



Vegan Menu

changes weekly

breakfast

coconut yogurt parfait mixed berries and crunchy granola 5.95
bagel everything or plain with butter or cream cheese 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

dragon baked teriyaki tofu, brown rice, peanut sauce 8.95 *gf
buddha quinoa, roasted veggies, tahini dressing 8.95 *gf
harvest bowl spinach, cornbread croutons, curried cashews, pepitas, cranberries, roasted brussels, quinoa, shallot dijon \$9.95
spicy caesar kale, romaine, tofu, coconut bacon, nut + seed parm 8.95 *gf

wraps

grilled seitan 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 stuffed shells spinach cashew ricotta 11.95
lentil loaf caramelized shallots, sweet potato mash, roasted brussels, mushroom gravy \$9.95
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 8.95

burgers

mcKale wild rice, kale, melty cheese, special sauce 9.95