



Vegan Menu

breakfast

coconut yogurt parfait mixed berries and crunchy granola 5.95
oat & chia power parfait almond milk, vanilla bean, blueberries, granola 5.95
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 4.95 *gf
bliss bars peanut butter, chocolate chips, coconut 4.95 *gf
almond chai bites sunflower, coconut, cardamom 4.95 *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
spicy caesar kale, romaine, tofu, coconut bacon, nut + seed parm 8.95 *gf

wraps

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

entrees

quinoa cakes chipotle aioli, roasted veggies 9.95 *gf
butternut mac n cheese roasted broccoli, coconut bacon 9.95
grilled cheese melty vegan cheddar, your choice of bread 5.95 with soup 8.95
thai rice noodle bowl bell pepper, onion, cashew, almond thai sauce 8.95 *gf
tempeh tikka masala garam masala, fenugreek, tomato, spinach, v. yogurt 8.95 *gf
hoisin jackfruit bowl mushrooms, cabbage, kale, romaine, hoisin, sweet chili 6.95

sandwiches

pulled jackfruit melt bbq sauce, caramelized onion, vegan cheddar 9.95

sweets

cashew cheesecake vanilla bean, lemon, maple, walnut, coconut 3.95 *gf
lemon macadamia cupcakes vanilla, toasted macadamia, lemon buttercream 3.45