

Soulkofa

(917) 966-2476

Vegan Healthfood & Restaurant
235 RALPH AVENUE BROOKLYN NY 11233



@Soulkofa

BREAKFAST

- 1. Bacon Egg & Cheese..... \$9**
Vegan bacon, vegan eggs, & vegan cheese on a roll.
- 2. Soulkofa Triple Stack Pancake.....\$9**
Three pancakes with organic maple syrup and fresh fruit.
- 3. Hash Browns..... \$5**
Homemade golden brown grilled Idaho potatoes.
- 4. Oatmeal..... \$5**
*Steel Cut oats with almond milk cinamon and nutmeg.
Instant Oats with Soy Milk or Almond Milk with Spices.*
- 5. Toast with Avocado.....\$7**
Crunchy Toast with Avocado spread with spices.
- 6. Tofu Scramble.....\$7**
Extra firm tofu with veggies, herbs on multigrain sliced bread

LUNCH

- 1. Soulkofa B.L.T.....\$9**
Vegan bacon, lettuce, tomatoes,& vegan mayo
- 2. Soulkofa Tuna Salad.....\$8**
Chicpea, seaweed, vegan mayo,spices.
- 3. Black Bean Burger..... \$9**
Black beans, onion, garlic and tomatoes on a bun.
- 4. Chick'n Nugget Hero.....\$10**
Spicy vegan chick'n, lettuce, vegan mayo, pickles.
- 5. Soulkofa Burger..... \$10**
Plant based burger, spices, lettuce, tomato, special sauce, served on a bun.
- 6. Portabella Burger..... \$9**
Portabella mushroom, onions, garlic, Lemonaioli.
- 7. Soulkofa Sausage..... \$10**
Vegan sausages, onions pepper, cilantro aioli, guacamole

ADD ONS: \$2 ea

Granola
Mushrooms
Peppers
Banana
Blueberries
Cinnamon
Toast
Cheese
Just egg
Bacon
Strawberries

Sides

- | | |
|--|---|
| Roasted Potatoes \$5 | Candied Yams \$5 |
| Fried Plantains \$4 | Barbeque Tofu \$8 |
| Fried or Steamed Okra \$5 | Mac and cheese \$8 |
| Greens Melody \$6
<i>Sauteed kale & spinach mix</i> | General Tso Tofu \$8 |
| Side Salad \$6
<i>House picked fresh garden salad</i> | Hand Cut Fries \$4-\$5
<i>Yam, potato, or cassava</i> |
| 2 piece Fried Chick'n \$6
<i>Crispy vegan chick'n</i> | SoulKofa Patties \$4-\$5
<i>Fresh, flaky handmade patties</i> |
| Crab Cakes \$5
<i>Soy free</i> | -Ackee: scallions, red peppers
& seasoning |
| Steamed Cabbage &
Peppered Carrots \$5 | -Kale: kale, garlic, onions
& seasoning |
| Rice and peas \$5
<i>Aromatic traditional Jamaican side
dish.Seasoned with thyme, garlic,
& a blend of spices.</i> | -Chicpea & Potato: potatoes,
chickpeas, scallions & seasoning |
| White Rice \$5 | 3 Chick'n Nuggets \$7
<i>Crispy vegan chick'n</i> |
| | Brown Rice \$5 |

ADD ONS

Bacon \$2
Sauces \$1 ea :
Cilantro ailo
Soulkofa special sauce
Lemon ailoa
Pickels
Tomato jam
Lettuce
Tomato
Cheese \$2
Guacamole \$3
Soulkofa burger \$4
Black bean pattie \$4

ASK ABOUT OUR GLUTEN-FREE OPTIONS

MON. 10AM - 8PM | TUES. - SAT. 10AM - 8PM | SUNDAY 10AM - 6PM
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DINNER

All dinners come w choice of 1 veg 1 starch

- 1. Crab Cakes Dinner..... Reg. \$12 Lrg. \$14**
Chicpeas, hearts of palm, scallions, seaweed, lemon aioli (non soy, gluten free)
- 2. Fried Chick'n Dinner..... Reg. \$12 Lrg. \$14**
Golden brown, crispy tender vegan chicken fried in a seasoned batter
- 3. Mock Oxtail Dinner..... Reg. \$12 Lrg. \$15**
Succulent, tender braised jackfruit served with sweet butter beans (non soy gluten free)
- 4. Jerk Chick'n Dinner..... Reg. \$12 Lrg. \$14**
Tender jerk seasoned vegan chicken
- 5. Stew Chick'n Dinner..... Reg. \$12 Lrg. \$14**
Tender brown stewed vegan chicken in rich thick gravy

PIZZA

Gluten free pizza available on request

	<u>SLICE</u>	<u>12" in</u>	<u>16" in</u>
Soulkofa Slice.....	\$3.....	\$15.....	\$20
<i>Vegan mozzarella with housemade marinara</i>			
Mighty Man	\$6.....	\$18.....	\$25
<i>Pineapple, red peppers, green peppers, red onion, jerk chicken & vegan mozzarella, spices.</i>			

Add your own toppings \$2

Extra cheese, peppers, plant based meat, sliced tomatoes, garlic, spinach, kale, vegan sausage.

DESSERT

- Vegan Cake (1 Slice).....\$5**
100% Vegan Cake (Red Velvet, Carrot, Chocolate)
- Banana Pudding**\$6
100% Vegan Banana Pudding
- Ice Cream (sm - lg).....\$3-6**
Dairy-Free Soy Ice Cream (French Vanilla, Pineapple, Choc.)

Starches

- Rice & Peas..... \$5**
Aromatic traditional Jamaican side dish. Seasoned with thyme, garlic, and a blend of spices
- Mac & Cheese..... \$8**
Creamy vegan mac & cheese
- Roasted Potatoes..... \$5**
Perfectly roasted golden brown Idaho potatoes

Veggies

- Steamed cabbage..... \$5**
Steamed cabbage with carrots salt, pepper, garlic sauteed with vegan butter
- Broccoli..... \$5**
Broccoli sauteed with garlic & vegan butter
- Steamed Okra..... \$5**

SOUP

Medium \$6 | Large \$9

Ital Soup

Yellow yams, carrots, potatoes, sweet plantains, celery, ginger, black-eyed peas, garlic, kale, & dumplings.

Red Pea Soup

Red kidney beans, scotch bonnet, peppers, potatoes, coconut milk dumplings, herbs & spices

SPECIALS

- Oyster Mushroom Chick'n..... \$8**
2 piece oyster mushroom fried chick'n (non soy)
- Ackee & Saltfish..... \$8**
Ackee, hearts of palms, seaweed, peppers, garlic (non soy)
- Pepper Steak..... \$8**
House made vegan steak sauteed with sweet onions & bell peppers
- Curry Chicken..... \$7**

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FRESH JUICES

Small (16 oz) \$9 • Large (20 oz) \$11
Make your own juice - Choose 3 options
Add ons \$3

1- Sleep Tight

Apple Juice, Almonds
Banana, Wheat Germ
Brewers Yeast
Honey, Pure Water

4- Tumeric Tonic

-Cucumber, carrot, apple,
lemon, tumeric.

7- Headache Ease

Carrot, Celery, Parsley

10- Asthma

Carrot, Celery, Grapefruit

13- Healthy Heart

Carrot, Orange, Apple, Beets

2- Body Cleaners

Carrot, Apple, Beet, Ginger

5- Moon Cycle

Pineapple, Ginger, Apple, Carrot

8- Diabetes

Carrot, Celery, Parsley

11- Constipation

Carrot, Spinach, Apple

14- Detox

Apple, Cucumber, Kale
Lemon, Celery, Ginger

3- Green Juice

Spinach, Kale, Parsley,
Cucumber, apple, ginger

6- Cold Killer

Carrot, Parsley, Ginger, Garlic

9- Indigestion

Carrot, Cabbage, Beet

12- Kidneys

Carrot, Beet, Celery

15- Green Weight Loss

Green Apple,
Cucumber, Celery, Kale,
Lemon, Ginger

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FRESH JUICES (\$4.50)

Sorrel (Hibiscus) • Passion Fruit
Orange Juice • Apple Juice • Pineapple

ALKALINE WATER (\$2.00)

ORGANIC TEAS & COFFEE (\$2.50)

Green Tea • Lemon Grass • Peppermint • Ginger • Black Tea

SMOOTHIES

SMALL (16 OZ) \$9 • LARGE (24 OZ) \$11

Make your own choose 3 - Add ons \$.50 ea.

Plant Based Protein Powder - Choice of oat, coconut water, almond or soy milk.

1- Kofa Power

Oats, Protein Powder,
Peanut Butter, Agave, Almond Milk

2- Banana Banzana

Banana, Oats, Spices, Vanilla, Agave

3- Kofa Moss

Honey or Agave, Almond Milk, Granola,
Protein, Oats, Pumpkin Seeds, Seamoss, Banana,
Oat or Almond Milk

4- Immune Special \$10 sm, \$13 Large

Strawberry, Blueberry, Vit-C
Grapefruit Agave, Tumeric,
Coconut Water or Alkaline water

5- Liver Purge

Grapefruit, Lemon, Olive Oil, Vitamin C,
Apple Juice or Water

6- SoulKofa Smoothie

Strawberry, Banana

7- Healthy Eyes

Blueberries, Raspberries,
Blackberries, Strawberries,
Agave, Coconut Water

8- Tropical Blend

Mango, Pineapple,
Banana, Apple Juice

9- Energy Workout Boost

Banana Granola,
Protein Powder,
Peanut Butter

10- Choca Chocolate

Peanut Butter, Cocoa,
Banana, Cinnamon
almond or Oat Milk

11- Papaya Spice

Papaya, Nutmeg,
Cinnamon, Vanilla, Agave,
Oat or Almond milk

12- Green Smoothie

Kale, Spinach, Mango,
Banana, Coconut water

13- Male Energy \$12 sm, \$15 large

Banana, Peanut Butter, Protein Powder, Granola, Bee Pollen, Pumpkin Seeds,
Molasses, Sea Moss, Yohimbe, Ginseng, Ginko, Baji, Spirulina, Cashew

14- Female Vitality \$12 sm, \$15 large

Soy Protein, Bee Pollen, Lecithin, Molasses,
Spirulina, Maca, Vitamin C, Kava Kava, Ginkgo Balboa, Ginger

15- Ra Tonic \$11 or \$14

Cashew, Pumpkin seeds,
Ginkgo, Flax seeds,
Granola, Oats, Sea Moss,
Spirulina, Almond butter or
Peanut Butter.

SHOTS (\$4)

Wheat Grass • Ginger • Cayenne (Lime & Agave) • Immune Shot (Cayenne, Ginger & Lemon)

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FRESH JUICES

Small (16 oz) \$6 • Large (24 oz) \$8
Make your own juice - Choose 3 options
Add ons \$3

1- Healthy Bone Tonic

Carrot, Apple, Celery, Parsley

4- Blood Regeneration

Spinach, Kale, Celery, Beet, Carrot

7- Headache Ease

Carrot, Celery, Parsley

10- Indigestion

Carrot, Cabbage, Beet

13- Kidneys

Carrot, Beet, Celery

16- Detox

Apple, Cucumber, Kale
Lemon, Celery, Ginger

19- Colon Purge

-Celery Juice
-Wheat grass Juice
-Spinach Juice
-Cabbage Juice
-Parsley or Alfalfa Sprouts Juice

2- Body Cleaners

Carrot, Apple, Beet, Ginger

5- Menstrual

Pineapple, Ginger, Apple, Carrot

8- Stress

Banana, Strawberry, Peach

11- Asthma

Carrot, Celery, Grapefruit

14- Healthy Heart

Carrot, Orange, Apple, Beets

17- Green Weight Loss

Green Apple,
Cucumber, Celery, Kale,
Lemon, Ginger

20- Liver Purge

-Grapefruit
-Lemon
-Olive Oil
-Vitamin C Crystals

3- Green Juice

Spinach, Kale, Parsley,
Cucumber, apple, ginger

6- Cold Killer

Carrot, Parsley, Ginger, Garlic

9- Diabetes

Carrot, Celery, Parsley

12- Constipation

Carrot, Spinach, Apple

15- Weight Loss

Banana, Rice Milk, Peaches,
Melon, Lecithin, Protein

18- Sleep Tight

Apple Juice, Almonds
Banana, Wheat Germ
Brewers Yeast
Honey, Pure Water

21- Tumeric Tonic

-Cucumber, carrot, apple,
lemon, tumeric.

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