

24Carrots

Botanically inspired cuisine • Tue-Sat 9-9pm | Sun 9-5pm

Breakfast

Served 9-11AM weekdays
GF +2 | sub cauli scramble +0.75

| | |
|---|-------|
| Badass Breakfast Burrito | 10.75 |
| Organic tofu-veg scramble spinach seasonal vegetables bacun harvest hash aioli handmade tortilla choice of side | |
| GF Arizona Bowl | 10.5 |
| Organic tofu-veg scramble black beans harvest hash avocado spinach aioli tomato | |
| Carrot Cake Pancakes | 10.5 |
| Carrot cranberry sunflower seed maple syrup | |
| GF Oatmeal Cup | 6 |
| Maple pinch salt rice mylk granola topped | |

Starters

| | |
|---|------|
| GF Hummus | 7 |
| Lemon garlic hummus seasonal veggies organic tortilla chips | |
| GF Topopo Nachos | 12 |
| Organic tortilla chips black beans cashew-veggie queso hot sauce cilantro jalapeno sauce veggies aioli greens | |
| GF Pepper Poppers | 7 |
| Sweet bell peppers spicy almond cheese sunseed & cranberry | |
| Hunny Mustard Pretzel Bites | 7 |
| House-made freshly baked pretzels agave mustard garlic buttah | |
| GF Spinach Artichoke Dip | 11.5 |
| Organic tortilla chips seasonal veggies cashew-coconut cheese green chili sunseed & cranberry | |

Handhelds

Served with organic chips & salsa, carrots & hummus, or salad
GF +2 | Avocado +2 | sub soup side +2

| | |
|---|------|
| Garden Burger Basket | 12 |
| Handmade burger house baked bread freshest toppings featured on black board | |
| Harvest Quesadilla | 11 |
| Weekly harvest-inspired offering on our black board | |
| Smokey BLT Club Sandwich | 11 |
| Ancient grain sprouted bread house vegan bacon avocado onion greens tomato & garlic aioli | |
| Double bacun | +3.5 |
| Philly Cheeze Steak | 12 |
| Sauteed bean curd peppers and onions house queso seasonal greens melty cheeze hoagie bun | |
| Buffalo Cauliflower Wrap | 11.5 |
| Spicy buffalo baked cauliflower celery carrot greens aioli & handmade tortilla | |
| Sonoran Dog | 13 |
| Grilled seitan sausage seasoned black beans salsa bacun mayo hunny mustard cilantro-jalapeno sauce hoagie bun | |
| Sweet Potato Cuban | 11 |
| Shaved sweet potato "ham" purple cabbage tangy cashew cheeze sweet and spicy pickles smashed ciabatta | |
| Nashville Hot Chik'N | 12 |
| Crispy fried chikun maple hot sauce sweet & spicy pickles herb ranch greens tomato onion ciabatta | |

Salads & Soups

Add Raw Fiesta Walnuts +3

| | |
|--|------|
| GF RAW Tree of Life Salad | 14 |
| Sunflower Pate greens peppers onion carrot red cabbage avocado tomato cucumber beetroot lime tahini dressing mulberries almonds chia seeds pepitas | |
| GF Zucchini Noodle Salad | 10.5 |
| Zucchini noodles field greens seasonal veggies seed medley lemon tahini or balsamic dressing | |
| GF Lil' Green Salad | 7 |
| Greens cabbage carrot tomato beet root and cucumber choice of dressing | |
| GF Seasonal Soup | |
| Daily Hot and/or RAW offering on Blackboard | |
| Cup | 6 |
| Bowl | 8 |
| Add Sprouted Bread | 2 |

RAW Abundance

Energetic, living, nutrition packed, not heated over 115 degrees!

| | |
|---|------|
| GF Bountiful Collard Wrap | 12 |
| Field Greens layered veggies almond cheese agave mustard avocado choice of side | |
| GF Nori Rolls | 11 |
| Cauliflower "rice" almond cheese peppers carrot cabbage beets avocado ginger shoyu dip garden salad | |
| GF Tacos Supreme | 14 |
| Veggie taco shells fiesta walnut meat cashew cream avocado tomato seasonal veggies choice of side | |
| GF Alfredo Primavera | 10.5 |
| Zoodles cashew-coconut alfredo rainbow of veggies cashew parm | |

Plates & Bowls

| | |
|---|-------|
| GF Sasha's Seasonal Tacos | 12 |
| Two tacos made with love, listed on our black board, served w/ rice & black beans | |
| Mac & Trees | 11.5 |
| noodle broccoli veggie cashew cheese side salad choice of wheat or glutenfree noodles | |
| GF Carnival Enchiladas | 13 |
| Butternut squash corn carrot beetroot sauce cheeze walnut meat cashew cream salad + black beans | |
| GF Dan Dan-ish Noodle Bowl | 11.75 |
| Rice noodles seasoned tofu peanut lime cabbage seasonal vegetables spinach | |

Small Plates & Extras

| | | | |
|-----------------------|-----|---------------------------|-----|
| Rice & Beans | 5 | Vegan Cheese | 1 |
| Garlic Sauteed Greens | 7 | (daiya cashew almond) | |
| Sauteed Veggies | 7 | Extra Dressing | 0.5 |
| Fruit Cup | 4.5 | Hummus or Salsa | 0.5 |
| Bacun | 3.5 | Sprouted Bread | 2 |
| Avocado | 2 | Mac and Cheese Cup | 6 |

24 Carrots utilizes an assortment of nuts, seeds, soy, gluten & serves unpasteurized, whole fruit and vegetable juices.
Portion of proceeds from every plate supports our #carrotcares campaign to enrich & elevate our community.
Thank you for helping us help out!

Fresh Pressed Juice

16 oz | 20 oz

8 | 9

Rise & Shine

Orange carrot | apple

Cliffs of Dover

Apple | strawberry | orange | banana

Blue Pom Bomb

Blueberry | strawberry | apple | pomegranate

Carrots Over Easy

Apple | carrot | pineapple | strawberry

Pineapple Express

Pineapple | orange

Apple Zinger

Fresh apple & ginger

Seasonal Lemon/Limeade

Field of Greens

Apple | greens | lemon | parsley | celery | cucumber

Beet It

Beet | carrot | cucumber | celery | ginger

El Vampiro

Orange | apple | carrot | celery | beet | lime

All Natural Smoothies

16 oz | 20 oz

8 | 9

Berry Me Alive

Seasonal berries | pineapple | orange | apple

Tropic Thunder

Pineapple | orange | strawberry | banana | coconut

Peachy Keene

Peach | mango | apple

Berry Up Beet

Seasonal berries | beet | orange | lavender

Orange Dreamsicle

Orange | strawberry | banana | vanilla | mylk

Good Juju

Peanut | chocolate | cinnamon | banana | mylk | protein

Incredible Hulk

Apple | greens | pineapple | peach | lime | basil

PB & B

Peanut | banana | mylk | protein

Green Peace

Avocado | greens | apple | pineapple | mango | lime | coconut

Triple Threat Acai

Acai | pomegranate | blueberry | strawberry | banana

Organic Coffee & Teas

Americano

4 | 5

French Press

4.5 | 5.5

Latte

5

Local espresso | choice of mylk

House syrup (vanilla | brown sugar | date caramel | fudge) +.50

Cold Brew

3.5 | 4

Iced or Hot Tea

3.5 | 4

Railway Kaapi

6

Indian chicory & arabica latte | house mylk | slightly sweet | hand frothed

Carob Maca Latte

6

Caffeine free | warming spices | house mylk | slightly sweet

Beet Goji Latte

6

Caffeine free | beet juice | goji berries | cardamom | house mylk

Golden Mylk

6

Caffeine free | ginger | turmeric | black pepper | cinnamon
maple | house mylk

Strawberry Matcha Cream (Iced)

6

Smashed strawberry syrup | lemon | ginger | matcha
house mylk

Masala Chai

5 | 6

Scratch made | whole spices | fresh ginger | house mylk

Wild Flower Chai

5 | 6

Earl grey | orange | lavender | vanilla & cinnamon | house mylk

Hot Chocolate

6

House cocoa mix | house mylk

Cocktails

Elixir of Life

Hibiscus | pineapple | lemonade | rum

9

Sasha's Sangria

Rose apple | white wine | limoncello | rum | blueberries

9

Bourbon Apple- Chaider

Bourbon | house chai | fresh apple & ginger

9

Mimosa

Champagne | fresh orange juice

6.5

Ask about our weekly cocktail specials!

Beer & Wine

Pacific Redwoods

Organic red blend (House Red)

8 | 32

Tree Hugger

Organic pinot grigio (House White)

8 | 32

Our Daily Rose

Organic | gluten-free

9 | 36

Oribella

Kosher | semi-sweet red

8 | 29

Henri Marcel

Champagne | cuvee brut

7

Rotating selection of Craft & Local Beers!

24 Carrots Natural Café

1701 E Guadalupe Rd Tempe AZ 85283

Our menu is 100% vegan, largely gluten free & inspired by the very best local, seasonal, organic & artisanal ingredients.

Follow us for recipes, plant-based inspiration, weekly specials & events

[f/24Carrots](#)

www.24carrotscafe.com

[@24 Carrots!](#)

[\(480\) 753 4411](tel:(480)7534411)

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Thank you for helping us help out!