



Did you know . . .

- ◆ We purchase **organic produce and top quality ingredients** to make our culinary delights. Everything you eat at Premier Raw Cafe is made in our kitchen; from the almond milk to the pickles!
- ◆ Our talented culinary team makes every dish fresh on site, while keeping your health and happiness in mind. "Fresh" really is best! *Great taste without the toxics!*
- ◆ Our versatile menu and delicious entrees are perfect for your personal dietary choices: **Raw Vegan, Vegetarian or Raw Paleo.**
- ◆ Our entire menu is **100% gluten-free!**
- ◆ **Purified Water.** We use 100% purified water in our café to make all our food items such as drinks, various entrees, soups, etc. This means that you will NOT be consuming undesirable contaminants that are typically present in tap water. Another important factor in eating totally healthy!
- ◆ **Come on over for breakfast!** Our Banana Nut Pancakes are a smash hit here - delicious, filling and nutrient rich. Top it off with a Berry Blaster Smoothie and you're good to go!
- ◆ **Hearty Salads.** Our salads are made with top quality ingredients. Our salad dressings are also made fresh – never from a bottle with preservatives. Our dressings are also 100% raw and natural – so you'll get lots of super enzymes – and there's NO MSG, hydrogenated oil or preservatives (which are too common elsewhere). And our salads are filling and delicious!
- ◆ **Our house coffee** is organic and low temp-processed. No toxic, burned oils from coffee that has been roasted at too high a temperature or over-cooked during preparation! We use special equipment for our low-heat process so that the coffee is still raw, full of enzymes, full-bodied and delicious! We serve it hot or cold – your choice. We think you'll find it tastes superior to regular coffee!
- ◆ Our **flat bread** is made with flax, not wheat flour, and is a great source of heart healthy Omega-3.
- ◆ **Our house specialty** truly is our Premier Lasagna – and wow, is it delicious! It's made with layers upon layers of thinly sliced and marinated zucchini, with each layer boasting a delicious tomato and "ricotta" (macadamia base) sauce with fresh pesto and spinach. It's served with our distinctive Caraway Cole slaw and our raw garlic flatbread. Because this dish is not heated, all its enzymes are intact, making it easy to digest. In fact, after a few weeks of eating higher amounts of raw food, you may find that you can even "taste" food in a more robust way!
- ◆ **Try something different!** A very popular entrée is our Quantum Sliders – these are delicious hearty stacks featuring a chunky sunflower seed and veggie patty between two soft and naturally sweet gluten-free buns. Served with lettuce, tomato, pickle, onion, raw ketchup and cashew "cheese". *You'll savor every bite!*
- ◆ **Ready for a super healthy lunch?** You'll love our selection of **100% raw entrees** for lunch. Have you tried our popular ALT? This sandwich is loaded with avocado, lettuce and tomato and sprouts on raw "flat bread"; it comes with housemade pickles.
- ◆ **Our bison (buffalo) meat** is naturally raised in Texas. If you are on a raw paleo diet, this is one the finest choices you can make.



Premier Lasagna



Premier Caesar Salad



ALT Sandwich



Ice Cream



Premier Raw



Welcome to Premier Raw Cafe!

Now you can celebrate a whole new taste experience with premier, living cuisine and flavorful juices – *all made right on site.* Our passion is creating superb dishes with full-bodied, satisfying flavor that you'll *never forget.*

We hope you'll enjoy the ambience of our ultra-green café with Vastu-friendly building materials including beautiful Dragonboard walls (100% mineral-based), rock-wool insulation (chemical-free), genuine Italian ceramic tile flooring and huge windows with natural lighting – all surrounded by elegant Texas granite walkways and columns outside. These natural building materials act to create a wonderful, high quality quantum resonance within the space – truly a mini-retreat as you dine!

Why raw?

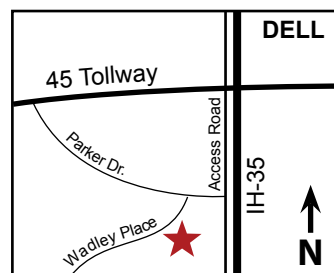
Did you know that man is the *only* animal on earth that cooks his food? Yes, given the choice, all other animals instinctually eat foods only in their natural raw state as given by Nature. Just the act of cooking can degrade up to 85% or more of the nutritional content of a food. Equally worse, heating food over 112° F also kills the living enzymes of foods – the very enzymes that you need to help keep yourself feeling alive and energetic!

Eating a diet of predominantly live foods can mean a quantum shift in how you look and feel. So join the raw food lifestyle and enjoy life to the max! A regular diet of premier quality, living whole foods can go a long way to help you keep that bounce in your step, the sparkle of youth and your wits sharp. Now that's a *good deal!*

Our Premier Promise:

- Delicious meals of uncompromising quality made fresh daily on site
- No refined white flour, white sugar or white rice
- No artificial flavorings, sweeteners, preservatives or other "junk"
- No MSG (monosodium glutamate) or other toxic food chemicals – so common in most restaurant meals!

Free Parking; outside dining decks available.



3500B Wadley Place
Austin, Texas
512-218-2525



Austin's Premier Living Cuisine and Juice/Smoothie Bar

◆ ◆ ◆
Delicious, 100% raw, gluten-free and vegan meals
Also great for raw Paleo meals

◆ ◆ ◆
Freshly made raw juices and smoothies
Scrumptious homemade raw desserts - *without* the toxins

Menu



"No Cheese" Cheesecake



Premier Bison Burger



Berry Blaster Smoothie



Housemade Sorbet



Premier Raw Cafe
3500B Wadley Place, Austin, Texas
Hours: Mon-Fri; 9 am - 5 pm
For take out, please call us at (512) 218-2525

Premier Organic Juices

Fresh ingredients, made to order
Make it a large for \$1.50 more

Carrot	\$3.98
Orange.....	\$4.98
Apple.....	\$4.98
Carrot/Apple	\$4.98
Green Zing	\$5.98
<i>Kale, green apple, celery, spinach, ginger, cucumber, parsley, lemon</i>	
Veggie Supreme	\$5.98
<i>Carrot, celery, beet, kale (ginger optional)</i>	
Dad’s Juice	\$5.98
<i>Spinach, kale, carrot, apple, lemon, ginger</i>	

Premier Smoothies

Made fresh daily, right on site
Make it a large for \$2.00 more

Berry Blaster	\$6.98
<i>Fresh orange juice, raspberries, strawberries, premium raw honey</i>	
Banana Perfection	\$6.98
<i>Bananas, coconut, coconut juice, walnuts, dates</i>	
Tropical Delight	\$6.98
<i>Pineapple, mango, macadamia nuts, dates, coconut juice</i>	
Pumpkin Pie	\$6.98
<i>Carrot, sweet potato, vanilla, cinnamon, cashew</i>	
Chocolate Heaven	\$6.98
<i>Sprouted almond milk, banana, dates, vanilla, cacao powder</i>	

Drinks

San Pellegrino	(1/2 liter) \$2.19 (1 liter) \$3.99
Coconut Juice.....	(10 oz) \$2.49 (17 oz) \$4.49
Organic Premier Coffee	\$2.29
<i>Freshly ground and cold brewed to preserve nutrients. Served hot or iced, almond milk on request</i>	

Premier Breakfast

Wake up and shine with our tasty “live food”
breakfast selections

Banana Nut Pancakes.....	\$4.98
<i>Moist flaxseed pancakes sweetened with bananas and macadamia nuts, layered with bananas and topped with blueberry compote</i>	
Premier Crunch	\$3.98
<i>Crunchy oats with nuts, dates and cinnamon, lightly sweetened with apple and honey</i>	
Cherry Apricot Tart	\$2.98
<i>Chewy cherry/apricot fusion between layers of a crumbly nut crust</i>	
Whole Fruit	\$1.00

Premier Soup

Fresh, seasonal ingredients, blended daily. Ask about today’s special creations.

Soup du Jour	(cup) \$4.00 (bowl) \$6.00
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Premier Salads

Caesar Salad	(small) \$4.98 (large) \$7.98
<i>Crisp romaine, garlic croutons, “rawmesan” crumble, creamy Caesar dressing and fresh-ground pepper</i>	
House Salad	(small) \$4.98 (large) \$7.98
<i>Organic spring mix with carrot, cucumber, red cabbage, tomato and avocado</i>	
Caraway Cole Slaw	(small) \$4.98 (large) \$7.98
<i>Grated cabbage, onion, carrot, caraway seeds, apple cider vinaigrette</i>	
Premier “Tuna” Salad	(small) \$5.98 (large) \$8.98
<i>100% raw; a generous scoop of our faux “tuna” (sunflower seeds, celery, herbs, pickles and green onion in almond “mayonnaise”) on a bed of house salad with avocado, tomato and sprouts; served with your choice of dressing.</i>	
Taco Salad	(small) \$6.98 (large) \$10.98
<i>Mixed greens, red cabbage and carrot tossed in cumin/lime vinaigrette topped with raw taco meat (veggie and nut based), guacamole, pico de gallo, spicy flax chips and cashew queso</i>	

Triple Plates

100% “live food” entrees with the Premier difference

Soup, Salad & Slider	\$6.98
<i>Our Quantum Slider (a hearty stack featuring a chunky sunflower seed and veggie patty between two soft and naturally sweet gluten-free buns. Served with lettuce, tomato, pickle, onion, raw ketchup and cashew “cheese”) soup du jour, small salad</i>	
Soup, Salad & Super Sandwich	\$6.98
<i>Your choice of a half ALT, Italian or Greek sandwich, soup du jour, small salad</i>	
Soup, Salad & “Lasagna”	\$6.98
<i>Our signature “lasagna” stack with layers of zucchini, with tomato sauce, “ricotta” (nut based), walnut meat, fresh pesto and spinach; served with soup du jour and a side salad</i>	

Premier Salad Dressings

100% raw “live food” salad dressing

“Ranch”-Style Dressing <i>Creamy cashew and herb dressing</i>	Zesty Avocado <i>Avocado, raw apple cider vinegar, garlic, spices, Premier Pink Salt</i>
Caesar Dressing <i>Creamy cashew/sunflower seeds with garlic and capers</i>	Sun-Dried Tomato Vinaigrette <i>Sun-dried tomatoes with basil and garlic</i>

Have you had your smoothie today?



Premier Bison Burger



Pancakes



ALT Sandwich

Premier Entrees

Truly delicious “live food” entrees, served with your choice of House Salad or our Caraway Slaw and housemade pickle spear

Premier Super Sandwich	\$8.49
<i>Traditional ALT: avocado, lettuce, tomato, and sprouts on our signature herbed flaxseed bread</i>	
<i>The Italian: olive tapenade, “ricotta” (macadamia base), fresh basil, tomato and arugula and spinach on our signature herbed flaxseed bread</i>	
<i>The Greek: olive tapenade, house-made tzatziki sauce, cucumber, tomato, onion and spinach on our signature herbed flaxseed bread</i>	

Quantum Sliders.....	\$8.49
<i>Two hearty stacks featuring a chunky sunflower seed and veggie patty between two soft and naturally sweet gluten-free buns. Served with lettuce, tomato, pickle, onion, raw ketchup and cashew “cheese”</i>	

Premier Bison Burger* ¹	\$11.98
<i>Locally-sourced, grass-fed Texas Bison patty* (prepared to order) on an Italian flatbread, with lettuce, tomato, house-made pickles, onion</i>	

Premier “Lasagna”	\$8.49
<i>Our signature “lasagna” stack with layers of zucchini, with tomato sauce, “ricotta” (nut based), walnut meat, fresh pesto and spinach; served with Italian flatbread</i>	

Premier Dessert

Deceivingly decadent but innocently luscious
Delicious “live food” desserts *without the guilt*

“Cheesecake”	\$4.98
<i>Creamy cashew based filling on a nutty crust (made without dairy)...check our dessert case to see what's new</i>	
Sorbet du Jour	\$3.98
<i>Ask about our house-made sorbet of the day</i>	
Cherry Apricot Tart	\$2.98
<i>Chewy cherry/apricot fusion between layers of a crumbly nut crust</i>	
Chocolate Truffle	\$1.50
<i>Delicious chocolate walnut sphere; ask for our flavor of the week</i>	
Ice Creme	\$3.98
<i>Almond milk or coconut based confection</i>	



Premier Lasagna

◆ Contains meat

¹Please note: Eating raw or undercooked meat may increase the risk of foodborne illness, especially if you have certain medical conditions

Berry Blaster Smoothie

