

# FOOD MENU



## APPETIZERS

### CAESAR SALAD

9/16

A mix of romaine lettuce and kale tossed in a creamy Caesar dressing with crispy soy bacon, Parmesan, croutons, and sun-dried tomatoes

Add Grilled Chicken +4

### TRUMPET MUSHROOM CALAMARI (GF)

15

Crispy king trumpet mushroom rings in a crispy garlic and cornmeal crust drizzled with tartar sauce and served with a grilled lemon and crispy dill fronds

### WHOLE ROASTED BLACKENED CAULIFLOWER PLATTER (GFO)

18

Blackened sumac cauliflower served over red beet hummus with crispy chickpeas, fresh mint, pomegranate seeds, cashew tzatziki, feta cheese, lemon tahini drizzle, and za'atar spiced pita

### FALAFEL SALAD (GF)

8/15

A mix of romaine lettuce and kale tossed with quinoa tabouli, English cucumber, tomato, parsley, crispy chickpea falafel, red beet hummus, cashew tzatziki, and lemon tahini drizzle

Add Grilled Chicken +4

### CRISPY KONJAC SHRIMP

10

Konjac shrimp battered and fried and served with chipotle aioli

(GFO) = Gluten Free Option

(GF) = Gluten Free

## MAINS

### LENTIL RAGOUT (GF)

15

Red lentil, sweet potato and mushroom ragout served over steamed quinoa and topped with herbed garlic sautéed white wine greens, and a creamy garlic aioli

### VEGGIE BOWL (GF)

15.5

Steamed white quinoa, roasted sweet potato, sautéed kale, creamy lemon tahini, sprouts, toasted sunflower seeds, and nori topped with a choice of chickpeas, edamame, or seared tofu

THE FOLLOWING DISHES are served with fresh cut fries OR add one of these salads:

Add Side House Salad +2

Add Side Caesar Salad +3

Add Side Falafel Salad +3

### BBQ SANDWICH

16

Shaved seitan ham topped with BBQ jackfruit, coleslaw, caramelized pineapple rings, and creamy garlic aioli served on a soft pretzel bun

### MAC & CHEESE

15

Golden brown baked butternut squash macaroni and cheese topped with toasted bread crumbs and Parmesan

### CLASSIC BURGER (GFO)

15

Chargrilled Beyond burger served on a soft pretzel bun with lettuce, tomato, pickles, and red onion

Add Cheese +2 Add Bacon +2

Add Cheese & Bacon +3

### BBQ BURGER (GFO)

18

Chargrilled Beyond burger served on a soft pretzel bun with crispy bacon, melted cheese, garlic aioli, caramelized onions, BBQ sauce, lettuce, tomatoes, and pickles

### REUBEN SANDWICH

17

Marble rye piled high with shaved seitan smoked meat, melted Provolone cheese, sauerkraut, and Russian dressing

### BIG BUFFALO CHICKEN

16

Crispy fried chicken tossed in a spicy buffalo sauce topped with blue cheese mayo, lettuce, tomato, house-made pickles, and melted cheese served on a soft pretzel bun

## PIZZA

ALL CRUSTS ARE 12 INCHES AND MADE WITH NON GMO OO FLOUR

Make it a Gluten Free Crust +4

Add Crispy Soy Bacon or Seitan Pepperoni to Any Pizza +4

### FROMAGGIO & CHAMPIGNON

17

Potato and cauliflower cream sauce, mozzarella, caramelized oyster and cremini mushrooms, cracked black pepper, baby arugula, and truffle oil

### BUFFALO CAULIFLOWER

16

Potato and cauliflower cream sauce, crushed red pepper, battered & fried cauliflower, buffalo bleu cheese sauce, mozzarella, and green onions

### BBQ JACKFRUIT

15

Caramelized onions slathered with slow roasted BBQ jackfruit and fire roasted red peppers topped with lime crema and scallions

### MEDITERRANEAN

17

Walnut kale pesto, sun-dried tomatoes, arugula, kalamata olives, fire roasted red peppers, Parmesan cheese, and cashew tzatziki

### PEPPERONI

15

Classic marinara with melted mozzarella and spicy seitan pepperoni

### CHEESE

11

Classic marinara and cheese baked until golden brown

## SIDES

### HOUSE SALAD (GF)

7

Mixed local lettuces and greens, cucumber, tomato, tahini dressing, and microgreens

### GARLIC KNOTS

6

Crispy cheesy garlic knots brushed with garlic oil and served with marinara

### FRESH CUT FRIES (GF)

6

Tossed with salt and fresh thyme served with chipotle aioli

## DESSERT

### CHOCOLATE CAKE (GF)

12

A slice of chocolate cake topped with chocolate buttercream frosting and served with warm cocoa fondue and fresh berries

Add coconut whipped cream +1

### SEASONAL DESSERT

MP

Chef's selection of seasonal dessert with accompanying garnishes, please enquire for today's dessert special

### PLEASE NOTE

Our kitchen contains nuts, seeds, gluten, and soy. While we are extremely conscious of our products, we cannot promise that there is not a chance of cross contamination. If you do have an allergy/food intolerance, please make your server aware before you order.

We do not use any animal dairy in any of our cuisine, but we do not source back to the production for our products. There is the rare chance of cross contamination when it comes to dairy allergies.