



**Lovin[♥]
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.

Soups + Chili

Chili + Corn Bread \$7.25 GF

Housemade Soup of the Day / Cup \$3.5 / Bowl \$5 / + 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 \$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!