

Vegan Menu

changes weekly



breakfast

coconut yogurt parfait mixed berries and crunchy granola 5.95
organic steel cut oats customize with nut butter, berries and more 4.95
almond butter toast your choice of bread, additional toppings available 4.95
avocado toast your choice of bread, additional toppings available 4.95

bites

energy balls cocoa, walnuts, hemp and chia seeds 4.95 *gf
bliss bars peanut butter, chocolate chips, coconut 4.95 *gf
blondies chickpeas, tahini, agave, chocolate chips 4.95 *gf
breakfast bars dates, gf oats, chocolate chips, espresso, cinnamon 3.95 *gf

bowls

dragon baked teriyaki tofu, brown rice, peanut sauce 8.95 *gf
buddha quinoa, roasted veggies, tahini dressing 8.95 *gf
spicy caesar kale, romaine, tofu, coconut bacon, nut + seed parm 8.95 *gf

wraps

deli chickpea sprouts, cucumber, romaine 8.95
buffalo seitan cashew bleu cheese, romaine 8.95
korean bbq seitan kale, romaine, cabbage 8.95
power veggie cilantro aioli, quinoa, spinach, tomato, corn 8.95
yessica grilled veggies, homemade hummus, balsamic vinaigrette 7.95
king tut housemade hummus, sprouts, carrot, romaine, onion 7.95

entrees

butternut mac n cheese roasted broccoli, coconut bacon 9.95
quinoa cakes chipotle aioli, roasted veggies 9.95 *gf
grilled cheese melty vegan cheddar, your choice of bread 5.95 with soup 9.95
deli chickpea salad over romaine 6.95

burgers

mcKale wild rice, kale, melty cheese, special sauce 9.95
batata bean sweet potato, brown rice, quinoa, walnuts, greens, tomato, red onion, chipotle mayo 9.95 *gf