

## VEGETARIAN MENU

### APPETIZERS

- VEG V GF Plantains** 8  
Served with cilantro-serrano cream sauce & fruit relish
- VEG V Hummus & Roasted Red Bell Pepper Hummus** 10  
Homemade & served with cucumbers, kalamata olives & warm flatbread
- VEG Artichoke & Spinach Dip** 10  
A blend of parmesan, swiss & provolone cheeses, topped with pico de gallo, served with tortilla chips
- VEG GF Tomatoes Caprese** 9  
Roma tomatoes topped with fresh mozzarella & homemade basil vinaigrette
- VEG V GF Guacamole & Chips** 9  
Our homemade guacamole

### SALADS

Add grilled portabello \$4

- VEG V GF Avocado Salad** 12  
Avocado, red onion, jicama, grapefruit & orange slices on a bed of mixed field greens with sun dried tomato chipotle dressing on the side
- VEG V GF Arugula Salad** 11  
Baby arugula tossed with cranberries, grapefruit slices, beets, purple onion, toasted spicy walnuts, garbanzo beans & tossed with a balsamic vinaigrette
- VEG V GF Spinach Salad** 11  
Fresh spinach tossed with avocado, red onion, tomatoes, seasonal strawberries, toasted spicy walnuts in a raspberry vinaigrette
- VEG V GF Garden Salad** 5  
Mixed field greens, cucumbers, shredded carrots & cherry tomatoes in a lemon-olive oil vinaigrette

### SANDWICHES & BURGERS

Served with fresh hand cut fries or potato salad. Substitute fresh fruit, garden salad or sweet potato fries for \$1 more

- VEG Veggie Black Bean Burger** 12  
Guacamole and chipotle mayo
- VEG Veggie Reuben** 11  
Corned beef seitan, sauerkraut, swiss cheese served on marble rye
- VEG V Basil Sunshine** 11  
Spinach, tomato, roasted red bell pepper & hummus spread on our homemade focaccia bread served with a side of basil vinaigrette
- VEG V California** 11  
Avocado, sprouts, sautéed mushrooms, & tomato served on whole wheat bread
- VEG Vegetarian Club** 11  
Smoked turkey-style gluten, fakin bacon, American cheese, lettuce, tomato & mayo on toasted whole wheat bread

Gluten-friendly vegan bread substitution \$1

### ENTREES

- VEG V GF Pasta Puttanesca** 12  
Kalamata olives, capers, artichoke hearts, fire-roasted tomatoes, basil, garlic & olive oil served over gluten free quinoa pasta
- Add grilled portabello \$4**
- VEG V GF Hippie Meatloaf** 12  
Vegan/gluten friendly meatloaf made from organic quinoa, black beans, herbs & vegetables topped with gravy and served with vegan mashed potatoes
- VEG GF Southwestern Delight** 15  
Grilled Portabello mushroom, herbed basmati rice topped with black beans, pico de gallo, served with sautéed vegetables, guacamole and tortilla chips

**V** Vegan

**GF** Gluten-Friendly

**VEG** Vegetarian

## VEGAN MENU

### APPETIZERS

**Plantain Strips** 8  
Served with fruit relish

**Hummus & Roasted Red Bell Pepper Hummus** 10  
Homemade & served with cucumbers, kalamata olives & warm flatbread

**Guacamole & Chips** 10  
Our homemade guacamole

### SALADS

Add grilled portabello \$4

**Avocado Salad** 12  
Avocado, red onion, jicama, grapefruit & orange slices on a bed of mixed field greens with sun dried tomato chipotle dressing on the side

**Arugula Salad** 12  
Baby arugula tossed with cranberries, grapefruit slices, beets, purple onion, toasted spicy walnuts, garbanzo beans & topped with vegan cheese in a balsamic vinaigrette

**Spinach Salad** 12  
Fresh spinach tossed with avocado, red onion, tomatoes, seasonal strawberries, walnuts & vegan mozzarella cheese in a raspberry vinaigrette

**Garden Salad** 5  
Mixed field greens, cucumbers, shredded carrots & cherry tomatoes in a lemon-olive oil vinaigrette

### SANDWICHES

Served with fresh hand cut fries.  
Substitute fresh fruit, garden salad or sweet potato fries for \$1 more

**Portabello Burger** 13  
Topped with mixed field greens, avocado, roasted red bell pepper & vegan mayo on toasted quinoa bread

**Basil Sunshine** 11  
Mozzarella vegan cheese, spinach, tomato, roasted red bell pepper & hummus spread on our homemade focaccia bread served with a side of basil vinaigrette

**California** 13  
Avocado, sprouts, mozzarella vegan cheese, sautéed mushrooms, vegan mayo & tomato served on toasted quinoa bread

**Vegan Club** 13  
Smoked turkey- style gluten, fakin bacon, American vegan cheese, lettuce, tomato & vegan mayo on toasted quinoa bread

**Vegan Reuben** 11  
Corned beef seitan, sauerkraut, vegan dressing served on marbled rye

### ENTREES

**Pasta Puttanesca** 12  
Kalamata olives, capers, artichoke hearts, fire-roasted tomatoes, basil, garlic & olive oil served over gluten free quinoa pasta with mozzarella vegan cheese

Add grilled portabello \$4

**Hippie Meatloaf** 12  
A wonderful vegan/gluten friendly meatloaf made from organic quinoa, black beans, herbs & vegetables topped with gravy and served with vegan mashed potatoes

**Southwestern Delight** 15  
Grilled Portabello mushroom, herbed basmati rice topped with black beans, pico de gallo, served with sautéed vegetables, guacamole and tortilla chips

**V** Vegan

**GF** Gluten-Friendly

**VEG** Vegetarian

Some dishes may contain nuts, raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, pork, seafood, shellfish or eggs may increase risk of foodborne illness. Please let us know of any food allergies, as some cross-contamination is possible.