



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 7.95 *gf

bowls

thai rice noodle bell pepper, onion, cashew, almond thai 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

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 8.95

burgers

mcKale wild rice, kale, melty cheeze, special sauce 9.95
curry burger sweet potato, quinoa, black bean, arugula, cucumber +
curry mayo 9.95