



## 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  
**massaged kale** quinoa, sunflower seeds, thai almond sauce 8.95 \*gf  
**autumn bowl** sweet potato, butternut, lentil walnut balls,  
nut + seed parm, maple balsamic 8.95 \*gf  
**spicy caesar** kale, romaine, tofu, coconut bacon, nut + seed parm 8.95 \*gf

### wraps

- butternut falafel** cilantro aioli, arugula, cabbage, sesame 8.95  
**buffalo seitan** cashew bleu cheese, romaine 8.95  
**autumn harvest wrap** sweet potato, butternut, lentil walnut balls,  
arugula, maple balsamic 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 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

- curry burger** quinoa, sweet potato, black bean, cucumber, curry mayo 9.95 \*gf