



Vegan Menu

breakfast

- coconut yogurt parfait** mixed berries and crunchy granola 5.95
chia pudding cashew, almond, vanilla bean berries 6.95 *gf
bagel everything or plain with butter or cream cheese 3.95 *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 5.95 *gf
bliss bars peanut butter, chocolate chips, coconut 5.95 *gf

bowls

- dragon** baked teriyaki tofu, brown rice, peanut sauce 8.95 *gf
buddha quinoa, roasted veggies, tahini dressing 8.95 *gf
massaged kale quinoa, sunflower seeds, thai almond sauce 8.95 *gf

wraps

- buffalo seitan** cashew bleu cheese, romaine 8.95
baked tofu sage basil pesto, spinach, roasted veggies 8.95
korean bbq seitan kale, arugula, cabbage 8.95
butternut falafel maple tahini, arugula, sesame 8.95
bbq tempeh onion, arugula, cabbage 8.95
power veggie cilantro aioli, quinoa, spinach, tomato, corn 8.95
king tut housemade hummus, sprouts, romaine, onion 7.95

entrees

- deli chickpea salad** celery, veganaise, relish, romaine 6.95 *gf
quinoa cakes chipotle aioli, roasted veggies 9.95 *gf
butternut mac n cheese roasted broccoli, coconut bacon 9.95
wild rice cakes mushroom, parsley, miso, sweet dijon 9.95
jackfruit tacos romaine, salsa, avocado crema 8.95 *gf
thai fritters quinoa, sweet potato, beets, peanut sauce 9.95 *gf
grilled cheese just cheddar 5.95 with soup 8.95

burgers

- thai sweet potato** chickpea, cilantro, peanut sauce 9.95 *gf

sweets

- cookies n'cream cupcake** cocoa, cookie crumble, vanilla cream 3.45
pistachio rosewater cupcake cardamom, vanilla cream 4.45 *gf
cashew cheezecake vanilla bean, lemon, maple, walnut, coconut 3.95 *gf