



**Lovin<sup>♥</sup>  
spoonfuls**  
vegan restaurant

Dinner

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

## 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.

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.  
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.

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## Soups + Chili

### Chili + Corn Bread \$7.25 GF

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

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## 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 \$15.95

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

### Nut Loaf \$15

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

### Mediterranean Plate \$12.75

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

### Black Beans + Rice \$11.5

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

### Thai Curry \$14.5

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

Add tofu or tempeh \$3 / Grilled garlic butter vegan chicken breast \$4.25 / Vegan beef \$4.25

### Beijing Bowl \$11.5

Broccoli, carrots, red onions + scallions with ginger-citrus sauce + organic brown rice. GF

Add tofu or tempeh \$3 / Grilled garlic butter vegan chicken breast \$4.25 / Vegan beef \$4.25

### Asian Pepper Steak \$14

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

### Old Pueblo Burrito \$12.5

Black beans, rice + organic corn, grilled peppers, onions, vegan sour cream, guacamole + salsa.

Add vegan cheese for \$2

## 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 \$12**

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

### **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.

## Pasta

*All pasta dishes are served with organic mixed greens + garlic bread.  
Add a grilled garlic butter vegan chicken breast for \$4.25.*

### Primavera \$13.5

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

### Ravioli Alfredo \$15.5

Vegan ravioli + housemade cashew alfredo.

### Linguine + Meatballs \$12

Linguine + vegan meatballs with housemade marinara.

### Tomato Basil Alfredo \$15

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



## Kids Menu

### Spaghetti + Meatballs \$7.5

With garlic bread.

### Chicken Nuggets + Fries \$8

### 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

### 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!