



Lovin[♥]
spoonfuls
vegan restaurant

Dinner

100% Plant-Based • Cholesterol-Free • Cruelty-Free

Appetizers

Hummus \$6.25

With grilled za'atar flatbread + kalamata olives. GF available

Dolmas \$5.5 GF

Battered Mushrooms \$6

With housemade ranch. GF available

Sausage Bites \$6

With vegan honey mustard.

Chicken Nuggets \$6.5

With choice of vegan honey mustard, sweet + sour, ranch, BBQ or buffalo sauce.

Shoestring French Fries \$3

Chipotle Fries \$3.25

Chili Cheese Fries \$6.5

Cauliflower Wings \$7.5

Tossed in your choice of classic buffalo, BBQ or sweet + sour. GF available

Fried Ravioli \$7

With marinara.

Spring Rolls \$5.5

With sweet + sour sauce.

While we seek to accommodate all dietary restrictions + allergies, all of our food is prepared on shared equipment + we cannot guarantee the lack of cross-contamination.

Salads

Choose from housemade sesame dijon, ranch, Italian, thousand island + fat-free balsamic vinaigrette.
Add a grilled garlic butter vegan chicken breast for \$4.25.

Spring \$5

Organic mixed greens, carrots, cucumber slices + grape tomatoes. GF

Grilled Veggie Kale \$8.75

Baby kale, grilled portobello strips, onions, bell peppers, pine nuts, carrots + Italian dressing. GF

Spinach + Arugula \$8.75

Spinach, arugula, tempeh bacon, strawberries, bell peppers, carrots, walnuts + fat-free balsamic. GF

Kale Caesar \$8.25

Baby kale, pine nuts, kalamata olives, carrots, croutons + house Caesar. GF available

Sesame Chicken \$10.5

Sesame glazed vegan chicken, organic mixed greens, carrots, scallions, red bell peppers
+ sesame dijon dressing.

Soups + Chili

Chili + Corn Bread \$7.25 GF

Housemade Soup of the Day / Cup \$3.5 / Bowl \$4.75 / + Corn Bread \$2.5

Sides

Potato Salad \$2.5 GF

Carrot Walnut Raisin Salad \$2.5 GF

Corn Bread \$2.5 GF

Grilled Veggies \$4 GF

Sautéed Greens \$3 GF

Entrées

*All dinner entrées are served with organic mixed greens + your choice of housemade dressing.
Choose from ranch, Italian, thousand island, fat-free balsamic or sesame dijon.*

Fried Chicken Dinner \$14.25

Vegan chicken, garlic mashed potatoes, stuffing
+ housemade mushroom gravy with grilled seasonal veg.

Nut Loaf \$13.5

Cashew loaf + garlic mashed potatoes + housemade mushroom gravy
with grilled seasonal veg. GF

Mediterranean Plate \$11.5

Housemade hummus + falafel, dolmas, organic brown rice
+ grilled za'atar flatbread with tahini. GF available

Black Beans + Rice \$10.5

Black beans, organic corn, grilled peppers + organic brown rice
with guacamole, vegan sour cream + salsa. GF

Thai Curry \$12.25

Broccoli, cauliflower, carrots, bell peppers + red onions
in housemade red curry + organic brown rice. GF

Add tofu or tempeh \$2.5 / Grilled garlic butter vegan chicken breast \$4.25 / Vegan beef \$3.5

Beijing Bowl \$10.5

Broccoli, carrots, red onions + scallions with ginger-citrus sauce + organic brown rice. GF
Add tofu or tempeh \$2.5 / Grilled garlic butter vegan chicken breast \$4.25 / Vegan beef \$3.5

Asian Pepper Steak \$12.5

Seared vegan sesame beef, peppers + onions
with soy ginger sauce + organic brown rice. GF available

Old Pueblo Burrito \$11.25

Black beans + organic corn, grilled peppers, onions, vegan sour cream, guacamole + salsa.
Add vegan cheese for \$1

Burgers

All burgers are served with house vegan mayo, lettuce, tomato + pickles on a locally baked roll with your choice of potato salad, carrot walnut raisin salad or organic mixed greens.

Substitute adzuki patty for .75¢. Substitute fries for \$2. GF Available

Garlic + Portobello \$11

Housemade soy patty with portobello mushrooms, grilled onions, baby arugula + herb mayo on a locally baked garlic bun + shoestring fries.

Adzuki \$8.75

Housemade patty with Adzuki beans, shredded vegetables, grains + nuts.

Classic \$8.75

Housemade soy patty + grilled onions.

Wildcat \$9.75

Housemade soy patty with caramelized onions, tempeh bacon, vegan bleu + sriracha mayo.

Route 66 \$9.5

Housemade soy patty with tempeh bacon + vegan cheese.

Southwest \$9.5

Housemade soy patty with cilantro mayo, guacamole + salsa.

BBQ \$9.75

Housemade soy patty with BBQ sauce + crispy, battered onions.

Pasta

All pasta dishes are served with organic mixed greens + garlic bread.

Add a grilled garlic butter vegan chicken breast for \$4.25.

Primavera \$11.25

Linguine + portobello mushrooms, zucchini, asparagus + eggplant with housemade cashew alfredo.

Ravioli Alfredo \$13.25

Vegan ravioli + housemade cashew alfredo.

Linguine + Meatballs \$10.5

Linguine + vegan meatballs with housemade marinara.

Tomato Basil Alfredo \$13.25

Whole wheat spaghetti, fresh tomatoes, garlic + basil with fried tofu + housemade cashew alfredo.



Kids Menu

Spaghetti + Meatballs \$6.25

With garlic bread.

Chicken Nuggets + Fries \$6.25

Cheeseburger \$6.25

With chips. Substitute organic mixed greens for \$1 or fries for \$2. GF available

PB + J \$4.5

With chips. Substitute organic mixed greens for \$1 or fries for \$2. GF available

Grilled Cheese \$4.75

With chips. Substitute organic mixed greens for \$1 or fries for \$2. GF available

Tofu Pup \$4.5

With chips. Substitute organic mixed greens for \$1 or fries for \$2.

Beverages

Iced Tea \$2.5

Spiced (Decaffeinated) or China Black (Caffeinated)

Hot Tea \$2

Caffeinated: China black, green or jasmine

Naturally decaffeinated: Spiced or mango peach

Herbal: Hibiscus, mint or chamomile

Hot Coffee \$3

We serve organic, fair-trade, shade grown coffee.

Soy Latte \$5.5

Soy Matcha Latte \$6.5

Americano \$4

Espresso \$4

Fruit Juices + Soy Milk

Small \$2.5 / Large \$4.5

Orange, Apple or Pineapple Juice.

Vanilla or Chocolate Organic Soy Milk.

From Our Cooler

Kombucha \$5

Coconut Water \$4.5

Housemade Lemon-Limeade \$3

Bottled Soda \$3.5

Fountain Drinks \$2.5

Coke, Diet Coke, Minute Maid Cranberry Juice,
Sprite, Barq's Root Beer

Smoothies

Apple Kale \$6.75

Apple juice, fresh kale, mango, banana

Strawberry Sunshine \$6

Strawberries, orange, mango

Stella Blue \$6

Apple, blueberry, banana

Tropical Dream \$6

Pineapple, mango, banana

Orange Mango Creamsicle \$6

Orange, mango, vanilla soy milk

Add kale to any smoothie for 75¢

Shakes \$6.25

Vanilla / Vanilla-Pineapple / Vanilla Mint

Coffee + Cream / Peanut Butter Cup

Matcha / Chocolate / Chocolate Pineapple

Chocolate Mint / Chocolate Covered Strawberry

Chocolate Orange Truffle / Mexican Delight

Strawberry / Strawberry-Pineapple

Lemon Creamsicle / Orange Creamsicle

Add whipped cream to any shake for \$1



Thank you for visiting!