



Vegan Menu

changes weekly

breakfast

- coconut yogurt parfait** mixed berries and crunchy granola 5.95
- bagel** everything or sesame with butter or cream cheeze 4.95 *gf
- 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
- cheesecakes** assorted flavors made from nut cheese 8.95 *gf

bowls

- massaged kale** quinoa, sunflower seeds, thai almond sauce 8.95 *gf
- 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 bacun, nut + seed parm 8.95 *gf

wraps

- grilled seiten** shallot aioli, arugula, cranberries, pepitas, brussels 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
- king tut** housemade hummus, sprouts, carrot, romaine, onion 7.95

entrees

- butternut mac n cheese** roasted broccoli, coconut bacun 9.95
- quinoa cakes** chipotle aioli, roasted veggies 9.95 *gf
- grilled cheeze** melty vegan cheddar, your choice of bread 5.95 with soup 9.95

burgers

- mcKale** wild rice, kale, melty cheeze, special sauce 9.95
- zucchini** quinoa, onion, cilantro, pepitas, chipotle mayo 9.95 *gf