

❧ SALADS ❧

(Add: Coconut Tofu or Coconut Cauliflower \$5)

🍃🌱 Greek Salad \$10

Butter lettuce, olives, cucumbers, feta, tomato, red onion, dressed with extra virgin olive oil & white balsamic dressing...Add any protein !!!

🍃🌱 P.B. Thai Salad \$12

Mixed greens, avocado, mango, red onions, & red cabbage with Peanut Butter Thai dressing...Add any protein !!!

🍃🌱 Abundance Salad \$13

Arugula, carrots, beets, chick peas, celery, pecans, sesame seeds, apples, berries served with our lemon dressing...Add any protein !!!

🍃 Caesar Salad \$9

Romaine, croutons, Parmesan, & homemade creamy dressing

🍃🌱 Grilled Peach Salad \$10

Arugula, feta cheese, basil, & balsamic vinaigrette...Add any protein !!!

❧ APPETIZERS ❧

🍃 Asparagus Fries \$11

Asparagus breaded, flash fried, and served with chipotle aioli

🍃 Vegan Wings & Fries \$13

Honey mustard ~ Spicy ~ BBQ Stout ~ Teriyaki ~ Smoked chipotle ~ Plain

🍃🌱 Nachos : Grande \$13, / Regular \$9 (Vegan)

Tortilla chips, chili, cheese, jalapeños, pico de gallo, sour cream & guac,

☑ Chili Bowl \$9

Vegan - topped with melted cheese a side of bread

☑ Homemade Hummus \$10

Served with cucumbers, carrots, herbed olives, & grilled pita

☑ Mac-N-Cheese \$8

Our cheese sauce is made from scratch! Mac-N-Cheese - Add Vegan Chili \$3

☑ Hand-cut Fries: Small \$4 / Large \$7

☑ Empanadas \$7

Two empanadas (Vegan) - with aji sauce

☑ Cauliflower Wings \$9

Flash fried cauliflower, coated with sweet & spicy sauce

🌀 ENTRÉES 🌀

Fettuccine Bolognese \$13

☑ Chicken Piccata \$18

Pan seared Chicken, garlic and capers lemon sauce, served with salad.

☑ Vegan Lasagna \$17

Zucchini, sunflower seeds, tomato, onion, & garlic - bread and salad

☑ Vegan Paella \$22

Yellow arborio rice with roasted peppers, onions, mushrooms, cauliflower, seitan chicken, and vegan chorizo

☑ Spaghetti with P.B. Thai Sauce \$18

Served with coconut tofu or coconut couliflower

❧ BURGERS & SANDWICHES ❧

❧ Vegan "Chicken" Burger \$15.5

Grilled, breaded, and then flash fried seitan, topped with pineapple, lettuce, tomato, cajun vegan cheese, tomato jam, and aioli

❧ Veggie Burger \$15.5

Lettuce, tomato, sautéed mushrooms /onions, guac., chipotle mayo, & cheese

❧ Portobello Beyond Burger \$17

Beyond Burger patty, pesto, lettuce, tomato & cheese, served on a Portobello mushroom, on a Bun or not...

❧ Vegan Panini \$14

Roasted zucchini squash, portobello mushrooms, & vegan cheese - served with hand-cut fries

❧ DESSERTS ❧

❧ Peanut Butter Moose Brownie \$7

❧ Choco-Cherry Cake \$8

❧ Chocolate Encased Cannoli \$7