Buddha Belly 9.50

Cacao, Almond Butter, Banana, Cinnamon, Almond Milk

Berry Nice 9.50

Strawberry, Blueberry, Banana, Sun Warrior Vanilla Protein Powder, Almond Milk

Pineapple Express 9

Mango, Pineapple, Banana, Cilantro, Mint, Almond Milk

Pina Blisslotta 9

Pineapple, Banana, Fresh Lime Juice, Coconut Oil, Almond Milk

The Health Nut 9.50

Low Glycemic Cherries, Blueberries, Fresh Lemon Juice, Cucumber, Kale, Mint, Sun Warrior Protein E3Live, Almond Milk

Protein Warrior 9.50

Cacao, Banana, Almond Milk, Almond Butter, Blueberry, Spirulina

Cherry Love 10.50

Cherry, Pineapple, Banana, Almond Milk

Hey Joe 9.50

Banana, Cacao, Coffee, Almond Milk, Date

Tummy Time 9

Orange, Carrot, Ginger, Almond Milk, turmeric & lime

Playful Soul 9

Orange, lemon, lime, cilantro, pineapple, ginger, cayenne

Thumbs Up 9

Beet, mango, orange, lemon, lime, ginger, pineapple, cayenne, cilantro

Ben's Berries 9.50

Blueberry, pineapple, almond butter, banana, sun warrior protein powder, coconut milk

Juice

Juice of the Day prices vary

Juice Rista's choice – using seasonal produce

Liver Lover 8.50

Beets, Carrots, Cucumbers, Ginger

Green Goddess 8.50

Local Greens, Apple, Ginger, Lemon

Pure 8.50

Low Glycemic Cucumber, Celery, Ginger, Kale, Mint, Basil, Lemon

Radiant Heart 9

Apple, ginger, sweet potato, carrot, orange

Fall Detox 8.50

Beet, apple, ginger, carrot, lemon, celery

The Bloody Beet 8.50

Healthy Probiotics Celery, red pepper, carrot, lemon, beet, curtido juice

Blissful Bunny 8.50

Carrot, cucumber, ginger

RAW Ice Creams

Banana Ice Cream Sundae 6

fresh banana ice cream, seasonal fruit, chocolate sauce and cacao nibs

Brownie Sundae 8

fresh banana ice cream, triple chocolate brownie chunks, seasonal fruit, chocolate sauce and cacao nibs

Soup of the day 6

Organic soups made fresh with our house-made stocks— inquire for day's seasonal soup

Salads, Wraps and More

Honey Spice Kale Salad 7

honey spice kale, beet, carrot, curried sunflower seeds and local pea shoots

Salad of the Moment (prices vary)

Fresh salad made with seasonal ingredients

Sweet Potato Quinoa Burger wrap 7

organic gluten-free veggie burger topped with spicy cashew mayo, red onion, avocado, sprouts, tomato, fermented veggies; wrapped in a collard leaf

Pizza of the Moment 7

Slice of veggie based pizza on our vegan nut crust. Each day it's a little different based on what's in season. Sometimes our pizzas are all raw and sometimes it's a combo of raw and cooked. Always organic and gluten-free

Sides

Rosemary Sweet Potatoes 3

Quinoa 3

Beans 3

House Greens 3

Honey Spice Kale 4

Avocado 3

Snacks (prices vary)

Honey Spice Kale Chips

Cheezy Kale Chips

Tomato Basil Flax Crackers

Curried Sunflower Seeds

Banana Chia Rollups

Chili Chocolate Granola

Coconut Lime Granola

Breakfast

Granola Bowl 8

Chili chocolate granola or Buckwheat Lime granola with fresh made almond milk, topped with goji berries and bee pollen

Rising Warrior Smoothie Bowl 11

Banana Blueberry Smoothie in a bowl topped with seasonal fruit, hemp seeds, pistachio, bee pollen and organic almonds butter

Parfait of the Moment 6 (S) | 9.50 (L)

layers of cashew coconut yogurt, buckwheat lime granola, seasonal fruit

Toast of the Moment 7

delicious seasonal toppings on our gluten-free, organic & vegan house-made toast

Open-faced Bagel Sandwich 8

Half of our raw, vegan & gluten-free sesame bagel topped with our dill cashew cheese, fresh tomato, red onion and local pea shoots

Morning Synergy Bowl 8

Carrot muffin "granola", fresh banana, goji berry, hemp seeds — served with your choice of coconut or almond milk

Ascended Warrior 11

Ben's Berries smoothie with goji berries, hemp seeds, pistachio, almond butter, seasonal berries, and chili chocolate granola

Daily Entrée

The daily entrée is made fresh each morning. This dish changes daily depending on what we are harvesting from our farm, what we're getting in from our farmers, what's in season. We are constantly creating new dishes, keeping the options fresh for our customers. Examples of entrée's we serve are: tacos, enchiladas, pad thai, curries, Indian Dal, Jambalaya, BLTs, veggie pastas and more.

 Want to know what we are serving before you come in? Check our Facebook account — we post our specials every morning. You can call us to find out as well!

Bowls

Buddha Bowl 12

Organic Local Raw Honey Spice Kale, Local Organic Greens, Organic Shredded Carrots, Organic Shredded Beets, Organic Ginger, "Fermenti-Cortido" Fermented Veggies, Local Organic Sprouts, Avocado Slices, 3 Raw Falafels w/a side of Lemon Tahini Dressing

Nacho Mama's Bean Bowl 10

Slow cooked pinto beans, quinoa, local greens, sprouts, fermented veggies, avocado, pumpkin seed and our cashew nacho cheese

Rosemary's Sweet Potato Bowl (seasonal) 10

Steamed sweet potato dressed with olive oil, rosemary and sea salt on a bed of greens and quinoa and topped with fermented veggies, sprouts, herbed cashew cheese, avocado and pumpkin seeds

"Un"Bakery (prices vary)

Lucky you! You found the mecca of desserts! Each of our desserts are lovingly made without gluten, dairy or processed sugar. And even better than that, totally organic!

In addition to our every day staples, below, we are constantly offering new and different desserts that change with the seasons.

Key Lime Cheezecake

Living Lemon Squares

Chocolate Hazelnut Cake

Chocolate Mocha Cake

Carrot Spice Muffin

Chocolate Maple Cupcake — Nut Free

Triple Chocolate Brownie

Chocolate Coconut Macaroon

Chai Cinnamon Truffle

Reishi Fudge Bites

Variety of cookies, macaroons, chocolates and seasonal desserts available daily