



**Lovin[♥]
spoonfuls**
vegan restaurant

Breakfast + Lunch

100% Plant-Based • Cholesterol-Free • Cruelty-Free
100% Housemade Sauces + Dressings

Pancakes + French Toast

Served with maple syrup. Extra syrup .75¢.

Pancakes \$9

Organic whole wheat or gluten-free buckwheat.

Short Stack \$5

Organic whole wheat or gluten-free buckwheat.

French Toast \$9

Powdered sugar + maple syrup. GF available

French Toast Deluxe \$12

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

Pancakes + French Toast Add-Ins \$1 each

Blueberries / Strawberries / Banana slices / Walnuts / Chocolate chips / Whipped cream

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Breakfast Burritos

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

Traditional \$9

Tempeh bacon, organic tofu + potatoes.

Southwest \$10

Chorizo, green chilies, organic tofu + potatoes.

Grilled Veggie \$10

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

Burrito Add-Ins \$2 each

Guacamole / Vegan cheese

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Side Dishes

Home Fries \$3 GF / Corn Bread \$2.5 GF / Side of Scramble \$3.5 GF

Tempeh Bacon \$2.5 GF / Toast + Jelly \$2 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 \$12

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

Sautéed Kale \$10

Baby kale + fresh tomatoes.

Spinach, Mushroom + Arugula \$9.5

Fresh spinach, mushrooms + arugula.

Denver \$10

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

Italian \$9.5

Fresh tomatoes, garlic + basil.

Mediterranean \$10

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

Country \$9

Seasoned tofu.

Scramble Add-Ins \$1 each

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

Scramble Add-Ins \$2 each

Guacamole / Soy chorizo / Vegan cheese

Breakfast is available until 3pm.

Appetizers

Extra sauce .75¢ each.

Hummus \$7.5
With grilled za'atar flatbread
+ kalamata olives.
GF available

Dolmas \$6 GF

Battered Mushrooms \$6.5
With housemade ranch.
GF available

Sausage Bites \$7.25
With vegan honey mustard.

Chicken Nuggets \$7.5
With choice of
vegan honey mustard,
sweet + sour, ranch,
BBQ or buffalo sauce.

Shoestring French Fries \$4

Chipotle Fries \$4.5

Chili Cheese Fries \$7.5

Cauliflower Wings \$9
Tossed in your choice of
classic buffalo, BBQ
or sweet + sour.
GF available

Fried Ravioli \$8
With marinara.

Spring Rolls \$6.5
With sweet + sour sauce.

Soups + Chili

Chili + Corn Bread \$7.25 GF

Housemade Soup of the Day / Cup \$3.5 / Bowl \$5 / + Corn Bread \$2.5

Salads

Choose from housemade sesame dijon, ranch, Italian, thousand island + fat-free balsamic vinaigrette.

Extra dressing .75¢. Add a grilled garlic butter vegan chicken breast for \$4.25.

Spring \$6.5
Organic mixed greens,
carrots, cucumber slices
+ grape tomatoes. GF

Grilled Veggie Kale \$9.75
Baby kale, grilled portobello
strips, onions, bell peppers,
carrots + Italian dressing. GF

Spinach + Arugula \$9.75
Spinach, arugula, tempeh bacon,
strawberries, bell peppers,
carrots, walnuts
+ fat-free balsamic. GF

Kale Caesar \$9.25
Baby kale, kalamata olives,
carrots, croutons
+ house Caesar.
GF available

Sesame Chicken \$11.5
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 \$9.75
Housemade hummus with arugula, tomato, cucumber + roasted red peppers on grilled locally baked 9-grain. GF available

Club \$10.25
Vegan smoked turkey, tempeh bacon, lettuce, tomato + house mayo on locally baked 9-grain.

Porto Flatbread \$11
Portobello mushrooms, lettuce, tomato, cucumber, kalamata olives + onions on grilled za'atar flatbread. GF available

BLT \$7.5
Tempeh bacon, lettuce, tomato + house mayo on locally baked 9-grain. GF available
Double stuff add \$2

Turkey \$8.5
Vegan smoked turkey, lettuce, tomato + house mayo on locally baked 9-grain.
Double stuff add \$2

Philly Cheesesteak \$12.5
Grilled vegan beef, peppers, onions, vegan cheese + house mayo on a locally baked roll.

Falafel \$10.75
Housemade falafel with hummus, tahini, lettuce, tomato, cucumber, onion + kalamata olives on grilled za'atar flatbread. GF available

Tempeh Reuben \$10.75
Organic tempeh on grilled locally baked rye with vegan cheese, sauerkraut + housemade thousand island. GF available

Portobello Griller \$11
Grilled portobello mushrooms, peppers + onions on a locally baked roll with cilantro mayo. GF available

Hot Dogs
With Kraut \$6.5
With Chili \$7

BBQ Chicken \$12
Fried vegan chicken, BBQ sauce, house vegan mayo, lettuce, tomato + pickles on a locally baked roll. Add bleu cheese for \$2

BBQ Beef \$12
BBQ vegan beef + grilled onions on a locally baked roll. GF available

Grilled Cheese \$6.25
On locally baked sourdough.
Add-ins \$1 each:
Tomato slices, grilled onions, green chilies, tempeh bacon
GF available

Rice + Bean Burrito \$11.5
With corn, grilled peppers, onions, vegan sour cream, guacamole + salsa. Served with organic mixed greens.
Add vegan cheese for \$2

Mediterranean Plate \$12.75
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 \$9.75

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

Classic \$9.95

Housemade soy patty + grilled onions.

Wildcat \$12

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

Route 66 \$10.75

Housemade soy patty with tempeh bacon + vegan cheese.

Southwest \$10.25

Housemade soy patty with cilantro mayo, guacamole + salsa.

BBQ \$10.75

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



Rice Bowls \$10.75

All bowls are served over organic brown rice. GF

+ Tofu or Tempeh \$3

+ Grilled garlic butter vegan chicken breast \$4.25 / Vegan beef \$4.25

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 \$7

With garlic bread.

Cheeseburger \$7.5

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

PB + J \$5

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

Chicken Nuggets + Fries \$7

Grilled Cheese \$5.5

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

Tofu Pup \$5

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

Beverages

Iced Tea \$2.5

Hot Tea \$2

Hot Coffee \$3

Cold Brew \$5

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 \$7.5

Apple juice, fresh kale, mango, banana

Strawberry Sunshine \$7

Strawberries, orange, mango

Stella Blue \$7

Apple, blueberry, banana

Tropical Dream \$7

Pineapple, mango, banana

Orange Mango Creamsicle \$7

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!