

Pancakes + French Toast

Served with maple syrup.

Pancakes \$7

Organic whole wheat or gluten-free buckwheat.

Short Stack \$4

Organic whole wheat or gluten-free buckwheat.

French Toast \$7

Powdered sugar + maple syrup. GF available

French Toast Deluxe \$10.5

Blueberries, strawberries, banana slices, walnuts, chocolate chips, powdered sugar, maple syrup + whipped cream. **GF** available

Breakfast Burritos

Wrapped in a locally made flour tortilla. Served with a side of salsa.

Traditional \$8

Tempeh bacon, organic tofu + potatoes.

Southwest \$8.75

Chorizo, green chilies, organic tofu + potatoes.

Grilled Veggie \$8.75

Bell peppers, red onions, portobello mushrooms, organic tofu + potatoes.

Burrito Add-Ins \$1 each

Guacamole / Vegan cheese

Side Dishes

Home Fries \$2.5 GF

Corn Bread \$2.5 GF

Side of Scramble \$3.5 GF

Tempeh Bacon \$2.5 GF

Toast + Jelly \$1.75 GF available

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.

Tofu Scrambles

All of our scrambles are made with organic tofu + served with locally baked 9-grain toast + home fries.

Organic brown rice or organic mixed greens may be substituted for home fries. **GF available**

Fiesta \$10.75

Soy chorizo, green chilies, vegan cheese, guacamole + vegan sour cream.

Sautéed Kale \$9.25

Baby kale, toasted pine nuts + fresh tomatoes.

Spinach, Mushroom + Arugula \$9.25

Fresh spinach, mushrooms + arugula.

Denver \$9.75

Vegan smoked turkey, bell peppers, red onions + vegan cheese.

Italian \$8.5

Fresh tomatoes, garlic + basil.

Mediterranean \$9.75

Kalamata olives, garlic, sun-dried tomatoes + red onions.

Country \$8

Seasoned tofu.

Scramble Add-Ins 75¢ each

Bell peppers / Garlic / Green chilies / Kalamata olives / Kale Mushrooms / Onions / Pine nuts / Scallions / Tempeh bacon / Spinach Fresh tomatoes / Sun-dried tomatoes / Vegan smoked turkey

Scramble Add-Ins \$1 each

Guacamole / Soy chorizo / Vegan cheese

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.

Soups + Chili

Chili + Corn Bread \$7.25 GF
Housemade Soup of the Day / Cup \$3.5 / Bowl \$4.75 / + Corn Bread \$2.5

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.

Sandwiches + Plates

All sandwich plates are served with your choice of potato salad, carrot walnut raisin salad or organic mixed greens with your choice of dressing. Substitute fries for \$2.

Hummus Sandwich \$8.25

Housemade hummus with arugula, tomato, cucumber + roasted red peppers on grilled locally baked 9-grain. GF available

Club \$9.25

Vegan smoked turkey, tempeh bacon, lettuce, tomato + house mayo on locally baked 9-grain.

Porto Flatbread \$9.25

Portobello mushrooms, lettuce, tomato, cucumber, kalamata olives + onions on grilled za'atar flatbread. GF available

BLT \$6.75

Tempeh bacon, lettuce, tomato + house mayo on locally baked 9-grain. GF available Double stuff add \$1.5

Turkey \$7.25

Vegan smoked turkey, lettuce, tomato + house mayo on locally baked 9-grain. Double stuff add \$2

Philly Cheesesteak \$10.25

Grilled vegan beef, peppers, onions, vegan cheese + house mayo on a locally baked roll.

Falafel \$9.25

Housemade falafel with hummus, tahini, lettuce, tomato, cucumber, onion + kalamata olives on grilled za'atar flatbread. GF available

Tempeh Reuben \$9.75

Organic tempeh on grilled locally baked rye with vegan cheese, sauerkraut + housemade thousand island.

GF available

Portobello Griller \$9.25

Grilled portobello mushrooms, peppers + onions on a locally baked roll with cilantro mayo. GF available

Hot Dogs

With Kraut \$6 With Chili \$6.5

BBQ Chicken \$10.25

Fried vegan chicken, BBQ sauce, house vegan mayo, lettuce, tomato + pickles on a locally baked roll. Add bleu cheese for \$1

BBQ Beef \$10.25

BBQ vegan beef + grilled onions on a locally baked roll.

GF available

Grilled Cheese \$5.25

On locally baked sourdough.

Add-ins 75¢ each:

Tomato slices, grilled onions,
green chilies, tempeh bacon

GF available

Rice + Bean Burrito \$9.25

With corn, grilled peppers, onions, vegan sour cream, guacamole + salsa. Served with organic mixed greens.

Add vegan cheese for \$1

Mediterranean Plate \$11.5

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

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

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

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, quacamole + salsa.

BBQ \$9.75

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

Rice Bowls \$9.5

All bowls are served over organic brown rice. **GF**+ Tofu or Tempeh \$2.5
+ Grilled garlic butter vegan chicken breast \$4.25 / Vegan beef \$3.5

BBQ

Portobello mushrooms, asparagus, zucchini, eggplant + tempeh.

Peking

Broccoli, carrots, red onions + scallions with a ginger-citrus sauce.

Thai Curry

Broccoli, cauliflower, carrots, bell peppers + red onions in housemade red curry.

Black Beans + Corn

With grilled peppers, guacamole, salsa + vegan sour cream.

Kids Menu

Spaghetti + Meatballs \$6.25 With garlic bread.

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

Chicken Nuggets + Fries \$6.25

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

