



Guru's[®]

En/iten
Bakery and Cafe

CHOOSE GURU'S FOR YOUR NEXT COMPANY PARTY OR CATERED EVENT

Our culinary gurus are ready to share their talents. Take-out and limited delivery available.

TEL 385 204 4386 | **EMAIL** gurus.provo@gmail.com

RISE & SHINE

BREAKFAST

Served Monday through Friday 8:00am - 11:00am, Saturday 8:00am - 1:00pm

À LA CARTE

Home Fries	2.5
Sweet Potato Hashbrowns	3
Blueberry Pancake.....	2.5
Toast (2)	2
1 Egg.....	1.5
Bacon (2)	2
Gravy	1.5
Biscuit	1.5
Grapefruit.....	2
Yogurt Granola Parfait	4

SEASONAL FRUIT

Cup	2.5
Bowl	4.5

BEVERAGES





Herbal Tea	2.5
Organic Coffee, hot or iced	2
Fresh Orange Juice.....	12 oz. 2
Milk	sm 1 lrg 2

FEED THE SOUL

LITTLE GURU

Reserved for the under 12 crowd. Capri Sun included.

LITTLE GURU TRADITIONAL FRENCH TOAST	3.5
LITTLE GURU BLUEBERRY PANCAKE	3.5
LITTLE GURU OATMEAL	3.5
LITTLE GURU EGGS AND TOAST	3.5


-  Guru's favorite
-  Can be made Vegan upon request
-  Can be made without gluten upon request
-  This dish contains nuts


Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.


ENTRÉES

BREAKFAST BURRITO Fresh flour tortilla stuffed with eggs, cheese, chorizo sausage, rice, black beans and a fresh ranchero sauce. Served with lettuce, pico de gallo, and sour cream. **9.5**


BREAKFAST QUESADILLA Fresh spinach tortilla stuffed with eggs, bacon, onions, peppers and two cheeses. Served with pico de gallo, and sour cream. **9.5**

 **HUEVOS RANCHEROS** Crisp corn tortilla topped with two eggs, black beans, chorizo sausage, and sour cream smothered in fresh ranchero sauce and topped with pico de gallo. Served with sour cream on the side. **9.5**

 **PHILLY PHRENCH TOAST** Whole grain bread stuffed with cream cheese and coated with an almond cornflake batter. Served with strawberry or maple syrup. **8.5**


 **BLUE CAKES** Blueberries added to our made-from-scratch pancakes. Served with fresh blueberry or maple syrup. **7**

CINNAMON MANGO OATMEAL Steel cut oatmeal spiced with cinnamon and topped with slices of mango. **4.5**


 **COWBOY BENNY** Fresh buttermilk biscuit topped with 2 fried eggs and bacon, all smothered in sausage gravy. Add home fries or sweet potato hashbrowns for an additional 1.59. **9**

CROISSANT EGG SANDWICH 2 eggs and cheese with either bacon or veggie sausage in a croissant. **7.5**

GURU'S BREAKFAST Try a little of everything...2 eggs and either 2 slices of bacon, 2 sausage links or veggie sausage. Served with home fries and toast. **10**

 **VEGGIE DELIGHT** Scrambled tofu, veggie sausage, and sweet potato hashbrowns. **10**

OMELETTE WRAP Fresh spinach tortilla stuffed with eggs, mushrooms, spinach, Feta cheese, lettuce and tomatoes. **8.5**

 **J'S BREAKFAST MESS** Our veggie medley with potatoes, mushrooms, spinach, veggie sausage, ranchero sauce and two eggs any style. **9.5**

BUILD YOUR OWN OMELETTE

Choose 3 items.....**6.5**

Choose 4 items.....**7.5**

Choose 5 items.....**8.5**

Green peppers, mushrooms, black olives, cheddar cheese, feta cheese, bleu cheese, corn, edamame, onions, jalapeños, diced bacon, tomatoes, spinach.

Guru's®

APPETIZERS

🌱 **SWEET POTATO FRIES** with southwest fry sauce half 4.5 full 8

🌱 **CHIPS & QUESO** 6

🌱 **CHIPS & SALSA FRESCA** 4

ENLITENED SALADS

🌱 **GURU'S HOUSE** Grilled chicken, mixed field greens, sliced apples, mandarin oranges, feta cheese, and candied almonds, tossed in a raspberry vinaigrette. half 8 full 11

🌱 **ASIAN CHICKEN** Marinated chicken, mixed field greens, crispy noodles, edamame, bean sprouts, carrots, mandarin oranges, and candied almonds, in a sesame ginger dressing. half 8 full 11

🌱 **TAOS TORTILLA** Grilled chicken, romaine lettuce, pico de gallo, black beans, corn, cucumber, crispy tortilla strips, and shredded cheese, tossed in a creamy cilantro-lime dressing or spicy chipotle ranch. Try it with our guacamole for .60. half 8 full 11

🌱 **BUFFALO CHICKEN** Romaine lettuce, spicy chicken, tomato, bleu cheese crumbles, carrots and bacon with bleu cheese dressing. half 8 full 11

🌱 **NAPA WALDORF** Grilled chicken, mixed field greens, red grapes, sliced apples, candied walnuts, and crumbled bleu cheese, tossed in your choice of balsamic vinaigrette or creamy bleu cheese dressing. half 8 full 11

🌱 **BLACKENED SALMON** Filet of blackened salmon, romaine lettuce tossed with cucumber, tomatoes, feta cheese, crispy noodles and roasted red pepper dressing. full 15

🌱 **CHICKEN CAESAR** Grilled chicken, romaine lettuce, croûtons and Parmesan cheese, tossed in a creamy caesar dressing. Topped with pico de gallo. half 8 full 11

🌱 **MEDITERRANEAN CHICKEN** Mixed greens, cucumber, feta, tomato, red onion, kalamata olives and pepperoncinis with a balsamic vinaigrette. half 8 full 11

🌱 **COBB** Romaine lettuce, chicken, egg, bacon, tomato, shredded monterey jack and cheddar cheese with your choice of dressing. half 8 full 11

🌱 **ROASTED BEET** Arugula and baby greens, roasted red and gold beets, goat cheese, candied walnuts, dried cranberries, and cider vinaigrette. half 8 full 11

SOME LIKE IT HOT

SANDWICHES

Served with house-made potato chips.

🌱 **REUBEN** Corned beef, swiss cheese and sauerkraut with russian dressing on rye bread. 9

🌱 **TURKEY PESTO** Slow roasted, hand pulled turkey breast, provolone, roasted red peppers and tomato with a basil pesto spread on focaccia. 9

🌱 **CAPRESE GRILLED CHEESE** Provolone, mozzarella and tomato with a basil pesto spread on focaccia. 7

🌱 **GRILLED CHEESE PLEASE** Cheddar, provolone and mozzarella on white bread. 6

🌱 **FRENCH DIP** Roast beef, provolone on a baguette. Served with a side of au jus. 9

SOME LIKE IT COLD

SANDWICHES

Cold sandwiches are on your choice of our freshly baked breads:

Baguette, focaccia, white or wheat roll, light rye, or croissant (additional .50). Served with house-made potato chips.

🌱 **TURKEY & AVOCADO BLT** Slow-roasted, hand-pulled turkey breast, avocado, bacon, lettuce, tomato and red onion with mayonnaise. 9.5

🌱 **ITALIAN COMBO** Ham, salami, pepperoni, provolone, mixed greens, tomato and red onion with basil pesto. 9

🌱 **CLUB** Slow roasted, hand pulled turkey breast, ham, bacon, lettuce and tomato with mayonnaise. 9

🌱 **TURKEY ARTICHOKE** Slow roasted, hand pulled turkey breast, roasted red peppers, lettuce and tomato with artichoke-parmesan spread on focaccia. 9

BLISSFUL WRAPS

Served with chips and salsa fresca.

SOUTHWEST CHIPOTLE Your choice of grilled chicken or steak, fresh corn, black beans, lettuce, pico de gallo, jack and cheddar cheese, with creamy chipotle dressing, in a chipotle tortilla. **10**

MAUI WOWIE CHICKEN Grilled chicken, toasted coconut, lettuce, and tomatoes, with orange teriyaki glaze, mango salsa, jack and cheddar cheese, in a chipotle tortilla. **10**

CAESAR CHICKEN Grilled chicken, romaine lettuce, tomatoes, and parmesan cheese with creamy caesar dressing, in a spinach tortilla. **10**

BLACK & BLEU STEAK Grilled steak, bleu cheese, spring mix, tomatoes, and balsamic dressing, in a chipotle tortilla. **10**

CALI CLUB Grilled chicken, lettuce, tomatoes, bacon, avocado and mayo in a whole wheat tortilla. **10**

AWE-INSPIRING VEGGIES

VEGETARIAN BOWL Sautéed, bean sprouts, carrots, zucchini, yellow squash, roasted sweet corn, broccoli, tomatoes, mushrooms, artichoke hearts, edamame, and your choice of rice in a light cilantro-lime pesto. **half 8 full 12**

THAI VEGGIE WRAP Tofu, zucchini, yellow squash, carrots, edamame, sprouts, lettuce, brown rice and peanuts in a thai peanut sauce. Served with chips and salsa fresca. **10**

GURUVIAN VEGGIE & TOFU WRAP Tofu, zucchini, yellow squash, carrots, mushrooms, edamame, lettuce, tomatoes, feta cheese, and cilantro-lime ranch. Served with chips and salsa fresca. **10**

GOOD KARMA NOODLES Grilled tofu, edamame, artichoke hearts, mushrooms, broccoli, roma tomatoes, zucchini, yellow squash, and carrots, in a coconut-curry cream sauce. **half 8 full 12**

SPICY CURRY BOWL Zucchini, yellow squash, carrots, edamame, broccoli, bean sprouts, cashews, and tofu in a spicy coconut curry sauce over rice. **half 8 full 12**

CURRY QUESADILLA Zucchini, yellow squash, carrots, edamame, mushrooms, and cashews in a chipotle tortilla with melted cheddar, monterey jack and feta cheese. Served with chips and salsa, roasted red pepper ranch, and guacamole. **11**

VEGGIE BURRITO Zucchini, yellow squash, carrots, edamame, mushrooms, corn, peanuts, tofu, brown rice, cheddar and monterey jack cheese, and cilantro-lime ranch rolled in a spinach tortilla topped with pico de gallo and guacamole. Served with chips and salsa fresca. **10**



MEDITERRANEAN CHICKEN SALAD

HAND-TOSSED PIZZA

On a hand-tossed crust.

BUFFALO CHICKEN Grilled chicken, red onions, mozzarella and bleu cheese with buffalo sauce. Topped with crushed potato chips. **11**

ARTI, SPINACH & MUSHROOM Spinach, mushroom, artichoke and mozzarella with basil pesto sauce. **11**

CILANTRO-LIME CHICKEN Grilled chicken, cheddar, monterey jack and feta cheese, corn with cilantro-lime pesto. Topped with fresh pico de gallo. **11**

BASIL PESTO Fresh tomatoes, mozzarella and parmesan cheese with basil pesto sauce. **11**

PEPPERONI Pepperoni, mozzarella cheese and marinara sauce. **11**

MEXICAN Chorizo sausage, cheddar and monterey jack cheese, corn, pickled jalapeños, pico de gallo and ranchero sauce. Served with cilantro-lime ranch sauce. **11**

BEEF & BUTTERNUT Roasted red and gold beets, arugula, walnuts, goat cheese and butternut-pumpkin sauce. **11**

IGNITE THE FIRE TACOS & BURRITOS

Choose carnitas pork, grilled chicken, carne asada steak, or tofu. Served with chips and salsa fresca, or change out item from our substitutions.

BURRITO GRANDE Fresh flour tortilla stuffed with rice, black beans, two cheeses, and your choice of meat, smothered in a fresh ranchero sauce and melted cheese. Served with pico de gallo and sour cream. **11**

TACOS Two soft tortillas, lettuce, cilantro-lime ranch, and two cheeses, filled with your choice of meat. Served with pico de gallo and sour cream. **10**

QUESADILLA Stuffed with cheddar and monterey jack cheese. Served with pico de gallo and sour cream. **8** With your choice of meat: grilled chicken, steak or pork. **10**

CILANTRO-LIME QUESADILLA Stuffed with chicken, cheddar, monterey jack and feta cheese, corn, and cilantro-lime pesto. Served with pico de gallo and sour cream. **11**

BLEU QUESADILLA Stuffed with steak, cheddar, monterey jack and bleu cheese. Served with pico de gallo and sour cream. **11**

SANTA CRUZ QUESADILLA Stuffed with your choice of meats or vegetarian, feta, cheddar and monterey jack cheese, pico de gallo and black beans. Served with pico de gallo and sour cream. **11**

BAJA FISH TACOS Two soft tacos filled with grilled seasonal fish, guacamole, lettuce, pico de gallo, and cilantro-lime ranch. **12**

SELF-FULLILLING

PASTA & BOWLS

All rice bowls are served on your choice of white or brown rice or Gluten-Free Asian rice noodles.

TERIYAKI RICE BOWL Grilled chicken or steak, sautéed, carrots, broccoli, zucchini and yellow squash, edamame, with orange teriyaki glaze. **half 8 full 12**

PAN-SEARED SALMON RICE BOWL Pan-seared salmon fillet, sautéed, carrots, broccoli, zucchini, and yellow squash, with a roasted red bell pepper sauce. **full 16**

THAI PEANUT PASTA OR RICE BOWL Grilled chicken, scallions, bean sprouts, broccoli, edamame, zucchini, yellow squash, carrots, and peanuts in a thai peanut sauce. **half 8 full 12**

SPICY SZECHWAN PASTA OR RICE BOWL Grilled chicken or steak with zucchini, yellow squash, carrots, broccoli, scallions, and sesame seeds in a traditional tangy szechwan pepper sauce. **half 8 full 12**

CILANTRO-LIME PESTO PASTA Grilled chicken with zucchini, yellow squash, carrots, broccoli, parmesan cheese and cilantro-lime pesto. **half 8 full 12**

MARCO POLO PASTA Grilled chicken, artichoke hearts, zucchini, yellow squash, carrots, broccoli, mushrooms, and tomatoes in a light garlic alfredo sauce with parmesan cheese. **half 9 full 13**



CILANTRO-LIME QUESADILLA

- Guru's favorite
- Can be made Vegan upon request
- Can be made without gluten upon request
- This dish contains nuts

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions. We cannot guarantee against cross-contamination.

WARM THE HEART

SOUPS

All soups are served with a slice of bread.
Feature soups change regularly and are posted on the board.

MULLIGATAWNY Chicken, rice, curry, coconut milk, apples, celery, sweet onions, and carrots. **cup 4 bowl 6.5**

CHICKEN CORN TORTILLA Grilled chicken, tomatoes, diced green chilies, roasted corn, scallions, crispy tortilla strips, cheese, and fresh lime. **cup 4 bowl 6.5**

COCONUT SQUASH SOUP Butternut-squash puree with coconut milk. Garnished with shredded coconut. **cup 4 bowl 6.5**



TURKEY & AVOCADO BLT

COMBO MEALS

Choose any two items. **13**

HALF ENLITEN SALAD

HALF ENLITEN SANDWICH

BOWL OF SOUP

SUBSTITUTIONS

Change out standard menu sides for those listed below.

SIDE OF SWEET POTATO FRIES with southwest fry sauce **2**

GARDEN SALAD **1.5**

RICE AND BEANS **1.5**

CUP OF SOUP **1.5**

FEED THE SOUL

LITTLE GURU

Reserved for the under 12 crowd. Capri Sun included.

LITTLE GURU TACO One chicken taco on a flour or corn tortilla. Served with tortilla chips. **3**

LITTLE GURU CHEESE QUESADILLA Melted cheddar and jack cheese, on a fresh flour tortilla. Served with tortilla chips. **4**

LITTLE GURU GRILLED CHEESE Cheddar, provolone and mozzarella on white bread. Served with potato chips. **3**