

starters [small plates]

Soupcup 4.5 bowl 6.5 *our weekly soup special*

palm cakes11.5 *crispy hearts of palm cakes, spicy caper remoulade, baby greens*

mushroom cheeze bites12.5 *english muffin, garlic basil butter, cashew 'goat' cheeze, shitake & oyster mushroom, cashew parmesan, balsamic reduction*

raw nachos13.5 *raw corn chips, nacho cashew cheeze, onion, lettuce, jalapeño, cashew sour cream, avocado, cilantro, pico de gallo*

nachos*12.5 *blue corn chips, queso, black beans, lettuce, guacamole, pico de gallo, sour cream, jalapenos*
add chickn, 'steak' or tempeh taco meat 4.5

beet tartare*10.5 *roasted beets, avocado, cucumber, arugula, jalapeno ponzu*
add side millet chips 3.5

wings10.5 *buffalo marinated chick'n, cayenne pepper sauce, house ranch, celery*

italian sliders10.5 *housemade black bean 'sausage', caramelized onion, bell pepper, spicy paprika aioli*

bbq sliders...10.5 *ground 'pork', smoky sweet bbq sauce, creamy coleslaw*

pizza of the week12.5 *please ask your server for our current seasonal offering*



salads [organic]

house*...8.5 half....5.5 *baby greens, carrot, bell pepper, red onion, grape tomato, sprouts, carrot ginger dressing*

caesar10.5 half....6.5 *romaine hearts, crostini, cashew parmesan, roasted garlic aioli*

pear & gorgonzola*12.5 half....7.5 *romaine, arugula, sweet lemon infused walnuts, anjou pear, red onion, cashew gorgonzola, cashew lemon dressing*

baby kale peanut*11.5 half....6.5 *baby kale, frisee, snow peas, peanuts, light peanut dressing*

greek*12.5 half....7.5 *romaine heart, cherry tomatoes, cucumber, red onion, kalamata olives, almond feta cheeze, lemon vinaigrette*

dressings: caesar, ranch, carrot ginger, light peanut, cashew lemon, lemon vinaigrette

entrées [the main course]

barley risotto17.5 *oyster & shitake mushrooms, cashew 'goat' cheeze, white wine, arugula, cherry tomatoes, cashew parmesan*

fettuccini alfredo17.5 *grilled chick'n, cauliflower alfredo sauce, cherry tomatoes, broccoli, zucchini, garlic bread, cashew parmesan*

eggplant scallops*17.5 *marinated pan seared chinese eggplant, sweet miso sauce, garlic mashed potatoes, baby bok choy*

lasagna18.5 *housemade ground 'beef', tofu ricotta cheeze, spinach, pomodoro sauce, mozzarella cheeze, garlic bread, cashew parmesan*

parmigiana16.5 *panko-crusted chick'n, mozzarella cheeze, linguini, pomodoro sauce, basil oil, garlic bread, cashew parmesan*

wellington17.5 *filo wrapped 'steak' and mushroom duxelles, garlic haricot vert, mashed yukon potatoes, porcini gravy*

one extra sauce/condiment is complementary, additional sauces are \$1.25 each

**Gluten Free Item*

Due to the high amount of allergens used in our kitchen we cannot guarantee the absolute absence of these ingredients in any of our recipes. Please notify your server immediately if you have food allergies (i.e. Gluten, Nut, Soy, etc.) as we will not be liable for any food related allergic reactions.

living food [raw]

**Gluten Free Item*

- raw avocado toast***15.5 *flax triangles, fresh avocado slices, cashew chipotle aioli, red onion, red pepper, sunflower seeds & sprouts, side house salad*
- raw bacon cheeze burger**17.5 *sunflower walnut herb burger, nacho cashew cheeze, eggplant 'bacon', romaine, plum tomato, red onion, dill cashew mayo, flax bread, side house salad*
- raw lasagna***17.5 *thin sliced zucchini, vidalia onion, portobello mushroom, kalamata olive, raw marinara, cashew ricotta, walnut pesto, cashew parmesan, side house salad*
- raw tuna club**17.5 *almond 'tuna' salad, eggplant 'bacon', avocado, romaine, plum tomato, red onion, dill cashew mayo, flax bread, side house salad*
- seasonal raw gazpacho*** *ask your server for this weeks special, cup or bowl*5.5/7.5

sandwiches [and wraps]

- crispy chick'n sandwich**....13.5 *lettuce, tomato, onion, spicy paprika aioli, challah bun*
- buffalo wrap**13.5 *marinated chick'n, cayenne pepper sauce, house ranch, lettuce, tomato, onion, celery, sundried tomato wrap*
- parmigiana hoagie**13.5 *panko-crusted chick'n, pomodoro sauce, mozzarella cheeze, garlic basil oil, cashew parmesan*
- southwestern burrito**12.5 *cilantro lime basmati rice, black beans, lettuce, tomato, cheddar cheeze, guacamole, sour cream, pico de gallo, sundried tomato wrap* **add chick'n, 'steak' or tempeh taco meat** 4.5
- b.l.t.**....13.5 *smoky marinated tempeh, avocado, lettuce, tomato, red onion, sprouts, veganaise, toasted rye*
- black & bleu burger** ...13.5 *beet, brown rice & lentil burger, tofu bleu cheeze, tempeh 'bacon', caramelized onion, lettuce, tomato, red onion, veganaise, balsamic ketchup, challah bun*

substitute gluten free bread or wrap with any sandwich 1.5
add small fries to any sandwich (no substitutions) 2.5

sides

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| french fries*4.5 | black beans and cilantro rice*4.5 |
| sweet potato fries w/ smoked paprika aioli*5.5 | roasted garlic mashed potatoes*4.5 |
| beer battered onion rings w/ caper remoulade5.5 | bok choy*4.5 |
| cashew mac & cheeze5.5 | garlic haricot vert*4.5 |
| palm cake (1)4.5 | seasonal vegetable*4.5 |

drinks

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| iced tea (incl. refills)2.5 | ginger brew4.5 |
| herbal tea (hot or iced)4 | blue sky cola4.5 |
| coffee (incl. refills)3.5 | virgils root beer4.5 |
| cold brew4.5 | pellegrino/acqua panna6 |
| arnold palmer (incl. refills)3.5 | locally made organic kombucha6 |
| lemonade / orange juice3.5 | |

Straws available upon request

desserts

- hummingbird cake**9.5 *spiced three layer cake, banana, pineapple, pecan, cinnamon, vanilla cream cheeze frosting*
- brownie**....6.5 *dark chocolate, semi sweet chocolate chips, chocolate sauce* **a la mode**....8.5
- new york style cheezecake**9.5 *granola walnut crust, berry sauce*
- raw chocolate coconut custard***9.5 *cashews, raw cacao, thai coconut cream, cacao nibs*
- sundae***8.5 *local vanilla gelato, berries, chocolate sauce*
- scoop of gelato***2.5 *vanilla, chocolate or strawberry*
- mocha ganache cake**....9.5 *dark chocolate, cold brew coffee, chocolate coconut custard filling*
- dessert sampler**18.5 *n.y. style cheezecake, brownie a la mode, raw custard, mocha ganache cake*